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 **THE OHIO STATE UNIVERSITY**
COLLEGE OF NURSING

Transformations

IN NURSING & HEALTH

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*Transforming health,
Transforming lives*

DEAN'S MESSAGE

BERNADETTE MAZUREK MELNYK

Celebrating our fantastic accomplishments

...and envisioning an even brighter future

It is a splendid time for our College of Nursing. When I came to Ohio State a little over five years ago, we dreamed about the future and set very ambitious goals as we developed our new bold strategic plan with a determination to discover and persist through character-builders to deliver them. Our 2011-2016 strategic plan led to several major accomplishments in the past five years across our academic programs, research and evidence-based clinical practice, including:

- A tremendous rise in our *U.S. News & World Report* rankings to top tier for several of our academic programs (see "College's master's and DNP programs leap to top five in U.S.," page 12)
- Substantial growth in our student enrollment, especially at the graduate level
- A rise in research funding and NIH-ranking for colleges of nursing, including a NINR-funded T32 grant for PhD students focused on child and adolescent health research
- A significant rise in advancement dollars
- A \$6.5 million grant to establish the Helene Fuld Health



Bern Melnyk

- Trust National Institute for Evidence-based Practice in Nursing and Healthcare
- A near-tripling of the College of Nursing's budget
- The establishment of two new research centers of excellence
- The successful launch of two nurse practitioner-led transdisciplinary health centers
- Outstanding pass rates on the NCLEX exam and advance practice certification exams, with an average pass rate on our NCLEX exam of 95 percent and nearly 100 percent pass rates on advanced practice certification exams
- Major growth in local, national

and global partnerships.

We are indeed celebrating these accomplishments, but our vision is already focused on our future dreams and goals. The Ohio State University College of Nursing is no ordinary college. We think and do the impossible in transforming health and improving lives. As we position our college to dream, discover and deliver to even greater heights in the next five years, we will continue to teach our students how to LIVE WELL, making an impact locally to globally.

I am so blessed to have the opportunity to work with the most fantastic, innovative and caring faculty, staff, students and alumni in continuing to lead our phenomenal college into the future as well as to spearhead wellness across our great university.

As we finish refining our next exciting five-year strategic plan, which you will read about in our fall issue of *Transformations*, I encourage all of us to dream bigger dreams, including a disease-free world, and to answer the question, "What can we do together in the next five to 10 years if we know we cannot fail?" Walt Disney had a dream

to build Disney World when he was bankrupt, but persisted through major adversity to see its beginning construction. Word has it that, at his funeral, a reporter said to his brother, "Too bad Walt never got a chance to see his dream come to fruition." His brother responded, "Quite the contrary, Walt has seen his dream for many years."

That is indeed the power of a big dream, but dreams without execution do not lead to fruition. Therefore, our fantastic team of faculty, staff, students and alumni will continue to dream big dreams together, take risks while we discover, and persist in executing until our dreams become a reality. Go Bucks!

Warm and well regards,

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

Healthy Nurse, Healthy Nation promotes self care

The American Nurses Association (ANA) reports that nurses are less healthy than average Americans—more likely to be overweight, have higher levels of stress, and get less sleep. So this May, the ANA is launching the **Healthy Nurse, Healthy Nation™ (HNHN) Grand Challenge, seeking to improve the health of 3.6 million registered nurses.** Ohio State was one of 10 organizations participating in an early test of the initiative, which ran this past winter.

HNHN aims to connect individual nurses and partner organizations in taking action within five domains: activity, sleep, nutrition, quality of life and safety. It provides a web platform to inspire action, cultivate friendly competition, provide content and resources, gather data and connect nurses with each other, with employers and with organizations.

“We [nurses] have to be healthy first, then we can be role models and encourage healthy life choices for others,” said Linnea Fletcher, MSN, RN, CEN, TCRN, instructor of clinical practice at the College of Nursing. Fletcher, along with Megan Amaya, PhD, assistant professor of clinical practice and director of health promotion and wellness, and Wendy Bowles, PhD, RN, CPNP, assistant professor of clinical nursing and assistant dean of baccalaureate programs, administered the program with guidance from Dean Bernadette Melnyk.

As part of the HNHN (beta) challenge,

participants were encouraged to upload a video about their New Year's health resolutions. “In the May rollout, everything will be enhanced,” Fletcher said. “There will be health challenges with prizes, which we will learn more about in the spring. The HNHN will also have discussion boards and social media functions, and surveys.”

At the College of Nursing, faculty, staff and students are encouraged to LIVE WELL, which means Lead, Innovate with Vision, Execute, be Wellness-focused, Evidence-based, Life-long learners and Lights for the world, making a positive impact locally to globally.

“Dean Melnyk already supports us in numerous ways to achieve our highest potential. And HNHN is a great addition. It's wonderful to have that national partnership with nurses across the U.S. and wherever Buckeyes may travel,” said Fletcher.



Megan Amaya, Linnea Fletcher and Wendy Bowles are planners and administrators of the Healthy Nurse, Health Nation program at Ohio State.

Sanford Meisel

Melnyk reappointed and promoted

Bernadette M. Melnyk, PhD, RN, CPNP/PMHNP, FNAAP, FNAP, FAAN, has been reappointed as dean of the College of Nursing and has been promoted from university associate vice president for health promotion to vice president for health promotion. University executive vice president and provost Bruce A. McPheron, along with Sheldon M. Retchin, MD, MSPH, executive vice president of Health Sciences and CEO, Wexner Medical Center, recommended the changes to the university's board of trustees. Melnyk's appointment will continue through December 2022. She continues in the role of the university's chief wellness officer.

Since her 2011 arrival, Melnyk has led impressive advancements to the university's strategic wellness plan. She created Ohio State's One University Health & Wellness Council, which oversees efforts to become the world's healthiest university. She chaired the first National Summit for Building Healthy Universities, leading professionals from 93 universities in building a foundation to enrich student, faculty and staff health nationwide. Melnyk also founded the National Consortium for Building Healthy Academic Communities, a national organization of more than 50 universities, and serves as its first president.

Recently, the AONE Foundation for Nursing Leadership Research and Education named Melnyk its 2017 nurse researcher in recognition of her clinical knowledge and innovative approaches to health care.



Bernadette Melnyk

Under Melnyk's leadership, the College of Nursing has doubled graduate enrollment, added 40 new faculty members, and established three new interprofessional degrees. Also under Melnyk, the College of Nursing raised more than 23 million dollars to triple its campaign goal, including a \$6.5 million dollar grant from the Helene Fuld Health Trust to establish a national institute for evidence-based practice. The college also saw a significant rise in both *U.S. News & World Report* rankings and NIH-funding. [See “College's master's and DNP programs leap to top five in U.S.” page 12.]

Melnyk is co-editor of five books, including *Evidence-based Practice in Nursing & Healthcare: A Guide to*

Best Practice; Implementing EBP: Real World Success Stories; A Practical Guide to Child and Adolescent Mental Health Screening, Early Intervention, and Health Promotion (2nd Ed); Implementing the Evidence-based Practice Competencies in Health Care; Intervention Research: Designing, Conducting, Analyzing and Funding, an American Journal of Nursing Book of the Year.

She is a member of the National Quality Forum's Behavioral Health Standing Committee and the National Institutes of Health's National Advisory Council for Nursing Research. She serves as editor of the journal *Worldviews on Evidence-based Nursing*, is a board member of U.S. Healthiest, the National Guideline Clearinghouse and the National Quality Measures Clearinghouse, and was appointed to the National Academy of Medicine's Action Collaborative on Clinician Well-being and Resilience.

Melnyk is an elected fellow of the National Academy of Medicine, the American Academy of Nursing, the National Academies of Practice and the American Association of Nurse Practitioners.

She earned a BS from West Virginia University, an MS from the University of Pittsburgh and a PhD from the University of Rochester.

Before joining Ohio State's faculty in 2011, Melnyk served as dean and distinguished foundation professor at Arizona State University's College of Nursing and Health Innovation.

For February, **Million Hearts**,[®] healthy heart checks

The College of Nursing turned its attention toward issues of heart disease during National Heart Month in February by connecting others to the national Million Hearts[®] initiative and the Women's Heart Alliance's student heart checks.

Led by the U.S. Department of Health and Human Services (HHS), Million Hearts seeks to prevent 1 million heart attacks and strokes. Dean Melnyk founded the National Interprofessional Education and Practice Consortium to Advance Million Hearts in 2013 to complement the program. The consortium serves to help health care professionals, faculty and students learn about Million Hearts, conduct community screenings and refer those who screen positive to appropriate resources.

"Since the 2013 launch, we've had more than 150 different organizations partner with us, which has led to the cardiovascular screening and education of more than 55,000 people nationwide," said Kate Gawlik, DNP, MS, CNP, FNP-BC, ANP-BC, an Ohio State assistant professor of nursing practice and project manager of Million Hearts. "Collectively, we've been able to do a lot to prevent heart disease."

According to the HHS, cardiovascular disease costs the U.S. \$444 billion per year in medical costs and lost productivity. "However, 80 percent of heart disease is preventable through targeted, healthy lifestyle behaviors," Gawlik said.

Million Hearts seeks to empower Americans in preventing heart attacks and strokes by practicing the evidence-based ABCS of care—Aspirin for people at risk, Blood



Kate Gawlik speaks at a February meeting of the Ohio Council of Deans and Directors.

Jodi Miller

pressure control, Cholesterol management and Smoking cessation. Ohio State has added a second "S" for Stress management, due to overwhelming evidence that stress plays a significant role in cardiovascular disease. Ohio State's colleges of Nursing, Medicine and Pharmacy developed a free, online Million Hearts educational module to bolster implementation of the initiative. "The program," said Gawlik, "is growing and gaining impact."

In collaboration with the Women's Heart Alliance, the college has also conducted five student heart check events throughout campus. "Our Million Hearts endeavors have provided us with some exciting opportunities, including our partnership with WHA and the start of the heart checks on campus. The heart checks are capturing a much younger population, which is important to catching early disease and promoting cardiovascular disease prevention," said Gawlik. "We've screened almost 700 students on campus this academic year."

The college recently met with the Ohio Council of Deans and Directors to encourage all of Ohio's colleges of nursing to take part in promoting Million Hearts throughout the state.

Team creates **Snapchat filter** to help fellow students cope with stress

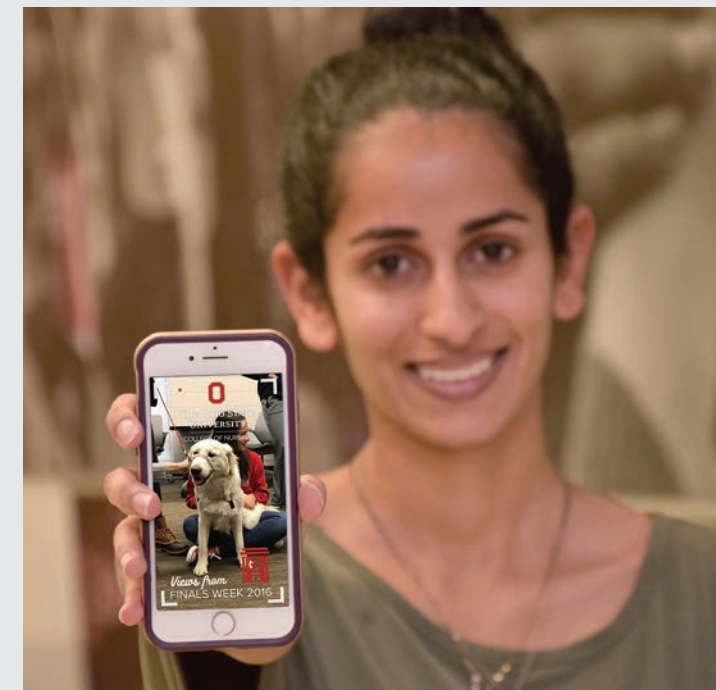
With every term in a college student's life comes finals—and stress. So last fall, College of Nursing student Anushka Patel created a series of events and a **nursing-centric Snapchat filter** to ease tension during finals week.

Snapchat is a popular app among college students, with an estimated 200 million active users worldwide. Snapchatters are able to send "in the moment" short videos, pictures and messages to their friends, which remain visible only up to 10 seconds after opening before disappearing. Snapchat users can also enhance messages with filters—overlays for the user's photos that are personalized designs to add humor, enhance meaning or unify a group.

"I had the idea of creating a College of Nursing Snapchat filter and presented it to my advisor," said Patel. Once approved, Patel worked with the college's marketing department to design and create the filter. "I thought it was a fresh and fun idea to bring to the college, since almost all students utilize Snapchat."

Patel made the filter available during the first day of finals week (including the university's Reading Day) from 8 a.m.–5 p.m. so students could utilize the app when studying. "Snapchat is a major platform of social media because it's instant and can reach a huge network of people through a single seven-second picture. As a student who uses it, I know firsthand how often students use Snapchat when stressed to keep their social network informed."

"Sending snaps also creates a bonding experience between students who are all under the pressure of studying for finals," said Patel. "Finals week is a stressful time in students' lives and I thought by making a filter specific to nursing, students will know that the college acknowledges their stress and wishes them a successful finals week. Overall, I wanted to create a feeling of unity through the filter by having our students use it."



Student Anushka Patel and the stress-reducing Snapchat filter

Sanford Meisel

Patel's advisor, Hillary Fearer, expressed a desire to also coordinate in-person events and activities to help students de-stress together. "We collaborated on ideas with the help of multiple people at the college," said Patel.

The group organized student events over four days. These included two dog therapy sessions, which featured the Ohio State-based 4 Paws 4 Ability, a service dog training group. Patel and her team also organized a nursing-themed photo booth and held an adult coloring session.

"Overall, we received positive feedback from

people about all of the events," said Patel. "The dog therapy sessions were really appreciated by not only students, but faculty and staff, too. Some 200 snaps were sent using the Snapchat filter, which amounted to 17,000 views."

Patel and her team are now planning the finals week events for spring semester. She said, "Given the success of the first finals week, I think it will be something that is planned every year."

University community enjoys **spring wellness events**

On April 13, faculty, staff, students and community members competed with elite Ohio State ROTC cadets in fitness challenges at the Ohio Stadium in the first **“ROTC Wellness Bootcamp in the ‘Shoe,”** hosted by Buckeye Wellness and supported by fitness expert Jim Stoppani, PhD. Hundreds

of people participated in this intense workout that included squats, push-ups, sit-ups, running and carrying stretchers and other weights under the pressure of being timed. “The ROTC cadets are some of the fittest people on the planet,” one event organizer said, reporting that the cadets completed the most repetitions in each

event during the time given, and even opted to wear 45-pound weight vests while running around the bleachers. Students, faculty and staff enjoyed getting exercise at a more relaxed pace on April 17, when University Chief Wellness Officer Bernadette Melnyk unveiled

the new **Buckeye Path to Wellness**, a two-mile loop marked on already existing pathways on campus. The path features signposts with maps at major turning points and occasional buckeye-leaf emblazoned red decals on the sidewalk to mark the way. The Buckeye Path to Wellness makes a pleasant sidewalk tour around campus, skirting from the library around the oval, then up to and along the river, and back along Woody Hayes Drive and Neil Avenue. Campus dwellers and visitors can now follow this walking loop any time they want to meet their fitness goals or just enjoy a stroll. “This walk is a dream come true,” Melnyk said.

—Susan Neale

Below: Faculty and staff at the launch of Buckeye Walking Path check in at a station to register to win a gift card from Dick’s Sporting Goods.



Top: Participants in the inaugural ROTC Wellness Boot Camp gathered on the 50-yard line. Bottom: Participants had the option of completing the squat event with or without extra weights.



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from The Ohio State University College of Nursing



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Latest *U.S. News & World Report* rankings

College's master's and DNP programs leap to top five in U.S.

Rankings are the highest ever achieved in College of Nursing history

By Lainie Bradshaw

The Ohio State University College of Nursing master's programs and Doctor of Nursing Practice (DNP) program each jumped more than 15 spots to rank fifth in the nation according to *U.S. News & World Report's* 2018 rankings, recently released. This achievement also ranks the College of Nursing as the **number one public college of nursing in the country** for master's programs and second for DNP. Earlier this year, *U.S. News* ranked the College of Nursing third in the nation for its online graduate programs.

"When I came to Ohio State five years ago, my charge was to propel the college ahead to be a national leader in nursing education, research and evidence-based practice," said Bernadette Melnyk, PhD, RN, CPNP/PMHNP, FAANP, FNAP, FAAN, vice president for health promotion, chief wellness office and dean of the College of Nursing. "I've encouraged our outstanding faculty, staff, students and alumni to dream big and persist until our dreams come to fruition. The dramatic rise in these rankings demonstrates the power of our collective dreams when combined with excellence and hard work to achieve our goals."

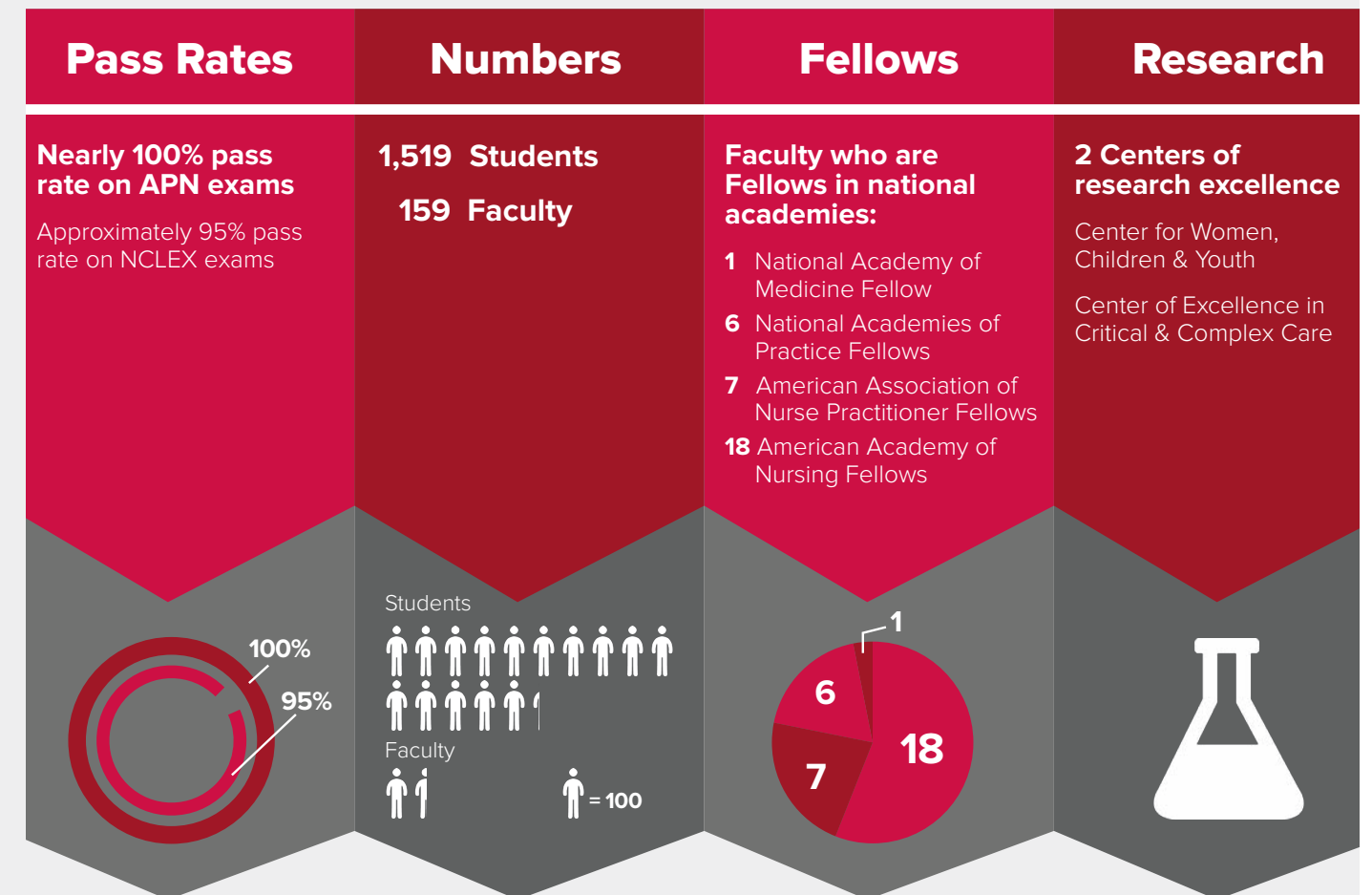
The ranking from *U.S. News* places the college's master's program in the top 1.7 percent in the nation, and the DNP program in the top 2.6 percent. According to the publication, rankings were calculated using four categories of data: quality assessment by peers, student selectivity and program size, faculty resources, and research activity.

"Ohio State is deeply committed to academic excellence, and we are very proud to see our exceptional nursing programs recognized among the country's top five," said President Michael V. Drake. "The jump in rankings confirms what we at Ohio State already know—our College of Nursing's advanced-degree programs are leading the way in shaping the future of outstanding patient care."

To learn more about the 2018 Best Nursing Schools rankings and methodologies, go to usnews.com/best-graduate-schools/top-nursing-schools. ■

Lainie Bradshaw is senior director of marketing and communications for the College of Nursing.

#5 in the NATION



Rankings based on:

1. Quality assessment by peers
2. Student selectivity and program size
3. Faculty resources
4. Research activity

- #1** Public college of nursing in the U.S. for master's programs
- #2** Public college of nursing in the U.S. for doctor of nursing practice programs
- #3** Online graduate program (2017)
- #8** Online bachelor's program (2017 RN to BSN)

Building a culture for advancing knowledge

Five faculty researchers who are helping to change the world for the better.

By Melissa L. Weber



Recent Research Forum presenters, from left: Tara O'Brien, Carmen Giurgescu, Lisa Militello, Jodi Ford and Shannon Gillespie.

Monday could be renamed "Research Day" in the College of Nursing. Collaboratively established by four senior faculty members and coordinated through the Center for Research and Scholarship, a 12-1 p.m. Monday Research Forum is now a regularly scheduled event at the college.

While some weeks are dedicated to invited scholars and outstanding researchers from other institutions, Mondays are also an excellent time for college faculty and research associates to learn about new projects, ongoing efforts and opportunities for collaboration within the college and across Ohio State.

"I hope we can begin to think of research and innovation in a new way," said Mary Beth Happ, PhD, RN, FAAN, associate dean

of Research and Innovation, and distinguished professor Critical Care Research. "We don't have the luxury of studying research for the sake of general knowledge. There is too much human suffering. There are many people with serious health conditions and illnesses that require us to examine methods to prevent disease and improve healing. We must systematically utilize a scientific method that can improve patient care, speed healing, and promote optimum health and wellness."

On a recent Monday in April, Research Forum attendees heard several new faculty members offer an overview of their current and upcoming research projects and programs.

Shannon Gillespie, PhD, RN, assistant professor

Assistant Professor Shannon Gillespie is working on a study to

identify novel biomarkers for the prediction of preterm birth. "We currently have only a foggy picture of who is at risk," she explained to her new colleagues.

Her study focuses on the inflammatory pathway to preterm birth, with an additional eye on markers of risk that may trace to alternative preterm birth pathways. In a recent study of African American women assessed at 28 to 30 weeks of pregnancy and followed to birth, 10 percent gave birth preterm. Gillespie will compare the epigenomes of women with preterm birth and full term birth to determine if there are signals unique to women who go on to give birth preterm. Discovering screening biomarkers in pathways active in the disease process could, for the first time, allow targeted prevention of preterm birth.

While a doctoral student, Gillespie also worked on a study that measured how a biomarker called brain-derived neurotropic factor

(BDNF) affects pregnant women. The study, published in the journal *Psychoneuroendocrinology*, showed that low BDNF levels precede depression in the mother and low birth weight in the baby. These findings were exciting for Gillespie, because they mean that testing biomarkers in pregnant women, such as BDNF levels, could predict complications before they happen, in order to help prevent them. Gillespie stated that she is currently developing a program in precision health in pregnancy, “to help clinicians select the right preventive intervention for the right obstetric patient at the right time, by developing screening tools for use in pregnancy.”

Her efforts were inspired by a family experience with cancer. “Cancer care has been transformed by the precision health approach, which allows clinicians to optimize care of their patients by taking into account tumor biology and individual differences in the patients,” she related. “We’ve not yet made these strides in prenatal care. The impact of this approach could be considerable.”

Lisa Militello, PhD, MPH, RN, CPNP, assistant professor

Lisa Millitello’s current research project is focused on improving healthy lifestyle behaviors in families with pre-school children, utilizing text messages and other personal software to limit childhood obesity. More information about Militello’s work can be found on page 36.

Tara O’Brien, PhD, RN, CNE, assistant professor

“Our lives are typically organized by a system of routines and events that are interrelated,” explained Tara O’Brien, who is studying how to increase the activity level of kidney transplant recipients. Previous studies have demonstrated better outcomes for transplant patients who exercise regularly.

O’Brien’s current study, Increasing Activity Post-Kidney Transplant with System CHANGE™ includes kidney transplant patients. This study is funded by the National Institutes of Health National Institute of Nursing Research (NIH/NINR) from 2016 to 2019.

Patients will learn about methods to change their behaviors to increase activity, utilizing a program called System CHANGE™, originally developed by researchers at Case Western Reserve University. Study participants will meet with the research team to

identify a method for increasing their daily activity. They are encouraged to examine their daily, weekly and monthly routines, including the friends and family with whom they spend time. They develop techniques for increasing their daily number of steps based on changes in their routines. “The solution must not focus on trying harder or remembering,” said O’Brien. “Each patient develops a different method for reaching their goal of increasing their number of daily steps. One patient moved their coffee maker next to their treadmill. Some patients got a dog.”

O’Brien recently completed a study funded by the International Transplant Nursing Society exploring the use of mobile health apps among kidney transplant recipients.

Carmen Giurgescu, PhD, RN, WHNP, associate professor

Associate Professor Carmen Giurgescu discussed her NIH-funded study that examines the pathways by which social stressors and systemic inflammation can lead to preterm birth among African American women.

“African American women are one-and-a-half times more likely to have a preterm birth compared with non-Hispanic white women,” explained Giurgescu. “In 2015 in the United States, African American women had a preterm birth rate of 13.4 percent, a rate considerably higher than their non-Hispanic white counterparts of 8.9 percent.”

She has spent the past 10 years conducting quantitative as well as qualitative and mixed-methods design studies that focused on social stressors of disadvantaged neighborhoods and experiences of racial discrimination, which uniquely affect African American women. “Compared with pregnant non-Hispanic white women, pregnant African American women are more likely to live in neighborhoods with higher poverty and violent crimes, and to be exposed to racial discrimination,” said Giurgescu. “These social stressors may increase emotional distress and levels of systemic inflammation for these women and ultimately increase their risk for preterm birth.”

In their prior pilot studies, Giurgescu and her research team found that women who live in disadvantaged neighborhoods and experience racial discrimination were more likely to experience psychological distress and depressive symptoms, have

higher levels of systemic inflammation, and be at higher risk for preterm birth. Although social support can mitigate the effects of social stressors on preterm birth, much more research is needed to understand fully how to support African American women to prevent preterm births. In the R01 study funded by the National Institute of Minority Health and Health Disparities, Giurgescu and her colleagues seek to validate the impact of social stressors, emotional distress, social support and systemic inflammation on preterm birth in a larger sample of pregnant African American women. They hope to advance scientific understanding of the etiology of preterm birth in order to implement health care delivery innovations to improve birth outcomes for African American women.

Giurgescu encouraged her colleagues to persevere when applying for funding. Her recently funded grant “got funded the sixth time we submitted it,” she said with a smile.

Jodi Ford, PhD, RN, associate professor

Associate Professor Jodi Ford is the Director of the new Stress Science Laboratory in the College of Nursing Biomedical Research Lab. Ford plans to bring together stress researchers in nursing as well as interdisciplinary collaborators from across campus and the broader research community. She is particularly focused on non-invasive methods of collecting physiological measurements of stress and immune function in children and adolescents, and the effects of chronic stress on the immune system and mental health outcomes.

“We are planning a training session for fall semester on the background and measurement process of using hair to measure cortisol,” she said. Participants do not seem to mind having a small piece of their hair cut for study in comparison to providing a blood sample.

Ford has been funded by the National Institutes of Health, the Robert Wood Johnson Foundation, Ohio State’s Institute for Population Research (IPR), and Ohio State’s Criminal Justice Research Center for her study, Linking Biological and Social Pathways to Adolescent Health and Well-being. The study tested the feasibility of the collection of chronic stress biomarkers in community settings to investigate the biological impact of social risk on adolescent health

Where does research funding originate?

Several government agencies, corporate research and development programs, private foundations, and even families and individuals with a personal interest in the discovery of better ways to understand, prevent and treat disease fund studies designed to improve health and wellness among populations.

The largest government agency to fund biomedical and health-related research in the United States is the National Institutes of Health (NIH), part of the Department of Health and Human Services. The NIH funds several types of grants. The most common is the Research Grant series, designated by the letter R. These awards typically support a specific research project for three to five years, and the application is often submitted in response to a Funding Opportunity Announcement (FOA).

While each FOA will list specific requirements for that particular grant, most proposals have several common elements including an abstract, which is a succinct description of the study, a project summary, which may include a discussion of research conducted by others to demonstrate how this study will build on that knowledge; a plan of action, including methodology and timeline; a list of personnel, including expertise and experience; and a detailed budget.

Grant proposals can take months to write. Studies involving

human subjects also require approval of the Ohio State Internal Review Board (IRB), and may require specific approvals from other entities as well. Every grant submitted that requests funding is also reviewed and approved by the College of Nursing.

In addition to the research grants, the NIH also funds Career Development Awards (K series), to help young researchers get started and to assist mid-career researchers as well; Research Training and Fellowships (T & F series), which provide funding for pre-doctoral and post-doctoral students; and Program Project/Center Grants (P series), which include multiple projects around a single research theme. Only about 16 percent of grants submitted to the NIH are typically funded, according to a recent blog post on their website. Some of the institutes within NIH—such as the National Institute for Nursing Research—have an even lower rate of award.

Research proposals are reviewed by a committee of scientists with expertise in a similar—but not necessarily the same—field. This peer-review process utilizes a scoring system to create a fair process for awarding research dollars. The evaluations may also help grant writers understand the strengths of their proposals, as well as areas for improvement. Often, re-submissions are encouraged for grants that are denied, and many researchers are able to secure funding in subsequent submissions.

Current College of Nursing grants

The College of Nursing is currently part of 11 grants awarded by the NIH.

Two of the grants are training grants: the T32, which allows the college to provide funding to select doctoral students and an F31, awarded to graduate student Lisa Blair, which provides pre-doctoral funding.

Two awards are Career Development grants (K23), which were awarded to Chris Fortney, PhD, RN, assistant professor, and Tara O’Brien, PhD, RN, CNE, assistant professor.

College faculty have been awarded six research grants in several categories: three R01 awards, received by Laureen Smith, PhD, RN, FAAN, associate professor and director of community outreach and engagement; Loren Wold, PhD, FAHA, FAPS, director of biomedical research; and Carmen Giurgescu, PhD, RN, WHNP, associate professor; one R15, received by Tondi Harrison, PhD, RN, CPNP, FAAN, assistant professor; and two R21 grants, received by Lorraine Mion, PhD, RN, FAAN in collaboration with Vanderbilt; and Rita Picker, PhD, RN, FAAN, the FloAnn Sours Easton Endowed Professor of Child and Adolescent Health and director, PhD Program, in collaboration with Cincinnati Children’s Hospital.

In addition, the college has a Small Business Technology Transfer Grant, (R42), awarded to Associate Dean of Research and Innovation Mary Beth Happ, PhD, RN, FAAN, distinguished professor of critical care research.

and behavior. The biomarker data collection was conducted in conjunction with the Adolescent Health and Development in Context (AHDC) study led by Principal Investigator Christopher R. Browning, PhD, a professor of sociology at Ohio State. The AHDC study emphasizes the impact of spatial and social exposures on the health and behavior of over 1400 adolescents aged 11-17 years in Franklin County, Ohio and is funded by the

National Institutes of Health, the National Science Foundation, the William T. Grant Foundation, and the IPR.

In a note to the College of Nursing announcing Ford’s appointment to the role of Stress Science Lab director, Dean Bernadette Melnyk noted, “Jodi has an outstanding record of research expertise in the area of stress science. Now, in this role, she will mentor and assist faculty

and doctoral students as well as provide workshops and training on integrating stress biomarkers into their research. I am confident that Jodi will provide the leadership to establish our college as a national leader in stress science.” ■

Melissa L. Weber is assistant director of marketing and communications for the College of Nursing.

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A gift from Connie and Gary Sharpe enables a groundbreaking concept in problem-solving for health care professionals.

By Susan Neale

INTRODUCING

THE INNOVATION STUDIO



The Innovation Studio, a moveable maker space designed to help Buckeyes innovate health care solutions, made its debut in Newton Hall's lobby on March 20 with a ribbon-cutting ceremony and open house. The Innovation Studio will be in Newton Hall for two months, and



Attending the Innovation Studio's opening event were, left to right, Chief of Strategic Partnerships Laurel Van Dromme, Dean Bernadette Melnyk, Gary Sharpe and his wife, alumna Connie Hahn Sharpe, '69 and Chief Innovation Officer Tim Raderstorf.

will then travel to other colleges across campus to foster interprofessional innovation. It will host workshops with topics such as product design, pitch development and maker skills, and will provide project mentors and daily technical support for using its array of prototyping tools, including a 3-D printer and a laser cutter.

The Studio exists thanks to a generous gift from College of Nursing alumna Connie Hahn Sharpe, '69 and her husband Gary, who together built Health Care Logistics Inc., a company that specializes in health care innovations. (See *Transformations*, Fall 2016 for more about the Sharpes and their gift.) The Sharpes were present to cut the ribbon across the studio's door, along with Dean Bernadette Melnyk, Chief of Strategic Partnerships Laurel Van Dromme and Chief Innovation Officer Tim Raderstorf.

Raderstorf welcomed students, faculty and staff who had gathered from many different areas of campus—including dentistry, design and geography—and invited them to create, discover and forge interdisciplinary partnerships at the Studio. Legend has it, he said, that the Ohio State Oval was redesigned many times to re-configure its pathways, but no design seemed to work well. Then a designer approached the problem differently, by tearing up

the paved pathways and letting students walk on grass for a year. Soon the necessary paths were worn smooth, and the problem of where to pave was solved. "The Innovation Studio is like that," Raderstorf said. "This is the starting line for your journey into innovation, and you will help us guide the direction it goes in."

"It is here for you," Raderstorf added, "and can serve as a funding source to help your ideas take flight." Raderstorf explained that seed grants will be awarded to worthy interdisciplinary projects. Health care solutions developed at the Innovation Studio are eligible for seed funding, provided they are created by a team of two or more Ohio



Photography by Jodi Miller

Visitors to the Innovation Studio's opening explore the technology and demonstrations inside the space.

State students, faculty or staff from different disciplines or professions. Teams who meet set milestones of project development will continue to be eligible for additional grants.

Maker Space Manager Josh Wooten has a wide range of maker experience, from welding to electronics to 3-D printing. He will be on hand daily to help. "I like innovation and watching things grow, connecting people to other people," he related while encouraging visitors to play with a row of bananas clip-wired to a laptop and a device called a Makey Makey. When touched, each banana produced a different sound through the computer, and could be played like a keyboard. Bonking musical bananas is fun, but it also has a point: devices like Makey Makeys, Arduinos and Raspberry Pis (all to be found at the Studio) make it possible to extend the interactive function of laptop computers inexpensively for all sorts of new projects.

On that first day, a visitor brought in an electric hand-sanitizer dispenser, and Wooten helped him take it apart to see if a computerized enhancement could be made. The result of this exploration may be the first of many innovations to originate in the Innovation Studio. ■

Susan Neale is senior writer/editor for the College of Nursing.

EBP, CTEP and the China connection

Ohio State's five-day educational program in China extends evidence-based practice around the world

By Jennifer Grabmeier

The Center for Transdisciplinary Evidence-based Practice (CTEP) expanded the College of Nursing's global reach once again with a return trip last fall to China.

In November, the CTEP team traveled to Shanghai to teach a five-day course on evidence-based practice (EBP) for clinicians and faculty from hospitals, schools and colleges of nursing throughout China. It is the latest chapter in CTEP's partnership with the Shanghai Sipo

Polytechnic School of Health Science & Nursing that started in 2013.

One of the unique aspects of CTEP is its ability to customize programs to fit the needs of its participants, and the China program was a perfect example. For this group, that meant starting off with a five-day education program in preparation for a full five-day EBP immersion workshop that CTEP will return to deliver in December. Attendees learned about the PICOT approach to creating searchable questions, searching for and critically appraising evidence, incorpo-



CTEP Director Lynn Gallagher-Ford is introduced on the opening day of the evidence-based practice course in Shanghai.



CTEP faculty members Kathleen Martinez, Cindy Zellefrow and Lynn Gallagher-Ford (middle row, 3rd, 4th and 5th from left) presented the first EBP course held at Shanghai Tenth People's Hospital, Shanghai, China, in cooperation with Shanghai Sipo Polytechnic School of Health Science and Nursing, with support from Phoebe You, Tina Zhan (middle row, last two on right) and their staff from Ohio State University's China Gateway.

rating evidence into decision-making, implementing practice changes and measuring outcomes.

Despite it not being a full immersion, the response from participants was overwhelmingly positive. Some of the attendees had previously attended immersions in the U.S., and they brought their resulting enthusiasm about EBP with them to the Shanghai event. "It was phenomenal—they loved it," said CTEP Director Lynn

Gallagher-Ford, PhD, RN, DPFNAP, NE-BC. "They were all just so excited. They worked so hard. All of the content was in a different language, and it's very intense. It was just amazing."

Over the last thirty years, China has identified new priorities for health care, including increasing quality of care and outcomes and addressing the nursing shortage. This sparked a movement to elevate both nursing education and the nursing profes-

sion as they strive to better prepare their nurses to meet the new demands and keep them working in China. "There is a lot of technology and western medicine pouring in, but they haven't really caught up with it in education," Gallagher-Ford said. "The nurses graduate from essentially technical schools, but then there are these super high-level expectations for them."

According to CTEP Assistant Director Cindy Zellefrow, DNP, MEd, RN, LSN, APHN-BC, that gap reflects the difference between their educational preparation and a new focus on quality care and outcomes.

"Although nursing education programs from diploma to doctoral are available, the vast majority of nurses are trained at the diploma and associate degree level, where their education is very task-centric. With the new priorities, that is changing," she said. "Evidence-based practice is an important opportunity to help them reach their health-care goals."

Besides improving patient outcomes, EBP promises to have a positive effect on the entire nursing profession there.

"Nursing is becoming empowered and growing a voice in what is a very physician-centric health culture," said Zellefrow. "That is part of what they were so excited about. They've got a lot of really smart nurses, and

through EBP they are finding a voice. It was really powerful."

Nurse patient ratios (the number of patients each nurse takes care of at once) are much higher in China than in the United States. According to Gallagher-Ford, "It's typical for a hospital in China to have 5,000 beds or more, to have a 100 chair infusion unit staffed with two nurses, and a chaotic and busy emergency department with 80 beds that's staffed with four nurses. That is very different than the typical nursing environment in the U.S. But that is their normal... and there is no reason that EBP can't be just as important and effective in that environment."

Another difference she noted: Families were actively involved in providing a patient's care while they're in the hospital, such as doing the patient's laundry and cooking their food. "Taking care of patients doesn't always look like what we expect."

The differences in customs and norms make the value of evidence-based decision making all the more apparent. It works in every setting.

"It doesn't matter where you are or what your circumstance is; anybody can use an evidence-based approach," Gallagher-Ford said. "The questions to be answered are just different."

The 23 attendees in Shanghai came from a mix of both clinical and academic



Ohio State's China Gateway senior business manager Tina Zhan, right, and Gateway intern Rita Chen prepare to meet Lynn Gallagher-Ford, Cindy Zellefrow and Kathleen Martinez at the Shanghai airport.

settings. In addition to hospital nurses and graduate-level students, nursing faculty from colleges and universities across the country participated who have the potential to shape nursing practice for generations to come.

"The academic people learned things that they can teach to students, now that they understand what EBP is and how to do it themselves," said Zellefrow. "We want to help them figure out how they teach it. If we can teach students EBP thinking, then as they emerge as clinicians they already know how to be on the lookout and ask, 'Why are we doing things this way?' and how to look at the body of evidence and say, 'The body of evi-

dence says we should be doing it this way.'"

With their first educational program in China under their belts, program manager of special projects, Susan Potter, and the CTEP team are preparing a customized EBP immersion workshop for December. Between now and then, a handful of Chinese practitioners will visit Columbus to train to participate in the immersion as mentors.

"We learned a lot from doing it this way," said Gallagher-Ford. "We got a feel for what the pace can be for our program, and it helped us figure out the best ways to communicate in both languages. This was really our year to figure out some of the logistics and really strengthen the partnership."

In December, the specially trained Chinese mentors will each lead a table of six to eight people in the immersion. The mix of mentors from China and the U.S. creates a variety of perspectives that's invaluable for the experience.

"When people get to hear what's going on at different places, it helps them to realize there's a bigger world out there," Zellefrow said. "Just because you do things a certain way, it's not the only way. We try to broaden people's horizons as well as give them the skill set."

The table cohorts remain active after the actual immersion, too. As part of the follow-up, participants and mentors get together for a "table reunion" after three months, and they can use their group to ask questions and share ideas. "We have found keeping connected to be critical," Gallagher-Ford said. "People share like crazy."

Seeing CTEP participants from around the world get excited about evidence-based practice confirms Gallagher-Ford's deep belief in it. "It's cool to see the universality of EBP. No matter what situation you are in, EBP is about how you make it the best situation it can be."

The Chinese nurses aren't the only ones excited about the adoption of EBP in China. Based on their experience in Shanghai, the CTEP team is absolutely thrilled.

Zellefrow said, "November was amazing, and December is going to be incredible." Gallagher-Ford added, "Stay tuned. We are planning several more international opportunities for the CTEP team." ■



Participants are energized as they share their EBP work with the group at the end of the week.



Front row, from left: Kathleen Martinez, a CTEP mentor; CTEP Director Lynn Gallagher-Ford, Assistant CTEP Director Cindy Zellefrow with EBP program participants.

Jennifer Grabmeier is a principal at Gifted Communications.

Tucker brings expertise in behavioral change

Sharon Tucker named Grayce M. Sills Endowed Professor of Psychiatric Mental Health Nursing

By Melissa L. Weber

“From mental health to obesity to creating a culture of wellness, the thread through it all is behavioral strategies,” said Sharon Tucker, PhD, RN, FAAN, PMHCNS-BC, at her presentation to the College of Nursing before a reception to welcome her to the college on

March 7. “How do you promote mental health? How do you help people stay fit? And how do we promote behavior change?”

Tucker recently joined The Ohio State University College of Nursing as the Grayce M. Sills Endowed Professor of Psychiatric Mental Health Nursing and director of the Translational Research Core of the Helene Fuld Health Trust National Institute for Evidence-based Practice (EBP).

She was previously the director of Nursing Research, EBP & Quality for the University of Iowa Hospitals & Clinics, and before that was in a similar role at Mayo Clinic in Rochester, MN. She remains associate editor for *Worldviews on Evidence-based Nursing*, is on the board of directors and serves as the newly elected treasurer for the Midwest Nursing Research Society, is an alumna of the Robert Wood Johnson Executive Nurse Fellows Program and is a Fellow of the American Academy of Nursing.

Tucker has spent more than 20 years in clinical settings, working in mental health, behavioral health, critical care and as a nurse examiner in sexual assault cases. Early in her career, she observed people who struggled with poor health behaviors and became interested in developing a deeper understanding of how to help families—especially those with young children—learn healthier habits and maintain good mental health. Her curiosity led her to pursue graduate studies and eventually set the stage for interven-

tion research design.

Tucker’s goals include conducting rigorous research to develop a better understanding of how to change behaviors to improve health and wellness, and integrating that research into practice. Her targets for changing behavior include patients and families, and also providers and organizations that resist change.

“My ultimate goal is to understand what factors help people adopt healthier habits,” Tucker said.

“I think people are confused by mixed messages about fat and dietary concerns, for example. People will use any study as an excuse to support what they want to do. While dietary composition is complex and not a one-size-fits-all approach, the data are much clearer on physical activity.”

At the same time, Tucker understands that in real-world settings, adapting new interventions and strategies can be challenging for health care providers. Therefore, her research program focuses on patients, as well as on overall strategies that make choosing the best evidence-based interventions the easier choice for clinicians and organizations. This research aligns with the field of translational and implementation science, which ultimately aims to identify methods and strategies that promote the systematic uptake of clinical research findings and other evidence-based practices into routine practice.

“We know prevention makes a difference, but it takes a long time to demonstrate and most people want rapid results, thereby making long-term behavior change challenging,” she said. “Again, we see this with patients who frequently fall back to old behavior patterns, and we see it with providers who also will choose the familiar and known strategies even when they may be ‘sacred cows,’” a term used to describe old traditions that have limited or no evidence of effectiveness, yet are hard to eliminate in clinical



Sharon Tucker



Sharon Tucker, center, after her March 7 presentation to the College of Nursing, with, from left: Associate Dean Mary Beth Happ, Associate Dean Cindy Anderson, Katherine Sills (daughter of the late Grayce M. Sills), Dean Bernadette Melnyk and Vice Dean Margaret Graham.

settings. For examples, Tucker cited the shift to bedside report, “which has been a challenge for nurses universally who still drift to nurse-to-nurse report. Or bed alarms for fall prevention, which have been studied rigorously and found to not to impact fall prevention, but is still taught, included in clinical guidelines and used in hospital settings.”

Tucker recently provided a brief discussion of her research on human factors and environments for promoting behavior change to members of the College of Nursing and the campus community. She shared her “Top Five Insights” from her research:

#1 Changing behavior is hard

We all know that change is difficult, and now we have actual data that show people fail to change their behavior between 70 and 90 percent, the first time they try. We only have to look at most individual’s weight management to see an example. Turning to providers and organizations, literature repeatedly cites that organizations have a 70 percent failure rate at implementing change. The key to helping people learn how to change is human factor research.

One of Tucker’s recent studies in human factor research was funded by The Daisy Foundation. This study examined methods for preventing falls in oncology units at several hospitals. The results were clear and perhaps surprising: patients often don’t believe they are at risk. The study showed that a conversation with patients is needed about the risks of falling and what

specific strategies they can agree to use. Patients “must grant permission for nurses to explain the risks so that they are invested in prevention strategies.” The organization, too, must change, with leadership truly supporting and leading the process of building prevention strategies into the normal communication and workflow. The study brought motivational interviewing techniques to nurses on one oncology unit. Their findings objectively measured significant changes in nurses’ engagement skills along with a decline in fall rates to zero on the intervention unit during that phase of the study.

#2 People are complicated

Of course, we know this too. Fortunately, there are factors that can help mitigate that complexity. Taking time to understand the family dynamic of patients can help a practitioner offer a method for appropriate recommendations (which are often not one-size fits all). In addition, health care providers can use assessment of resource accessibility, motivational interviewing to get at meaning for the patient, and follow-up care compliance to help patients succeed. Several studies point to the success of patient support groups, including peer support, when feasible.

#3 Change must be meaningful for it to be sustainable

Just as organizations need to recognize a return on investment, patients must be able

to see the value of change to stay motivated. Providers, too, need to see improved patient outcomes or satisfaction ratings from the changes they have implemented to be convinced that the change was worthwhile. Patients can become greatly invested in making behavior changes if they can visualize their own personal motivation for that change. Health care providers can help patients with motivational interviewing, an evidence-based coaching method that uses non-judgmental listening and other guiding tools to help generate and develop a person’s own motivation for changing a behavior in a positive way.

#4 The environment must be set up for success

A number of studies have demonstrated that environment and processes can help facilitate optimal behavior choices. For example, research has shown that people will often choose default options when an active choice is required (e.g., retirement options, vaccinations, auto insurance). In studies conducted by Wansink and colleagues at Cornell, people chose healthier eating options when the healthy choices were most visible and the unhealthy options were limited.

#5 Compassion and flexibility for yourself and others is healing

Mindfulness—taking time to slow down, be present and observe your thoughts and feelings without judging them —provides significant benefits for many health conditions. Research demonstrates improvement in mental health, memory, concentration and productivity. Mindfulness-based stress reduction can reduce job burnout, stress and turnover for nurses.

Tucker ended her presentation with a list of future research topics, and an open invitation to collaborate. As director of the Translational Research Core of the Fuld Institute, she will be collaborating with organizations and health care providers locally, nationally and internationally, helping them translate the best evidence-based practices into lasting behavior changes for better health. ■

Melissa L. Weber is assistant director of marketing and communications for the College of Nursing.

National Summit heralds launch of new institute

Inaugural event will bring national experts together, kicking off new era in advancing EBP

By Melissa L. Weber

The Fuld Institute will host the inaugural Helene Fuld Health Trust National Summit on Transforming Healthcare Through Evidence-based Practice (EBP), the first in a biennial series, October 19-20, 2017 in Columbus, Ohio at the Hilton Columbus at Easton. This groundbreaking event signals the launch of the Fuld Institute in the College of Nursing at Ohio State, as national hub for the dissemination, teaching, and creation of best practices to improve health care quality, safety, costs, and patient outcomes in clinical settings.

Nursing and interdisciplinary clinicians, leaders, academicians and researchers from health care organizations including academic institutions and policy organizations are invited to participate in this inaugural event. The National Summit will offer the best and latest evidence on developing and implementing EBP policy and process to guide the highest level of clinical practice in order to improve health care quality, safety, policy, patient outcomes and costs.

Topics will include strategies for integrating EBP into academic programs, building and sustaining an EBP culture and environment, using EBP to guide organizational and health policy, and dissemination and implementation of research to rapidly move evidence-based interventions into real-world clinical settings.

Attendees will hear the latest recommendations to advance and sustain EBP from

leading experts at national organizations, federal agencies and health care entities.

Additional information is available at fuld.nursing.osu.edu, or by email at ebpnationalsummit@osu.edu.

EBP expert forum

Preceding the Summit, on the afternoon of Wednesday, October 18, leaders from more than 30 national nursing and interprofessional organizations, federal agencies and healthcare entities will meet in an invitation-only event at Ohio State to present and discuss the current state of evidence-based practice across the disciplines.

Organizations to be represented in the EBP Expert Forum include AcademyHealth, the American Academy of Nursing, the American Nurses Association, the American Association of Colleges of Nursing, the Agency for Healthcare Research & Quality, the American Public Health Association, the National Academy of Medicine, Sigma Theta Tau International, The Joint Commission, the American Association of Critical Care Nurses, the Oncology Nurses Association and more.

Results from the EBP Expert Forum will be shared during a conference presentation on Thursday for all conference attendees. The presentation will include details about the future trajectory of EBP, and the development of the five cores of the Fuld Institute, as well as action plans for next steps for the institute. These outcomes and strategies also will be published in

the journal *Worldviews on Evidence-based Nursing*.

The Helene Fuld Health Trust National Institute for Evidence-based Practice was created in 2016 thanks to a \$6.5 million grant from the Helene Fuld Health Trust. The Fuld Institute has five core areas: transdisciplinary clinical practice; academics; EBP implementation science, partnerships, innovation, and policy; and consumer education. Ohio State's Center for Transdisciplinary Evidence-based Practice (CTEP), which provided the foundation for the Fuld Institute, has been leading the way in disseminating and teaching best practices in EBP to health care providers and academics for the past five years.

The Fuld Institute will provide the best and latest evidence to guide:

- the highest levels of practice to improve healthcare quality, safety, patient outcomes and costs
- the best teaching strategies for integrating EBP into academic programs
- techniques to build and sustain EBP cultures and environments within practitioners' own organizations
- organizational and health policy
- dissemination of best practices
- research on the best strategies to rapidly translate effective research-based interventions into real-world clinical settings. ■

Melissa L. Weber is assistant director of marketing and communications for the College of Nursing.

EBP Summit keynote/plenary speakers* October 18-20, 2017

Arlene S. Bierman, MD, MS

Director, Center for Evidence and Practice Improvement, Agency for Healthcare Research and Quality (AHRQ)

Kevin P. Browne, MSN, RN, CCRN

Senior Director, Deputy Chief Nursing Officer, Memorial Sloan Kettering Cancer Center

Major General Dorothy A. Hogg

Deputy Surgeon General and Chief of the Air Force Nurse Corps

Lynn Gallagher-Ford, PhD, RN, DPFNAP, NE-BC

Director, Center for Transdisciplinary Evidence-based Practice, College of Nursing, The Ohio State University

Alex R. Kemper, MD, MPH, MS

Beginning August 17, 2017, Division Chief of Ambulatory Pediatrics at Nationwide Children's Hospital and Professor of Pediatrics at The Ohio State University College of Medicine

Bernadette Mazurek Melnyk, PhD, RN, CPNP/PMHNP, FAANP, FNAP, FAAN

Vice President for Health Promotion, University Chief Wellness Officer, Dean and Professor, College of Nursing, and Professor of Pediatrics and Psychiatry, College of Medicine, The Ohio State University; Executive Director, Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare

Linda Simpson, MB, BCh, MPH, FAAP

President and Chief Executive Officer of AcademyHealth

* As of April 25, 2017

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2017 State of Health and Wellness in Buckeye Nation



University Chief Wellness Officer Bernadette Melnyk delivered her sixth annual address. What's our progress towards being the healthiest university in the world?

By Melissa L. Weber

The annual “State of Health and Wellness in Buckeye Nation” address and event were held in March at the Ohio Union, led by Vice President for Health Promotion and Chief Wellness Officer Bernadette Melnyk, dean of the College of Nursing. Melnyk spearheads wellness across the university and provides leadership for the One University Health and Wellness Council, which is composed of leaders from Human Resources, Your Plan for Health, the OSU Health Plan, Buckeye Well-

ness, Student Life, the University Staff Advisory Council as well as representatives from marketing/communications, the vice presidents and deans, faculty and students. After a welcome from Provost Bruce McPherson, Melnyk presented a broad update on wellness initiatives at the university and introduced several other speakers.

Ohio State is striving to be recognized as the healthiest university and community in the world. Data confirm Ohio State faculty and staff are more engaged in health and wellness activities than they were five years ago, and are becoming healthier, as demonstrated by a reduction in

Photography by Jodi Miller



University Provost Bruce McPherson welcomed the address participants and introduced Chief Wellness Officer Bern Melnyk.

reported levels of stress and anxiety as well as improved scores on a risk-factors assessment. Ohio State's focus on nine dimensions of wellness provides a framework for culture change that is crucial to making further progress in improving health outcomes for everyone on campus. The nine dimensions include emotional wellness, career wellness, social wellness, spiritual wellness, physical wellness, financial wellness, intellectual wellness, creative wellness and environmental wellness.

The One Health University Health and Wellness Council developed strategic goals for 2016-2019. They include:

- Enrich a wellness culture and environment that supports the nine dimensions of wellness for students, faculty, and staff
- Engage in evidence-based practices and continuous quality improvement to facilitate sustained healthy lifestyle behaviors to ultimately reduce the prevalence of chronic conditions while providing measurable outcomes and demonstrating value
- Communicate simply and effectively, moving towards a goal of having one voice and one brand for faculty, staff and student wellness
- Gain local, statewide, national and international recognition for our wellness initiatives through the sharing of best practices to impact change, locally to globally

Behavior choices can improve your health

Melnyk noted that many chronic conditions,

from obesity and diabetes to cardiovascular disease, can be prevented with behavior changes. In order to provide actionable goals, an emphasis will continue to be placed on the prevention of cardiovascular disease. The partnership with the Women's Heart Alliance (featured in the Fall 2016 issue of *Transformations in Nursing and Health Care*) made that emphasis stronger for students, while the Million Hearts screenings provided awareness and education for faculty and staff.

Melnyk reminded the audience that:

- Cardiovascular disease is the leading cause of death in the U.S.
- Every 34 seconds, someone in the United States has a heart attack
- Heart disease kills one woman every minute
- One in three women die from heart

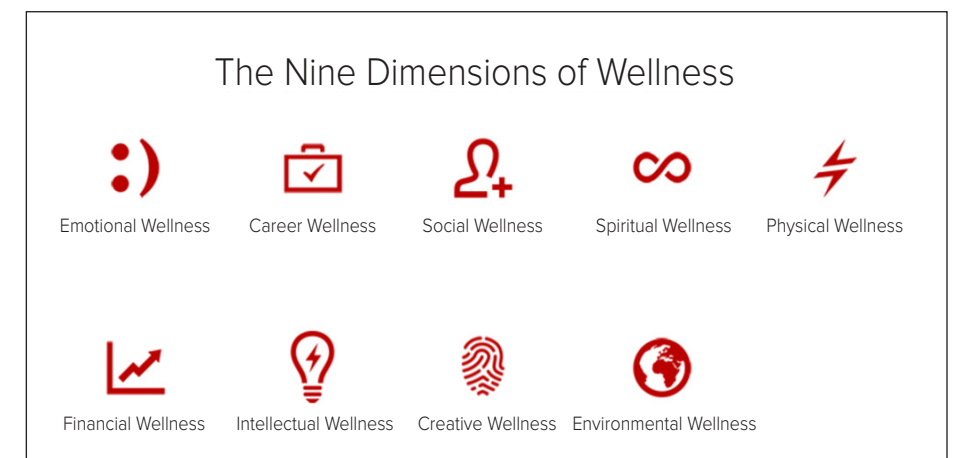
disease; one in 31 die from breast cancer

- Every four minutes, someone dies of a stroke

Four simple steps can provide improvements to health: Be active—30 minutes per day, five days per week (and remember, 15 minutes twice a day works!); eat healthy—five fruits and vegetables a day; avoid tobacco and manage stress.

Joanne McGoldrick, associate vice president, Office of Human Resources, reported on greater levels of engagement in the university's Your Plan for Health program and encouraged everyone to participate.

Senior Vice President for Student Life Javaune Adams-Gaston discussed the importance of financial wellness for our students. Ohio State was one of the first universities to include financial wellness as



Ohio State promotes balanced lifestyles and student success through these Nine Dimensions of Wellness.



Speakers at the 2017 State of Health and Wellness Address included, from left: Jim Warner, program director, food and nutrition, Wexner Medical Center; Antolin S. Flores M.D., assistant professor-clinical, Department of Anesthesiology, Wexner Medical Center and Buckeye Wellness Innovator; Javaune Adams-Gaston, senior vice president for Student Life.

an important dimension of health. Adams-Gaston noted that financial difficulties may cause a negative domino effect on health outcomes, increasing stress levels and even preventing healthy eating; therefore, assisting students with budgetary issues can support improving their overall health.

Wellness advocates present their programs

One of the efforts towards effecting a cultural shift towards wellness is being accomplished through the grass roots efforts of Buckeye Wellness Innovators. Two outstanding programs were shared as part of the event. Susie O'Brien from the Office of Advancement spoke about the wellness

initiatives in her office, including the active Pelotonia team that trains together throughout the spring and summer leading up to the annual bike ride to raise money for research at The James Comprehensive Cancer Center and Solove Research Institute. Doctors Antolin Flores and Ravi Tripathi from the Department of Anesthesiology in the Wexner Medical Center presented a summary of their eight-week Ross Fit Wellness Challenge. More than 300 participants committed to active living, healthy eating and emotional well-being for the challenge, which offered a weekly focus on topics such as purpose, natural movement, emotional support and plant-based eating.

Buckeye Wellness Leadership Award

For his support of wellness activities, Vice Provost and Director of University Libraries Damon E. Jaggars received the Buckeye Wellness Leadership Award. Wexner Medical Center employees Tony McCabe from the Department of Clinical Engineering and Jenny Meddles of James Patient Access also were recognized for their efforts as Buckeye Wellness Innovators. They each received bicycle chairs for their offices from Melnyk for their work supporting wellness. ■

Melissa L. Weber is assistant director of marketing and communications for the College of Nursing.



Attending the address were, from left: University Provost Bruce McPheron; Janet Box Steffensmeier, divisional dean in the College of Arts and Sciences; Chief Wellness Officer Bernadette Melnyk; Vice Provost and Director of University Libraries Damon E. Jaggars, who received the Buckeye Wellness Leadership Award.

Creating a school of nursing in Honduras

Two emerita professors and an alumna of the College of Nursing succeed in establishing a new high school of nursing in this Central American nation.

By Jennifer Grabmeier

The idea to revolutionize nursing education in Honduras could be a version of an old adage: Visit a community with high-quality nursing care once a year and its people will benefit for a day; teach high-quality nursing to a community, and their health will improve for lifetimes.

Two emeriti professors from the College of Nursing and an alumna and her fellow Buckeye husband turned that thought into a new nursing school that is the first of its kind in Honduras. It is also an exciting new chapter in the College of Nursing's ongoing outreach to this Central American country, which started with student study abroad trips in 2000.

Ann Overholt, FNP, '00, '05 MS, proposed that first trip to faculty to meet the public health requirement for her BSN. Overholt and her husband, Larry ('79, '05 MS in agricultural extension education), had lived in Honduras for 18 years working as missionaries and had returned to Ohio State to further their education.

Professor Emerita Kathleen Stone, PhD, RN, FAAN, '72, agreed to go with her and another student, and after the Overholts returned to Honduras, Stone continued taking students to the southernmost state of Choluteca, where the Overholts live. Professor Emerita Elizabeth Barker, PhD, joined the program when she came to Ohio State in 2003.

The study abroad trips, which included physicians, nurses,



Officials at the validation of the Honduras nursing curriculum and program where the program was formally presented to the regional department, from left: Dr. Jose Maria Paguada, regional director of the Ministry of Health; Aleyda Spetnagel, director of nursing high school IETI; Laurie Potter, assistant director of World Gospel Mission Honduras; Lenin Burgos, departmental director of education of the state of Choluteca; Gloria Arita, national subdirector of secondary education of the Ministry of Education; Quintin Soriano, mayor of Choluteca; Ann Overholt, missionary and rector of IETI.

“...what was needed was a high school for nurses—a school for grades 10-12 that teaches standard high school classes, plus a rigorous nursing component and nursing principles integrated throughout the curricula for all coursework.”

pharmacists and Spanish majors who served as translators focused on residents in remote rural areas. Eventually, however, the organizers realized visiting the area once a year was not enough.

“Every year for 17 years we’ve had the College of Nursing outreach and it was great, but over the years we realized we weren’t really changing anything,” said Angie Overholt. “Every year we gave out medicines, but we weren’t really impacting long-term change in their health care. We talked about putting our efforts into training the nurses.”

In Honduras, which has 8.1 million people, there are roughly 8,300 nurses—5,600 of whom are in fact nurse’s aides with only a sixth-grade education. “They are the ones who go out and run the clinics and work in the hospital,” said Stone. “They are the go-to people for nursing.” The other 2,700 nurses are educated at the university level and serve as administrators.

Barker said that in addition to their small numbers, nurses in Honduras are trained more to carry out tasks than to assess people’s needs.

“The patient outcomes for people both in hospital and in the public sector are mixed, in that in some cases nurses are given a really specific program, like every child in the village needs to be weighed, and they do that,” she said. “But if it’s a question of looking at what the community needs,



From left: Ann Overholt, FNP-BC and rector of IETI; Dr. Elizabeth Barker, Dr. Kathy Stone and Rosa Margarita Rodriguez, BSN, RN, lead nursing instructor for the nursing high school.

the nurses in Honduras have not been trained to do that. Even baccalaureate grads basically wait to be told what to do, so their nursing outcomes could be improved and be more patient-centered.”

Optimal training would go beyond procedures, and would include developing the practice of nursing as an independent role—and move from helping Hondurans, to helping Hondurans help each other.

“When we looked at where should we start, we needed to improve the educational programs for people working at the bedside

and prepare them for a university education,” said Stone. “We began by putting our heads together and proposing a level the community could accomplish.”

In a national system in which students attend high schools geared toward their professional aspirations, what was needed was a high school for nurses—a school for grades 10-12 that teaches standard high school classes, plus a rigorous nursing component and nursing principles integrated throughout the curricula for all coursework. Developing the proposal for such an idea took years and many visits—to the U.S. ambassador in Honduras, international aid organizations and the local director of education in Choluteca.

“Everyone said, ‘These are really nice ideas, these are great, but we don’t have any money so good luck,’” said Stone.

Things changed when the then-head of the department where Larry is earning his doctorate, Graham Cochran, PhD, was in China and mentioned Larry’s proposal to Elsa Orsoto, the executive director of a Honduran foundation for sugar producers. Orsoto liked the idea—and knew the minister of education. She arranged a meeting for the Overholts.

“When we went in and laid everything out he said, ‘What took you so long? This is exactly what we need. But we want you

to start it in February 2017,” recalled Angie Overholt. “So we had one year. That’s when everything went into fast forward.”

Licda Gloria Arita, the country’s sub-director of middle education, formed a committee with nurses, physicians and teachers of subjects like physics, math and microbiology. With an outline that Overholt and Stone created, the group worked day and night to develop the curriculum.

“It was a wonderful buy-in,” said Stone. “It couldn’t have been better, with the Hondurans wanting to take it over. It wasn’t just us going in and saying what to do, because that never works.”

Last November, the program received the country’s equivalent of accreditation from the Ministry of Education following a two-day review by 100 nurses, physicians, teachers and others from across the country.

Meanwhile, with funds donated through the World Gospel Mission, the Overholts’ home was renovated to become the school. “They give everything to Honduras,” said Stone, admiration in her voice. “Their kitchen became the cafeteria, and in the storeroom they built a chemistry and microbiology laboratory.” As for Larry and Angie, “they live in an 11x11 room at the back of the complex. It’s like a closet, but they stuffed their bed and Larry’s computer in there.”

Finally, on February 4, 2017, Honduras’ first-ever nursing high school opened with 16 students.

One of the first things they’re learning is to write references for the hospital, said Angie Overholt. “We really want them to learn how to write well, how to chart.”



Aleyda Spetnagel, left, director of nursing high school IETI and Dr. Lizeth Maribel Estrada, professor of science labs.

The school has arranged a partnership to enable students to do their practical hours at a private hospital that offers opportunities in radiology, laboratory work and more—things the public hospital does not provide.

When they graduate, students will be at the practical nursing level and be able to go into school nursing or nursing in the industrial sector, or attend the university for their BSN.

“Before, if you wanted to go into nursing you had to go to another high school and then go into university, and university people were having to supplement classes to get students into the path of nursing,” Angie Overholt said. “We’re hoping with this

higher level of preparation they can go on to university and achieve even higher in their BSN program.”

The new school is serving as the test case for the curriculum, with the potential to become the standard for all of Honduras. “The minister of education said that what we were doing was setting the model for all of Honduras,” Barker said. “It was this program that was going to demonstrate how nursing education can be enhanced throughout the country.”

Now, the team is working now to raise money for student scholarships. The new school costs \$2,400 (U.S.) per student, and enough has been raised so that each student only needs to pay half, with monthly payments of \$100. Barker and Stone are working with their own churches to each support a student.

“It’s really a heartwarming thing to be able to do this,” said Barker, voicing a sentiment about the school shared by all who worked to create it.

“I couldn’t be more overjoyed,” said Stone. “For me personally, I feel as if we have the opportunity to make a true difference in health care for the Honduran people. The type of nursing care they’ve been providing is, ‘I’m doing the best I have with what I have.’ This will give them a voice and teach them how to be a change agent. I just feel hope. It’s a sense of hope for the country.” ■



Professors validating the curriculum for the nursing program.



Gloria Arita, left, subdirector the Ministry of Education for Secondary Education and Ann Overholt, being interviewed by a local television station.

Jennifer Grabmeier is a principal at Gifted Communications.

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The College of Nursing welcomes new faculty

By Laura Wise-Blau and Melissa L. Weber

Lee Cordell, MS, RN, ACNP-BC, CNL-BC

Lee Cordell joined the college as instructor of clinical practice in the master's program, teaching graduate level pathophysiology and advanced pharmacology courses. She also serves as one of the instructors for Acute Care Nurse Practitioner students during their specialty-specific coursework.

Cordell works part time as an acute care nurse practitioner for the Wexner Medical Center's Bone Marrow and Hematology services, where she provides health care services to adult patients during acute and chronic phases of illness, collaborates with fellow NPs and physicians, and serves as "first call" provider for approximately 40 patients per shift.

Cordell received a BSN, an MSN, and a postmasters certificate in nursing, all from Ohio State. While maintaining these positions, Cordell is also continuing her education as a member of the clinical faculty graduate program. "I am currently working toward my DNP (class of 2019). My project will be implementing a guideline to help decrease hyperglycemia and bacteremia rates in our bone marrow patients."

Prior to her faculty appointment, she served as a nurse practitioner at Coshocton County Memorial Hospital and as a staff RN at Mount Carmel Health.

Lynda (Lyn) Hardy, PhD, RN, FAAN

Lyn Hardy joined the College of Nursing in April as director of Data Science and Discovery and clinical associate professor.

She has had a diverse research career in cardiovascular health,

women and children's health issues, and infectious diseases, and she is now utilizing big data with an eye towards disease prevention.

"I want to be able to maximize data that has already been collected to determine methods of disease prevention in order to promote wellness," she said. Dean Melnyk's focus on wellness in the

College of Nursing and across The Ohio State University was a driving factor in her decision to relocate to Ohio State from the University of Tennessee College of Nursing where she served as associate dean for research. "This is an exciting time in health care. The intersection of the nursing profession and data science will provide evidence-based methods for disease prevention and provide better patient outcomes."

Hardy also has extensive experience in research administration, most recently serving as senior program director at the National Institutes of Health/National Institute of Nursing Research (NIH/NINR).

"We are so thrilled to have someone with Dr. Hardy's experience, skill and vision in our Center for Research and Scholarship," said Mary Beth Happ, PhD, RN, FAAN, associate dean, Research and Innovation and distinguished professor of critical care research. "She hit the ground running at Ohio State by providing thoughtful critique and guidance to faculty research proposals and collaborating across campus as a member of the data analytics and brain science discovery [research] theme inter-professional faculty groups."

"I look forward to mentoring faculty investigators to help them develop a better understanding of navigating the grants process," said Hardy.



Lee Cordell

Courtesy Lee Cordell



Lyn Hardy

Melissa L. Weber

Lisa Militello, PhD, MPH, RN, CPNP

Lisa Militello is serving as assistant professor in the college's Center for Women, Children & Youth, a group of nursing faculty and researchers that conduct studies about health promotion and risk reduction designed to optimize health and wellness outcomes in infants, children adolescents and women. "Since families are different and families change over time, my particular area of research focuses on pairing mHealth [mobile health] strategies with adaptive research methodologies to promote wellness in children and families."



Lisa Militello

Militello earned a BSN, an MS as pediatric nurse practitioner and an MPH in maternal child health from the University of Pittsburgh. She received a PhD in Nursing and Health Innovation from Arizona State University and served as a postdoctoral research fellow at Ohio State's College of Nursing.

Prior to joining Ohio State's nursing faculty, Militello held a number of clinical and research positions, including stints at Johns Hopkins in Baltimore; the Mayo Clinic in Rochester, Minnesota; Loyola University in Chicago; and the University of Pittsburgh, among others.

"I truly feel supported by leadership and my peers to dream big and go for it. Because of that support, I feel tremendous opportunity for professional growth and as such, I am very excited to be part of the College of Nursing family."

LeShauna Postell, MS, CNP

LeShauna Postell joined the college as a clinical instructor of practice/nurse practitioner, where she works with undergraduate and graduate level students both in the lab and on nursing units. She came to the college after serving as a nurse practitioner at Ohio State's Wexner Medical Center.



LeShauna Postell

Postell earned her RN certificate at Sharon Regional Health System in Sharon, Pennsylvania. She earned a BS in Nursing from Pennsylvania State University and an MS in Nursing from Kent State University.

Prior to her work at Ohio State, Postell held nurse practitioner positions at Complex Care Partners in Cincinnati, Visiting Physicians Association in Youngstown, Valley Care Health System in Warren, and Akron City Hospital in Akron. Earlier in her career, Postell served as an RN in Youngstown, Warren and Akron.

"Working at Ohio State has been such a fulfilling experience. The College of Nursing has provided me with a unique opportunity to teach nursing students in an academic center that excels in nursing education, paired with a medical center that excels in patient care. It has been an amazing experience!"

Rachel Reineck, MS, RN, CNL

Rachel Reineck joined the college as clinical instructor for prelicensure nursing students in neonatal intensive care units at Nationwide Children's Hospital.



Rachel Reineck

She also serves as an RN in the NICU at Nationwide Children's, caring for premature infants with a multitude of diagnoses encompassed by the complications of chronic respiratory disease.

Reineck earned a BS and an MS in nursing, both at Ohio State. Prior to her current appointment, Reineck was a graduate assistant in the NICU at Nationwide Children's.

"I am really enjoying working through Ohio State's College of Nursing in this capacity, especially as a recent graduate. Working with students as they are learning the ropes has been wonderful; it has allowed me to continue to develop my own mentorship skills to carry on the support that was shown to me when I was a student."

Jodi Ulloa, MSN, APRN, NNP-BC

Jodi Ulloa has joined the nursing faculty as neonatal nurse program clinical instructor. Her interests include therapeutic hypothermia treatment for hypoxic ischemic encephalopathy in neonates, and computerized charting.

Ulloa has held a number of nursing positions in education, management and clinical staff positions over the course of her career, including work at St. Francis Cabrini Hospital in Alexandria, Louisiana; University Hospital and Clinics in Columbia, Missouri; Long Beach Memorial Hospital in Long Beach, California; and Stormont-Vail Regional Medical Center in Topeka, Kansas.



Jodi Ulloa

While serving as full-time NNP faculty at Ohio State, Ulloa continues part time as a Nationwide Children's Hospital neonatal nurse practitioner, a position she has held since 1998.

Ulloa earned a BS in nursing from Washburn University in Topeka, Kansas and an MS in nursing from Capital University in Columbus.

"I am very happy to be a part of the College of Nursing because I believe in evidence-based practice. I feel that Ohio State's College of Nursing is a leader in nursing education promoting evidence-based practice and preparing future generation of nurses to serve as leaders."

Editor's note: Learn about other new faculty in "Building a culture for advancing knowledge," page 14. ■

Laura Wise-Blau is a freelance writer in Columbus.

Nurses—and nursing students—create business opportunities

Nurses are proving they have the head and the heart for business, leveraging their ideas and research into products and services

The entrepreneurial spirit, long the province of the MBA, is now inspiring RNs, MSNs, CNPs and other health care professionals to dive headfirst into commercial waters. What surfaces when a

nurse takes the leap is a business that not only generates revenue, but one that also gives back.

NursSwag, LLC

Audra Hanners and Amy Provenzano, both students in the MSN Nurse Practitioner

program who anticipate graduating this spring, have turned a fast friendship into a rewarding business partnership. The two met the first day of classes and began chatting about future plans. When "start my own business" showed up on both of their bucket lists, Hanners and

Provenzano began brainstorming ideas for an enterprise they could do together.

"We both complained about the lack of trendy clothing for nurses, whether professional or casual," said Hanners, "and decided that we could remedy that." From that lament



Audra Hanners (left) and Amy Provenzano, partners in NursSwag and current nursing graduate students, with a few of their products.

came the idea for NursSwag, which is an online marketplace for everything nurse related. The website—nursswag.com—offers fashionable yet comfortable apparel and branded scrubs, stethoscope covers, water bottles, tote bags and more.

“In deciding to create an online marketplace, we considered many factors,” said Provenzano. “The first was time. With families, jobs, and graduate program classes, we were already stretching the hours in the day. We needed a business that, once up and running, would fit into our already busy schedules,” she added.

“An online enterprise seemed to fit us better and take advantage of what each of us brought to the table,” explained Hanners. “Amy and I couldn’t be more different. I am t-shirts and jeans; she’s a *fashionista*. I have a BS in biochemistry and was working as a phlebotomist. Amy, on the other hand, has a master’s in education and was a former history teacher and retail store manager and owner. Going online offered super flexibility in dividing business responsibilities”

Being able to build a blog as part of the store’s brand also factored into the pair’s decision. “We wanted to make NursSwag as much a marketplace for sharing and promoting professional ideas as it would be for purchasing nurse-themed merchandise,” noted Provenzano. “Reaching out to other nurses and celebrating their successes was a priority.”

It took a mere four months for the two students to take NursSwag from concept to commercial reality. During that time, Hanners and Provenzano discovered that new businesses require an incredible amount of decision-making. “Luckily, we work well together, and every decision was made in tandem—from brand logo to apparel fabrics to the software platform

upon which we built the online store,” reported Hanners.

The nurse entrepreneurs focused on quality and comfort in designing their products. “Being in health care ourselves, we had a pretty good idea about what our customers would like,” said Provenzano. “Initially, word of mouth brought traffic to the site, but we also tapped into the power of social media. NursSwag has a presence on Facebook, Twitter, Instagram, Pinterest and Polyvore,” Provenzano adds.

“Respecting and responding to our customers—for example, offering the option to customize merchandise—has helped us grow NursSwag into a viable enterprise,” said Hanners. “We’re thrilled that in a little over a year in business Amy and I have recouped our initial

investment and are headed into the black.”

The partners are equally optimistic about the future of NursSwag. “We plan to build on what we have and take it in ever-new directions,” said Provenzano. To that end, a comic line is on the drawing board and being pitched to nursing publications and online newsletters. Amy and Audra comics depict the funny side of life as a nurse, because “laughing about these situations unites us as compassionate professionals,” she said.

From the start of their business, Hanners and Provenzano made giving back to the community an essential line item. They donate 10 percent of sales to non-profit organizations, especially local ones or those re-

lated to health care. “Nurses are passionate about making things better. This is just another way for us to do that,” explained Hanners.

Taking the entrepreneurial leap was a bit scary, both partners admit, but they were encouraged by Dean Bernadette Melnyk’s challenge to “think and do the impossible.” Jackie Min, retired manager of graduate outreach for the College of Nursing, was a “source of practical information and optimism,” noted Provenzano, “as was Tim Raderstorf of the college’s Office of Innovation and Strategic Partnerships. We received invaluable business startup guidance from one of their innovation workshops.” [See sidebar.]

Hanners and Provenzano are most grateful to their silent

partners, their families, for unwavering support. “Creating NursSwag has given us the confidence make a difference in the world,” they reported, “and our families, friends, colleagues, and faculty mentors cheered us on every step of the way.”

O’Brien Medicine

Seventeen years of experience in the medical field led to the opening of O’Brien Medicine as an avenue “to provide optimal patient care and greater control over my future,” said Jennifer O’Brien, MSN ’00, and certified nurse practitioner. “Everything in my professional life had been preparing me to start my own practice, but it actually took only a few days when all the signs aligned—some bittersweet, some fortuitous—to convince me the time was at hand.”

O’Brien’s health care background runs the gamut from recruiting for the College of Nursing’s graduate program to managing health services and corporate wellness for Battelle. In between, she worked for Ohio State, Ohio Health and a private practice that specialized in internal medicine and aesthetics.

“Throughout my career, I’d had countless opportunities to observe how various health care providers operated,” O’Brien said. “The insights I gained regarding the overall patient interaction and medical industry were invaluable as I established my practice,” she stressed. Her philosophy: O’Brien Medicine—obrienmedicine.com—would combine the traditional, hometown provider-patient relationship with modern medical practices to create a new model for delivering health care.

That new model includes operating as a direct-pay practice, which, according to O’Brien, empowers patients. “They can see what their care really costs, and that knowledge makes them more involved and

responsible health care consumers. Direct pay also frees me from insurance red tape, meaning I can spend more time with each patient. Appointments are scheduled 30-60 minutes apart, depending upon the patient’s needs, and the non-hurried atmosphere really resonates with patients.”

O’Brien fully embraced technology in establishing her practice “because it saves time and increases patient accessibility. Patients have my cellphone number, but they actually prefer texting or messaging me via two-point encryption software or the Electronic Medical Records portal. Using the EMR, we both have access to their medical records, and I can answer questions or address concerns immediately.”

Aside from technology, O’Brien followed a lean startup plan for her practice. “We converted a modest rental space in Dublin, Ohio, into a welcoming environment for providing health care and minimized initial investment by purchasing good quality, pre-owned medical equipment and office furnishings. As for staff, I hired one employee: a super-efficient office manager!”

O’Brien believes that her innovative business model and lean startup plan contributed heavily to the quick success of her practice. “After just one month in operation, we were covering practice expenses. Word of mouth and patient testimonials on social media have steadily increased the number of patients I’m seeing, with a 20 percent bump in the last month alone. We met our first-year growth projections, and the practice’s long-term prospects are encouraging.”

Financial returns are important, but so are professional and personal rewards, notes O’Brien. “I’m so happy I listened to those signs and started my own practice. I love

Helping nurse entrepreneurs get started

All three nurse entrepreneurs interviewed here cited the support, contacts and resources of the College of Nursing Office of Innovation and Strategic Partnerships as highly beneficial to their entrepreneurial efforts. NursSwag and O’Brien Medicine founders attended the college’s first Innovation and Entrepreneurship Workshop for Healthcare Professionals and took away lessons that they employed in setting up their businesses. Attending the workshop also connected them with Tim Raderstorf, who became a trusted resource.

Raderstorf, MSN, RN, chief innovation officer and clinical instructor of practice, heads the college’s efforts to promote innovative thinking and entrepreneurial solutions in addressing health care problems. “Our goal in collegiate health care innovation is to help students, faculty, alumni and other health care professionals leverage their ideas and research into needed products and services which also generate revenue,” says Raderstorf.

“Good ideas abound in health care settings, because nurses are always trying to make things better or improve an outcome. Too often, those innovative ideas never make it past the ‘what if’ stage. We’re here to act as a bridge to help nurses turn good, evidence-based ideas into even better policies, procedures and products,” he added.

The Office of Innovation and Strategic Partnerships collaborates on a number of educational opportunities for nurses and other health care professionals interested in starting a business. These include the annual Innovation and Entrepreneurship Workshop for Health Care Professionals [see page 4], the new Innovation Studio, and the Interprofessional Innovation Symposium. A new Masters in Health Care Innovation is expected to launch later this year. For information, contact Tim Raderstorf, raderstorf.3@osu.edu.

seeing patients and impacting their health in a positive way. Through O’Brien Medicine, I’m privileged to interact with other dedicated medical professionals almost daily. And I appreciate the business relationships I’ve been able to build within the local community, as well as the opportunity to lend a hand where and when needed.

“But, for me, a major perk of being a nurse entrepreneur is the ability to control my own schedule. As a wife and mother

of two daughters, I want to be an active presence in my family’s lives. They’ve supported my professional ambitions, and I want to be there for them, volunteering at school functions, chauffeuring to dance lessons, and sharing in fun, family activities. In short, taking the entrepreneurial leap has brought balance to my life, and I highly recommend it!” ■

Valerie Wilson is a communications professional in Columbus.



Jennifer O’Brien of O’Brien Medicine

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Fact: Ohio House Bill 216 eliminates the certificate of authority (COA) and the certificate to prescribe (CTP) in place of licensure for advanced practice nurses. Application for licensure now requires APRNs in the state of Ohio to have a current CTP or to complete 45 hours of advanced pharmacology within five years preceding licensure application.

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Interprofessional event offers insights for health science colleges

iPEP seminar draws large turnout of health sciences students

More than 1,000 health sciences students from all seven of Ohio State's health science colleges convened on January 17 for the iPEP (Inter-Professional Education and Practice) collaborative seminar, "Interprofessional Best Evidence Practices in Disclos-

ing Medical Errors, Conveying Apologies, and Imparting Empathy to Patients and Families." The seminar, featuring keynote speaker Doug Wojcieszak, founder of Sorry Works, was intended to raise awareness among future health care providers about how to deal with medical errors, the third leading cause of death in the U.S.

Medical mistakes can

affect all of the health sciences professions. Preventable medical errors claim the lives of approximately 400,000 people each year. Another estimated 10,000 serious complication cases result from medical errors each day, many involving miscommunication between caregivers when patients are transferred or sent home. Despite a long-standing general

consensus among ethicists that harmful errors should be disclosed to patients, evidence exists that at present such disclosure is not always done.

According to Wojcieszak, disclosure is good for doctors as well as nurses and other health professionals, hospitals and insurers. An enormous and growing body of data shows that disclosure, empathy and



The iPEP seminar at the Ohio Union

Jodi Miller

apology reduce lawsuits, litigation expenses and settlements or judgments. Traditional “deny and defend” risk management strategies actually increase anger felt by patients and families, and therefore increase the likelihood of costly litigation. Disclosure not only reduces litigation exposure, but it also provides closure and healing for health care professionals involved in adverse medical events. The issue of whether and how to disclose harmful medical errors to patients requires that health care providers integrate their understanding of bioethics, doctor-patient communication, health care provider-patient communication, quality of care and team-based care delivery.

The seminar highlighted five transdisciplinary competencies to assist health professionals with disclosure issues: teamwork, interprofessional



Jodi Miller

iPEP seminar keynote speaker Doug Wojcieszak, founder of Sorry Works

communication, values/ethics, roles and responsibilities and evidence-based practice. “The issue of whether and how to disclose harmful medical errors to patients requires that health care providers integrate their

understanding of bioethics, health care provider-patient communication, quality of care and team-based care delivery,” stated College of Nursing Dean Bernadette Melnyk. She added that this issue also presented

educators with an ideal opportunity to explore with students the interface between ethics and communication. ■

Susan Neale is senior writer/editor for the College of Nursing.

ALUMNI UPDATE

PROFILE IN SUCCESS

Vickey Weir: passionate retired nurse and coach

“Success requires goals, internal motivation, teaching, coaching and great communication skills,” says Vickey Weir (BSN '73). Weir knows a thing or two about success. She recently retired after 40 dedicated years of nursing at the Stanford University Medical Center, during which time she simultaneously forged a decorated coaching career in synchronized swimming at Stanford University.

Hailing from Dayton, Ohio, Weir had a passion for science and synchronized swimming from a young age, leading her to enroll at Ohio State, home to a preeminent synchro program as well as a nursing school offering a four-year degree.

“I will never forget taking anatomy in the hot summer of 1970 on the second floor of Hamilton Hall,” she reminisced. “The laboratory was a stiflingly hot room, and I remember cranking the cadaver up out of a formaldehyde bath to study the human body. It was amazing.”

As a student, Weir split her time between nursing school and swimming practice, earning a BS in nursing and four national championships in synchronized swimming.

“I had no spare time and sleep was optional,” Weir quipped, “but I was never bored.”

After college, Weir



Vickey Weir, now and then

spent time as a nursing instructor in Nyeri, Kenya, as a member of the Peace Corps. Upon returning to the states she found her next challenge at Stanford Hospital where she began working in the surgical intensive care unit (SICU) caring for complex heart transplant patients.

“I wanted to work with the best of the best and be a part of the cutting edge of medical care,” she said. Her nursing career arc took her from a staff nurse role in SICU, PACU, same day surgery and endoscopy, and then on to key roles in quality management, nursing education and information systems. Along the way, she went back to school, earning a master’s degree at the University of San Francisco while working full time, and raised a daughter, who has a PhD in cancer biology.

Working at Stanford also provided Weir the



medical record system (Epic), to selecting and deploying the first smart phone system for medical staff, to the many nights she spent as an ICU nurse working tirelessly to keep her acutely ill patients alive, she is grateful that every day was a new adventure and an opportunity to learn. Weir touched many lives throughout her career, and her generous nature and compassionate professionalism benefited not only her patients, but also the colleagues and student athletes who surrounded her.

“My roles as both nurse and coach required passion, communication and an understanding of people,” Weir said.

Weir has dedicated much of her life to helping others, so it should come as no surprise that she has now decided to pay forward her success to her alma mater by establishing the Vickey Weir and Andrew Maisel Endowed Nursing Scholarship for first-generation nursing students.

“As a first-generation nursing student, receiving scholarship funding allowed me to stay in school and complete my education at Ohio State,” she explained. “I want other students to have this opportunity in the future—to become great nurses and giving human beings.” —Katy Trombitas

opportunity to remain involved in collegiate synchronized swimming. Together with her husband, Andrew Maisel, she founded Stanford’s synchro team in 1979. The program flourished under her 20-year leadership, culminating in defeating her alma mater to win a national championship for Stanford and the honor of U.S. Synchronized Swimming Collegiate Coach of the Year. During that time, Weir’s teams compiled a dual meet record of 123-3, and her athletes won 24 individual national titles and included 56 All-Americans and two Olympic medal winners.

As she looks back on her impressive and multi-faceted career, Weir is proud of her contributions. From participating in the care of some of the earliest heart transplant patients, to the coordination of training and logistics for more than 5,000 nurses and doctors on a new electronic

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The O'Neill Family story, a Buckeye legacy

What inspires someone to become a Buckeye nurse? For alumna McKenna O'Neill Milkie, '11, it was a life-changing diagnosis. For current nursing student Shannon O'Neill, due to graduate in 2017, the inspiration was her older sister.

This family's Buckeye nursing story began with McKenna. Her mother, Cheryl O'Neill, said, "I honestly think that McKenna set her sight on nursing when she was nine years old." At that time, McKenna was diagnosed with Type 1 diabetes. Cheryl remembers how her young daughter dealt with this news during her hospital stay. "She asked her dad to take a walk with her. During that walk they had a serious talk, and she told her dad that there were other kids much sicker than she was, and that he should not worry because she was going to be okay."

This year, McKenna's father got to share that story at her wedding. McKenna knew she wanted to help others going through difficult times with health issues, and found her true passion during clinicals in her senior year at Ohio State, when she served in a neo-natal intensive care unit. McKenna says of this experience, "It truly led me to where I was supposed to be." Now working in the NICU at Cleveland Clinic, "I



Jodi Miller

McKenna O'Neill Milkie, left, and Shannon O'Neill

take care of the most fragile patients, and teach their families to do the same. There is nothing more rewarding."

McKenna's sister Megan, who studied at Ohio University, followed her into the nursing profession, and now sister Shannon is studying nursing at Ohio State. There's a special camaraderie nurses share, and it's brought the three sisters even closer. McKenna said that her fellow nurses are what get her through difficult shifts. "There are few that understand what happens during those 12 hours," she said. And the support she gets from her sisters? "Having them to relate to

at the end of a crazy shift is priceless."

Shannon, too, always had a passion for helping others, and was inspired, she says, by both of her sisters' work ethic, compassion, empathy and dedication. Following in McKenna's footsteps at the College of Nursing seemed like a good fit to her, and once she began her studies, she knew she was right. "When I discovered the magnitude of a nurse's role in patient care, I fell in love with the profession," she said. "Nurses make a difference in the lives of all their patients through knowledge, compassion, support and empathy."

The sisters come from

a strong Buckeye family. As Shannon tells it, both of her parents and her older sister attended Ohio State, "but that does not even begin to describe our love for the Buckeyes!" Family traditions include parking for football games on the top of the West 11th parking garage where parents Cheryl, '84, an elementary education major, and Brian, '83, an accounting/finance major met in 1982. "Growing up, we would receive a gift on Christmas morning from Brutus Buckeye, and it was always our favorite," Shannon related. "I was born and raised a Buckeye, and cannot imagine my life any other way!"

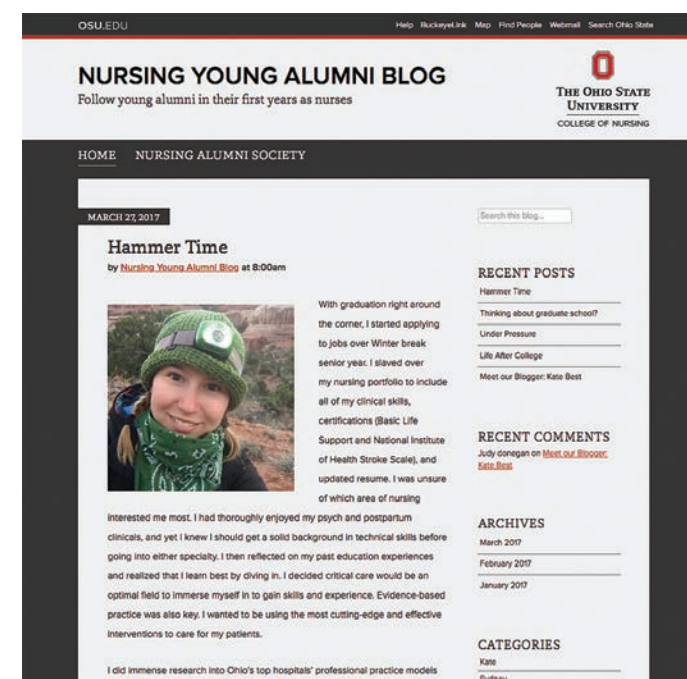
—Susan Neale

Young alumni blog launched

In January, the College of Nursing launched a blog that follows the lives of two recent graduates in their first years as nurses.

Kate Best, '15 and Sydney Adelstein, '16 share advice for current students and fellow young alumni on how to navigate life after graduation and the challenges new nurses face in the workforce.

The blog periodically features guest writers who provide guidance on various topics such as attending graduate school, staying connected with the College of Nursing or joining the Nursing Alumni Society.



Left: The landing page of the Nursing Young Alumni blog; Kate Best is shown.

Below: Sydney Adelstein and family on graduation day

hiking, trail running and rock climbing.

Sydney Adelstein
Sydney currently works as a new graduate nurse in the ER at one of Cleveland Clinic's regional hospitals. She always knew she wanted a career in the medical field, but majored in pharmacy, athletic training and physical therapy before she found a home in nursing. Sydney currently volunteers with the Nursing Alumni Society's Cleveland Regional Ambassadors.

Catch up with our bloggers at u.osu.edu/nursingalumniblog. Have a question for Sydney or Kate? Send them to nursingalumni@osu.edu.

Meet our bloggers

Kate Best

Kate currently works as an ICU RN in Columbus, Ohio. She was inspired to become a nurse after experiencing the critical role nurses played in a family member's recovery from a car accident. In her spare time, she enjoys



Courtesy Sydney Adelstein

In memoriam

Remembering our classmates, colleagues and friends

Carol Baughman 1977
Catharine Fry Carnes 1972
Dorothy Haynes Elliott 1947
Jeanne Baker Howard 1956
Margaret Williams Lewis 1968 MS

Mary Vess Loeding 1963
Nancy Magel 1969
Mary Johnson Murphy 1947
Kathryn Schoen, Acting Dean of the College of Nursing, 1983-1984

Marilyn Hein Skinner 1950
Martha McClellan Stevenson 1947
Bettye Wilson Story 1972 MS
Merrily Robbins Wholf 1974
Sherri Wissman 1994

Joseph Zynda 2002

STUDENT SPOTLIGHT

Christine Mayer

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



Christine Mayer

Christine Mayer is a second-year graduate entry student from Avon Lake, Ohio who is pursuing certification as a pediatric primary care nurse practitioner. This year, she is the recipient of the Grayce M. Sills Nursing Scholarship and The Lorena and Mary Ann Johnston Memorial Scholarship in Pediatric Advanced Practice Nursing. The Sills Scholarship was established by Anastasia Spinelli Christopher (BSN '74, MS '76) in honor of late School of Nursing director and icon Dr. Grayce Sills. The Johnston Memorial Fund was founded by Lance T. Johnston in memory of his daughter, Lorena, who succumbed to the rare Batten's Disease in 1993, and his mother, Mary Ann. In addition to her studies, Christine works as a graduate assistant for The Women's Place, Ohio State's women's policy office, and is part of the mentorship program at the College of Nursing.

How have the scholarships you've received made a difference in your life and education?

Receiving these scholarships reinforces that I made the right decision to go back to school, gives me confidence

in knowing that others believe in my education, and encourages me to keep striving towards my degree.

What has been the best experience so far at the College of Nursing?

My most cherished memory thus far would be the "Lighting of the Lamp" ceremony the college hosted to welcome my cohort into the profession of nursing. Having the torch passed onto us by current and emeritus faculty was so special, but the best part of the ceremony was listening to the inspiring talk given to us by Grayce Sills. She made us truly excited about becoming extraordinary nurses and assured us that we chose the right profession!

What advice would you give to students interested in the Graduate Entry program?

Take the plunge and apply! Although I never envisioned myself as a nurse before entering this program, I am thrilled with my career decision after being in this program for a year and a half. In my clinical experiences, I have encountered such grateful patients and being able to help them is so fulfilling. In the classroom, I have the most supportive cohort of classmates who go above and beyond to assist each other with understanding the coursework and practicing skills.

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

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- Distinguished Recent Alumna/Alumnus Award
- Community Service Award
- Mildred E. Newton Distinguished Educator Award

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COLLEGE OF NURSING ALUMNI SOCIETY Wine Tasting

August 9, 2017
6:00 p.m.

Learn more at go.osu.edu/WineTasting.



2016 NURSING ALUMNI SOCIETY BOARD RETREAT
Nursing Alumni Society Board and Committee members at their annual November Retreat.

(Below)
CLEVELAND REGIONAL RECEPTION
Local alumni gathered at Creekside Restaurant in Brecksville to network with fellow classmates and to hear college updates from Dean Bern Meinyk.



PAINT AND POUR
Alumni met at Giant Eagle Market District in Grandview District for a Paint and Pour with Studio 614.



SCHOLARSHIP RECEPTION
Danette Birkhimer, '86, '94 MS, (left) with junior scholarship recipient, Alisha French, at the Fall Scholarship Reception.

CAREER CONNECTIONS LUNCHEON

Brian Garrett, '96 (standing) and Kevin Reuscher, '10 (in plaid shirt), met with students interested in a career as a nurse anesthetist.



MEN IN NURSING EVENT

Members of the student organization Buckeye Assembly of Men in Nursing (BAMN) met with local nursing professionals to learn about life after graduation.





(Top)
ALUMNI SOCIETY HOCKEY NIGHT
Nursing alumni and their families at the Ninth Annual Society Hockey Night Tailgate.



CLEVELAND AMBASSADOR MEET AND GREET
Local alumni met at the Winking Lizard in Independence to learn more about the Cleveland Regional Ambassador Program.

In memoriam: Former College of Nursing Dean Kathryn Schoen

Kathryn T. Schoen, '62 MA, '65 PhD, alumna and former acting dean of the College of Nursing, passed away February 15, 2017 in Jacksonville, Florida at the age of 94. The first (and only non-nurse) dean, Schoen led the college from 1983 to 1984, during which time she assisted efforts to transform the School of Nursing into an independent college. This service capped a distinguished career at Ohio State which included roles as the assistant director of the School of Allied Medical Professions, university associate provost, and vice president of educational services.



Throughout her career, she had a particular interest in advancing the role of women on university campuses. She worked with female students during the Vietnam-era unrest to ensure their concerns were heard and acted upon, chaired the first university committee to assess the role of women on campus, and advocated for more opportunities for leadership and advancement for female faculty and staff.

Robert Wood Johnson Foundation to fund PhD nurses

The Ohio State University College of Nursing has been selected to receive a Future of Nursing Scholars grant from the Robert Wood Johnson Foundation (RWJF). Ohio State will select two Nursing scholars this spring, who will begin the program this summer with support from the grant.

The National Academies of Sciences, Engineering and Medicine's Institute of Medicine recommends doubling the number of nurses with doctorates, so nurses may lead the charge to advance health, promote nurse-led science and increase the number of nurse educators to prepare the next generation of nurses. To that end, RWJF's program provides financial support, mentoring and leadership development to selected nurse scholars who commit to earn their PhDs in three years.

"It is an honor to have been selected for funding," said Rita Pickler, PhD, FloAnn Sours Easton professor of Child and Adolescent Health and director of the PhD and master of nursing science program at Ohio State. "We expect that our participating students will be even better prepared to transform health care through research and the translation of evidence into practice and policy, while also educating and inspiring the next generation of nurses."

Ohio State recognizes college faculty members for national honors

Several College of Nursing faculty members were honored at the annual Ohio State University Faculty Recognition reception in March for faculty and staff who received national or international awards, or who have been recognized for achievements that reach outside or across academic disciplines.

Cindy Zellefrow, DNP, MEd, RN, LSN, APHN-BC, was recognized for receiving the Distinguished Service Award from the National Association of School Nurses; Candy Rinehart, DNP, FNP, ADM-BC, FAANP, and Kristine Browning, PhD, CNP, FAANP, were recognized for being inducted as Fellows in the American Academy

of Nurse Practitioners and Barbara Warren, PhD, RN, PMHCNS-BC, FNAP, FAAN, was honored for receiving the 2016 Psychiatric Nurse of the Year Award and being the recipient of the Hildegard Peplau Award, both from the American Psychiatric Nurses Association.

Gerene Bauldoff, PhD, RN, FCCP, FAACVPR, FAAN, was recognized for receiving the Presidential Recognition and Citation Award from the American Association of Cardiovascular and Pulmonary Rehabilitation; Tim Landers, PhD, RN, CNP, CIC, Mei-Wei Chang, PhD, RN, and Michele Balas, PhD, RN, APRN-NP, CCRN, were honored for being named as Fellows to the American Academy of Nursing.



Some of the college's faculty members recognized by Ohio State for their national honors, left to right: Cindy Zellefrow, Candy Rinehart, Kristin Browning and Barbara Warren.

Jodi Miller

Annual Hackathon results in heart-healthy app

The College of Nursing and its partners at the Wexner Medical Center reached out to student coders last semester, challenging them to make a heart-healthy app at OHI/O 2016, Ohio State's annual Hackathon. Four students calling themselves Heartware created the winning app, earning with it the opportunity to make it market ready.

Each year, the OHI/O Hackathon invites college students of varying experience from across the Midwest and beyond to create an app or related technologies and products over the course of a weekend. The students have access to professional mentors, workshops and hardware during the event. They can develop an app from their own ideas, or work from a challenge created by one of the Hackathon's participating organizations.

Ohio State students Jarrod Manguiat, Gary Miller, Nicole Glass and Shannon Milliken composed the Heartware team. They took on



The Heartware team, from left: Nicole Glass, Shannon Milliken, Gary Miller and Jarrod Manguiat.

the heart health challenge and developed an app they called "Heart Healthy, Buckeye Strong." The app allows the user to enter basic information, measure positive factors that manage stress, display results on a dashboard and share results on social media.

"This is the first time nursing has been involved in

the Hackathon," said Laurel Van Dromme, MA, chief of strategic partnerships & special projects and co-lead of the Office of Innovation and Strategic Partnerships at the College of Nursing. "We knew a lot of our students are facing stress, which is a risk factor of cardiovascular disease, so we

wanted to use the Hackathon to develop an app for people to track the multiple ways they can manage stress in support of their heart health."

Van Dromme, along with Wexner Medical Center CIO Phyllis Teater and College of Nursing Associate Dean of Research and Innovation Mary Beth Happ, selected the winning team. "Their project was so seamless," said Van Dromme. "They included all the pieces we wanted and it had an easy interface."

The college has hired the members of Heartware to refine the app. They are working with Wexner Medical Center's IT staff to refine and test it.

Van Dromme hopes to make the app available to the public when it is completed. She also plans for the college to present new Hackathon challenges in the years to come. "We'd like to be involved next year and to encourage more females and nursing students to participate in this kind of innovative, entrepreneurial activity."

FNINR names Smith new ambassador

Laureen Smith, PhD, RN, FAAN, associate professor and director of community outreach and engagement at the College of Nursing, has been selected as an ambassador by the Friends of the National Institute of Nursing Research. Smith is one of 15 ambassadors chosen nationally to join.

The independent nonprofit group advocates for and advances nursing science in the name of promoting the health and well being of

all Americans. Ambassadors are selected from a national pool of applicants based on their abilities to advance public health professions and policy-maker awareness of the critical research agenda linked to the National Institute for Nursing Research.

"My duties are to advocate for nursing research and research funding," said Smith. "I reach out to our legislators to personally connect with them and share the importance of nursing

research and how nursing science helps shape the health of our nation."

Smith will travel to Washington DC for Nursing Advocacy Day in late April. She said, "During my time there, I hope to meet with our senators and



Laureen Smith

Ohio's representatives on behalf of the Friends of the National Institute of Nursing Research. While meeting with them, I will also share some important health indicators for Ohio and how nursing science and nursing research can make an important difference in the lives of Ohioans as well as the nation. These efforts are to ensure that nursing research receives the proper funding it deserves at the federal level."

Nursing student "Making a Difference"

When talking to Morgan Ciehanski, a third-year honors nursing student, it is easy to pick up on the zeal she has for her area of study. What drew Ciehanski to nursing was the impact that she could have on people in everyday life.

Associate Professor of Clinical Nursing Elizabeth Fitzgerald was pleased to have Ciehanski become one of her honors students. Fitzgerald helps run the Making a Difference program, a community-university partnership that seeks to address health issues in the Near East Side of Columbus.

"When the program first started, [the program founders] wanted to make a difference in the Mount Vernon area of the Near East Side of Columbus, and they identified that in the



Third-year nursing student Morgan Ciehanski takes the blood pressure of an area resident in the "Making a Difference" program at A Cut Above barber shop in Columbus.

African-American community a good place to do that was barber shops. That is a good place to be to kind of get the pulse on the community and

a wonderful place to be able to screen for high-blood sugar and high-blood pressure," said Fitzgerald.

Ciehanski, who learned

about Making a Difference from Fitzgerald, cited the program as being important in her development of becoming a nurse. "I have experienced so many different people and so many different things I never would have realized or known especially being kind of isolated on campus," Ciehanski said. She added that the program has allowed her to relate to patients and bridge the gaps that can exist between patient and caregiver.

Through the Making a Difference program, Ciehanski said, "People can see that Ohio State is not just Columbus based, but that it is community based and it goes beyond the campus. I think it is so important for us to use our voice and reach out to our community."

— Stephanie Wise

College of Nursing welcomes new faculty and staff

New faculty members

Heidi Bobek, assistant professor—practice
Melissa Bowen, instructor—practice
Jeanne Clement, lecturer
Lee Chelsea Cordell, instructor—practice
Lori Dressel, instructor—practice
Stacy Fusner, instructor—practice
Shannon Lynn Gillespie, assistant professor
Carmen Giurgescu, associate professor
Scott Graham, assistant professor—practice
Lynda (Lyn) Hardy, associate professor—clinical
Kim Hoffman, instructor—practice
Unchalee Ice, assistant professor—practice
Carol Buck Jaeger, assistant professor—practice
Michelle K. Kotte, instructor—practice
Penny Marzalik, assistant professor—clinical
Lisa K. Militello, assistant professor
Lorraine Mion, research professor
Tara O'Brien, assistant professor
LeShauna M. Postell, instructor—practice
Susan Praeger, associate professor—practice
Rachel Marie Reineck, instructor—practice

Tonya Smith, instructor—practice
Khalilah Krystal Tate, instructor—practice
Sharon Tucker, professor
Jodi Ann Ulloa, instructor—practice
Sue Ulrey-Keys, instructor—practice
Sarah Kristine Warren, instructor—practice
Ann Marie Whitlatch, retiree—faculty

New staff members

Edward Babel, family nurse practitioner
Lainie Bradshaw, senior director, marketing and communications
Toni Brown, CWCY administrative associate
Gina Clark, academic program assistant
Erinn A. Dennis-DaCunha, mental health counselor
Hillary Fearer, advisor and technology coordinator
Michelle Gregg, clinical research coordinator
Anthony Gregory, wellness program coordinator
Judith Elizabeth Harness, project manager
David Augustus Hibler, research coordinator
Casey Allen Jacobs, Fuld Institute business manager

Shannon Leigh Linder, psychiatric nurse practitioner
Naomi Joy Marcus, undergraduate recruiter
Reginald McBride-Taylor, web programmer
Elizabeth Anne McClurg, program assistant
Ann McDaniel, program assistant
Courtney Ruffalo Miller, clinical placement coordinator
Susan Neale, senior writer/editor, marketing and communications
Kristen Lynn Nelson, Fuld Institute administrative associate
Timiya Nolan, post-doctoral researcher
Maria Nunes Gutierrez, clinical practicum coordinator
Barbara Jean Price, academic program assistant
M. Katherine Purcell, THW program assistant
Betsy Shaffer, family nurse practitioner
Vineeta Tanwar, post-doctoral researcher
Josephine Vicar, clinical compliance coordinator
Melissa Weber, assistant director of marketing and communications
Joshua Wooten, makerspace manager

Long-time staffers Min and Landholt retire

Two long-time staffers in the Office of Student Affairs, Equity and Inclusion have recently retired from the College of Nursing.

Jackie Min worked for 19 years at the college, first as graduate outreach coordinator and later as graduate outreach manager. She was recently honored by the Graduate Nursing Admissions Professionals Leadership Network of the American Association of Colleges of Nursing, who renamed an award The Jackie Min Best Practice Award in recognition of her work in advancing graduate nursing recruitment. In addition, in 2014 Min was recognized with the Ohio State University Distinguished Staff Award.



Teri Landholt

Teri Landholt worked as office and information manager in the Student Affairs office for 13 years. Before serving in the College of Nursing, Landholt worked in several other positions at Ohio State, for a total of more than 37 years with the university.



Jackie Min

McLaughlin wins BOSS award

The Fisher College of Business Center for Innovation and Entrepreneurship selected five finalists to present their concepts to corporate judges in the Best of Student Start-ups (BOSS) Spring Finale on April 19. College of Nursing student Laura McLaughlin won first place with her mobile app, BabyTalk, designed to inform and support expecting parents. BabyTalk allows users to educate themselves on information spanning from sexual health of the parents to the baby's first birthday by participating in animated games and receiving points.

Graduate Entry students receive nursing pins



Jodi Miller

Sixty-seven Graduate Entry students received their nursing pins in the college's annual pinning ceremony in January.

ACTIVE FACULTY GRANTS (2016-2017)*

Anderson, Cindy M. (PD), Health Resources and Services Administration (HRSA). Nurse faculty loan program. July 2016-June 2017. \$110K.

Blair, L., **Anderson Cindy M.** & **Pickler Rita H.** (Co-sponsors), National Institutes of Health (NIH) F31. Cognitive risk mapping in low birthweight children. \$37K.

Dawson, Deborah. Office of Community Outreach and Engagement Clinical Voucher Program award, Continuing the Journey: Beauticians & Barbers Who Care project with the community partner Making the Difference, Inc. \$1K.

Fitzgerald, Elizabeth. Office of Community Outreach and Engagement Clinical Voucher Program award, Healthy Kids, Healthy Futures: Building leaders through health literacy project with partners East Columbus Elementary School and the William H. Adams Community Center. \$1K.

Fortney, Christine A. (PI), **Pickler, Rita** (Co-mentor). Infant symptoms in the NICU: Impact on parent decision-making, coping, and distress. National Institutes of Health/National Institute of Nursing Research (NIH/NINR), Mentored Patient-Oriented Research Career Development Award, K23. September 2016-July 2019, \$406K.

Gillespie, Shannon L. (PI), **Anderson, Cindy M.** (Co-I), Ohm, J. (Co-I), Christian, L. (Co-I), **Tan, Alai** (Co-I), & Yu, L. (Statistician). Council for the Advancement of Nursing Science/Partners (CANS). DNA methylation markers of preterm birth risk among asymptomatic African American women. \$15K.

Gillespie, Shannon L. (PI), **Anderson, Cindy M.** (Co-I), Ohm, J. (Co-I), Christian, L. (Co-I), **Tan, Alai.** (Co-I), & Yu, L. (Statistician). American Nurses Foundation/Council for the Advancement of Nursing Science (ANF/CANS). DNA methylation markers of preterm birth risk among asymptomatic African American women. \$10K.

Post, D., Welker, M.J., **Graham, Margaret C.** (Co-PD), **Anderson, Cindy M.** (Co-I). Expanding, enhancing and enriching the primary care workforce through clinical

transformational education. A collaborative project of the Health Resources and Services Administration (HRSA) Primary Care Training and Enhancement Program. 2016-2021. \$2.495M.

Happ, Mary E. (PI), **Tan, Alai.** (Co-I), with Vidatak, LLC. National Institute of Nursing Research (NINR). Improving outcomes for mechanically ventilated patients with the Digital EZ Board. Grant #2R42NR014087-02. 2015-2017. \$291K (to Ohio State).

White, D.B. (PI; University of Pittsburgh), **Happ, Mary E.** (Co-I). National Institute on Aging (NIA). A trial to improve surrogate decision making for critically ill older adults. Grant #1R01AG045176-01. 2013-2018. \$61K (to Ohio State).

Hosley, Stephanie. Ohio Chapter of the National Association of Pediatric Nurse Practitioners (NAPNAP). Service grant award for the Fishing with Dad community outreach and engagement event in partnership with the Columbus Urban League. \$1K.

Jauch, Amy (Project Lead), **Bowles, Wendy, Pryba, John, Thrane, Susan, & Zellefrow, Cindy** (Co-contributors). RN to BSN Program: Using open resources to reduce student costs. Total projected savings for students enrolled in the RN to BSN Nursing Program admitted in autumn 2017 and spring 2018: between \$58,605 and \$86,055, with a projected five-year savings of \$293,025 to \$430,275. \$12K (\$8K ODEE; \$4K nursing).

Kue, Jennifer (PI). Robert Wood Johnson Foundation: New Connections: Increasing Diversity of RWJF Programming. Breast and cervical cancer screening interventions among Southeast Asian American women: A systematic review. September 2016 - August 2017. \$50K.

Sankarappa (PI), **Kue, Jennifer** (Co-I). Hep B United. Hepatitis B dissemination and provider education. July 15, 2016-July 14, 2017. \$7K.

Gebreyes, Wondwossen (PI), **Landers, Timothy** (Co-PI). Centers for Disease Control and Prevention (CDC) entitled Global health security partner engage-

ment: Expanding efforts and strategies to protect and improve public health globally. 2016-2021. \$4.65M.

Mion, Lorraine (Co-PI), Sarkar, Nilanjan (Co-PI). National Institutes of Health/National Institute on Aging (NIH/NIA) R21 grant award. Socially assistive robotic architecture for elder care. \$275K.

O'Brien, T., Hathaway D., & Russell, C. Increasing activity post-kidney transplant with SystemCHANGE™ National Institutes of Health, National Institute of Nursing Research (NIH/NINR) K23. September 26, 2016-July 21, 2019. (September 2016). \$388K.

O'Brien, T., Hathaway D., & Russell, C. The use of mobile phone technology in kidney transplant recipients. International Transplant Nurses Society. (2016). \$2.5K.

Tubbs, Cooley, H.L. (PI), **Pickler, Rita** (Co-I). Systems analysis of guideline adherence in neonatal intensive care, National Institutes of Health/National Institute of Child and Human Development (NIH/NICHD) R21. 2016-2018. \$500K.

Pickler, Rita (Co-PI), **Melnyk, Bernadette** (Co-PI); Optimizing Health in Childhood: Interdisciplinary Training in Health Development, (NIH/NINR) Grant #1T32NR014225-01. 2013-2018. \$117M.

Pickler, Rita (PI). Future of Nursing Scholars, Robert Wood Johnson Foundation. 2017-2020. \$150K.

PUBLICATIONS (2016-2017)

Braun C. & **Anderson C.M.** "Applied pathophysiology: A conceptual approach to the mechanisms of disease," chapters 1-20, third ed. 2017. LWW Wolters Kluwer: Baltimore, MD. ISBN-9781496335869.

Thiele D.K., Ralph J., El-Masri M., **Anderson C.M.** "Maternal vitamin D3 supplementation during pregnancy and lactation improves mother/infant dyad vitamin D status," *Journal of Obstetric, Gynecologic & Neonatal Nursing*. pii: S0884-2175(16)30357-4. DOI: 10.1016/j.jogn.2016.02.016 [Epub ahead of print] November 10, 2016.

Pickler, Rita (PI). The Jonas Nurse Leaders Scholar Program (2016-2018 Cohort), Jewish Communal Fund. 2016-2018. \$20K.

Tate, Judy (PI). Testing the Post-ICU problem-solving (PIC-UPS) system. American Nursing Foundation (ANF). \$25K.

Thrane, Susan E. (Co-PI), Frieber, S. (Co-PI), Ibach, M. (Co-I), **Tan, Alai** (Co-I). Akron Children's Hospital Foundation. Reiki therapy for symptom management: A feasibility study in toddlers receiving palliative care. October 2016-October 2017. \$13K.

Tornwall, Joni (PI), **Bowles, Wendy, Tan, Alai.** Robert Wood Johnson Foundation grant, Relationship between satisfaction with instructional methods and development of pride and competence in accelerated second-degree nursing students. \$1K.

Wold, Loren (PI). Synergistic effects of obesity and air pollution on cardiac function. National Institutes of Health/National Institute of Environmental Health Sciences (NIH/NIEHS). 2011-2017. \$1.79M.

Wold, Loren (PI). Muscle function and depression-like behavior in a mouse model of cancer fatigue. National Institutes of Health/National Institute of Nursing Research (NIH/NINR). 2012-2017. \$2.58M.

Wold, Loren (PI). Mentor/mentee award. American Heart Foundation (AHF). 2016-2019. \$45K.

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* Award dollars have been rounded to the closest thousand or hundred dollars, depending on total funding amounts

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Khan, A., Coffey, M., Litterer, K.P, Baird, J.D., Furtak, S.L., Garcia, B.M., Landrigan, C., & the Patient and Family Centered I-PASS Study Group (**Pickler, R.H.**). "Families as partners in hospital error and adverse event surveillance," *JAMA Pediatrics*. 2017. DOI:10.1001/jamapediatrics.2016.4812.

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AWARDS AND HONORS

Amaya, Megan. Selected to participate in the Work@Health Planning Meeting by the Centers for Disease Control and Prevention.

Anderson, Cindy. National Advisory Committee Member, Robert Wood Johnson Foundation Harold Amos Medical Faculty Development program.

Balas, Michele. Received the 2016 March of Dimes Critical Care Nurse of the Year Award.

Balas, Michele. Inducted as a Fellow of the American Academy of Nursing, October 2017.

Balas, Michele. Norma J. Shoemaker Award for Critical Care Nursing Excellence, Society of Critical Care Medicine, 2016.

Balas, Michele. Presidential Citation Award, Society of Critical Care Medicine, 2016.

Chipps, Esther. Elected as Vice President of Research, Council of Graduate Education and Administration in Nursing, January 2017.

Fitzgerald, Elizabeth. Received the 2016 March of Dimes Diversity Nurse of the Year Award.

Happ, Mary E. University of Pennsylvania School of Nursing Outstanding Alumna, 2016.

Jenkusky, Lucia. Elected to the American College of Nurse-Midwives, 2017.

Masciola, Randee. Appointed to the NPWH Board of Directors for a three-year term starting January 1, 2017.

Melnyk, Bernadette. Invited as a member of the National Academy of Medicine Action Collaborative on Clinician Well-being and Resilience for a two-year term starting January 2017.

Melnyk, Bernadette. Received the American Organization of Nurse Executives Foundation (AONE) 2017 Nurse Researcher Award. This award recognizes a nurse researcher who has made significant contributions to nursing research and is recognized by the broader nursing community as an outstanding nurse researcher.

Melnyk, Bernadette. Sharp Award, which demonstrates extraordinary service activities on behalf of NPs, by the American Association of Nurse Practitioners (AANP).

Mion, Lorraine C. Will be inducted into the 2017 International Nurse Researcher Hall of Fame on Saturday, July 29, at STTI's 28th International Nursing Research Congress in Dublin, Ireland.

Reuter, Jessica. Received the American Association of Critical Care Nurses (AACN) scholarship to attend the Nurse in Washington Internship.

Rinehart, Candy. American Association of Nurse Practitioners (AANP) State Award for Excellence, June 2017.

Smith, Lauren. Selected FNINR Ambassador for the 2017 cohort, based on her abilities to advance public, health professions, and policy-maker awareness of the critical research agenda linked to the National Institute for Nursing Research (NINR).

Warren, Barbara. Appointed to the Editorial Board of the *Journal of the American Psychiatric Nurses Association*.

Weberg, Daniel. Appointed to the Editorial Board of the *Nursing Administration Quarterly*.

Weberg, Daniel. "Leadership for Evidence-based Innovation in Health Professions," awarded third place by the *American Journal of Nursing* for professional development books.



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