

SPRING 2019

# *Transformations*

IN NURSING AND HEALTH



**p. 12**

## **Community Health Workers**

making a difference on the front lines of local public health



**THE OHIO STATE UNIVERSITY**  
COLLEGE OF NURSING

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**POP Care**  
Colleges collaborate to help elderly and their pets

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**Newton Hall turns 50!**  
And more...





# Dean's Message

## Bernadette Mazurek Melnyk

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

Vice President for Health Promotion

University Chief Wellness Officer

Dean and Professor, College of Nursing

Professor of Pediatrics & Psychiatry,  
College of Medicine

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

We have so much to celebrate this year at our College of Nursing! This spring, we celebrated Newton Hall's 50th anniversary as our home on campus, and outstanding rankings once again from *U.S. News & World Report* (See page 18). We also had a terrific CCNE accreditation visit for our baccalaureate and master's programs with no compliance concerns.

Research is thriving at the College of Nursing. We've leapt to #13 in NIH research funding nationally (page 20), a testament to the fantastic work of our faculty researchers. You can read about Jenn Kue's American Cancer Society-funded study concerning cervical and breast cancer in Asian-American women refugees and immigrants on page 22 and Susan Thrane's groundbreaking work testing the efficacy of an alternative therapy, Reiki, for palliative care on page 25.

The college continues to demonstrate its commitment to the community with special initiatives such as the Community Health Worker program, which seeks to combat local public health epidemics such as infant mortality and addiction (page 12) by empowering local citizens. Our outreach includes the special relationship between The Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare and children's hospitals (page 38), and a pet project of mine, Pet Owner and Pet (POP) Care, which sends student teams from nursing, social work and veterinary medicine to visit and care for homebound adults and their pets (page 2).

One of the greatest measures of our success is the way that you, our alumni, are dreaming, discovering and delivering a better world of nursing and healthcare. We have so much to celebrate! You can read about what three recent graduates of the new Master of Healthcare Innovation (MHI) are doing with their degrees (page 30) and alumna Ella Kick, PhD, RN, who pioneered gerontology at the College of Nursing (page 47). A gift to the college from alumna Connie Hahn Sharpe and her husband Gary, the Innovation Studio, has touched the lives of many students and helped them realize their dreams (page 32), and now, new gifts have made possible a second Innovation Studio in a permanent location at Pomerene Hall. That is just a small sampling of the abundant transformational change our alumni bring to the world every day. I am grateful for each and every one of you.

Warm and well regards,  
Bern

*Bernadette Melnyk*

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

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COLLEGE OF NURSING

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# POP Care

*Turning sick care into well care for people and their pets*

by Phil Saken

Assistant Professor of Veterinary Medicine Laurie Millward enjoys a moment with Bern Melnyk's pug, Bose.

Amidst the barking and panting of seven puppies inside her Columbus home, Donna Cramblett takes deep breaths on her living room sofa and counts backwards from 100 by sevens. Cramblett, 87, is the first recipient of a home visit from the Pet Owner and Pet (POP) Care partnership of The Ohio State University Colleges of Nursing, Veterinary Medicine and Social Work. This innovative, first-of-its-kind program launched in February with support from

an Emergent Innovation grant from the Rita & Alex Hillman Foundation.

"The dogs give my mom comfort," said Deborah Catlett, Cramblett's daughter. "They help her out emotionally and give her something to do, because she pets them and it takes her mind off a lot of different things.

"This is a great idea to have this program. There are a lot of older people that have pets and they can't get out, or they can't get anybody to take care of their pets, but they need them. They need them for emotional support."

POP Care creates a nurse practitioner-led, interprofessional team to bring proactive, holistic well care to homebound adults with multiple chronic conditions and their pets. While nurse practitioner and social work students – supervised by faculty – examine and evaluate patients like Cramblett, veterinary medicine students and faculty can dive into the health history of animals living at the home, including updating vaccinations.

"This is a five-year dream come to fruition," said Bernadette Melnyk, PhD, RN, APRN-CNP, FAANP, FNAP, FAAN, vice president for health promotion, university chief wellness officer and dean of the College of Nursing, who is the creator of POP Care and principal investigator for this grant. "We currently live in a reactive, sick-care healthcare system. People get sick, they come in, get treated. Instead, we have to turn sick care into well care, and we have to optimize people's and pets' health to the

greatest extent that we can. That's the intent of POP Care: to improve the health and well-being of these older adults and their beloved pets."

POP Care pays homage to the "One Health" concept endorsed by the Centers for Disease Control and Prevention, which suggests that the health of people can be directly connected to the health of the animals and environment around them. In POP Care, the pets are integrated into the people's plan of care and the people are integrated into the pets' plan of care.

"We know from research that the human-animal bond – especially for our older neighbors who live by themselves – is beneficial to both parties' well-being," said Laurie Millward, DVM, MS, DACVP, assistant professor in the College of Veterinary Medicine, who also leads outreach efforts for the college, "so we are helping integrate the healthcare of the pet with that of the humans who love them, and it is our hope that by merging those two, we help enhance the health and well-being of both."

Participating students and faculty from the College of Social Work are assessing social determinants of health,

Bern Melnyk and her pug, Honey Doo, celebrate the launch of POP care with Marrisa Metzger, Katie Klakos, Katie Reid, Gina Wilkins, Nikki Ochoa, Holly Dabelko-Schoeny and (in front) Laurie Millward.







L-R: Dr. Rustin Moore, Dean, College of Veterinary Medicine, Bernadette Melnyk  
Dr. Tom Gregoire, Dean, College of Social Work

including access to nutritious food, transportation and opportunities to engage with others socially in order to connect patients with resources that can help address those needs.

“This program can change the way we educate students and care for underserved populations in our communities,” said Holly Dabelko-Schoeny, PhD, associate professor in the College of Social Work, whose research and expertise include testing innovative interventions to support the well-being of older adults. “Clients will have a one-stop shop in their home – access to primary care, social service support and veterinary medicine. We are very excited about learning how both students and clients benefit from this experience.”

“Giving students the opportunity to work on a project with other disciplines gives them a chance to see how other disciplines interact with clients in their homes and really build on that interprofessional work,” said Katie Klakos, director of field education for the College of Social Work. “The students are learning communication skills, how to be adaptable to whatever needs come at them and how to work with clients in their home environment.”

Students participating in this interdisciplinary program are assigned individual patients and provide home care once a week for four weeks. Approximately 60 students from the three colleges will assess 60 households during this pilot program. A final data analysis based on surveys and health outcomes is expected in December.

Melnyk, who herself is a pet owner and mother of a future veterinarian, has grand aspirations for the POP Care model, intending to scale the model across the United States to other universities who have nursing, veterinary and social work colleges.

“When we talk about transforming health and transforming lives, this innovative strategy is the type of creativity so needed in today’s healthcare system,” Melnyk said. “This collaborative partnership among our health sciences colleges has great potential to change the face of well care, not only for the population of people and pets in our own community, but also to serve as a national model for the country to emulate.”

Catlett saw the care provided to her mom and her dogs during the first home visit on that snowy February morning and thought the same thing. “I think this is a great idea. I hope it goes everywhere.” ✱

# Dream, discover and deliver on your potential!

## PhD research is transforming healthcare: Liz Hutson

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



## DNPs are leading EBP to improve outcomes: Stephanie Hosley

Stephanie Hosley’s passion for helping children with neurodevelopmental disorders includes using evidence-based practice to improve their sleep. Her DNP Project reinforced the evidence on sleep hygiene education, which should be the first intervention for sleep disturbance etc.  
[nursing.osu.edu/dnp](https://nursing.osu.edu/dnp)

## Educating “masters” of their craft: Joann North

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





# College News

## Anderson new president of Midwest Nursing Research Society (MNRS)

Several College of Nursing faculty were honored at the 2019 MNRS 43rd Annual Research Conference in Kansas City, Missouri, in March. Cindy Anderson, PhD, RN, APRN-CNP, ANEF, FAHA, FNAP, FAAN, associate dean of academic affairs and educational innovation and associate professor, was installed as the society's new president after serving a year as president-elect. Anderson has been a member of MNRS for 16 years. "I am honored to serve as the president of MNRS," Anderson said. "As a new researcher, MNRS was integral to the launch of my research career, providing the opportunity to network with esteemed scientist colleagues throughout the Midwest ... I am grateful to have an opportunity to give back to MNRS as president and look forward to supporting the members and the mission."

## Wright and Fortney receive MNRS New Investigator Awards

Assistant Professor and Chief Diversity Officer Kathy Wright, PhD, RN, GCNS-BC, PMHCNS-BC, received the 2019 New Investigator Award from the MNRS Self Care Research Interest Group (RIG). Assistant Professor Christine Fortney, PhD, RN, ('02, '06 MS, '12 PhD) received the 2019 New Investigator Award from the MNRS Symptom Science RIG and the MNRS Palliative & End-of-Life-Care RIG. \*

The March of Dimes 2019 Ohio Nurse of the Year Awards is an awards event and fundraiser that brings together the healthcare community to recognize nursing excellence and achievements in research, education, quality patient care, innovation and leadership. Nominations open on April 1 and will be accepted through June 30. To nominate an outstanding Ohio nurse, go to:

[nurseoftheyear.org/ohio](http://nurseoftheyear.org/ohio).



MNRS President, Cindy Anderson



Kathy Wright



Christine Fortney



Mary Beth Happ



Kathy Wright



Deb Steward



Marliese Nist



Susie Breitenstein



Sharon Tucker

## Four College of Nursing honorees at March of Dimes

The College of Nursing had four honorees at the March of Dimes Nurse of the Year Awards luncheon in November. Mary Beth Happ, PhD, RN, FAAN, FGSA, received the 2018 Research Nurse of the Year Award; Kathy Wright, PhD, RN, APRN-CNS, received the 2018 Diversity Nurse of the Year Award; Deb Steward, PhD, RN, ('98 PhD) received the 2018 Educator-Academia Nurse of the Year Award; and Marliese Nist, PhD student, received the 2018 Nursing Student of the Year Award at the graduate level. The March of Dimes Nurse of the Year Awards honor extraordinary nurses in the area who go above and beyond to deliver compassionate care. \*

## Rita & Alex Hillman Foundation grant supports Chicago Parent Program

Co-investigator Susie Breitenstein, PhD, RN, FAAN, collaborator Sharon Tucker, PhD, RN, FAAN, and Principal Investigator Deborah Gross, DNSc, RN, FAAN, of Johns Hopkins University received a grant from the Rita & Alex Hillman Foundation for "The Chicago Parent Program: Improving the Lives of Young Children in Poverty." Developed in 2002, the Chicago Parent Program (CPP) is a group-based parenting program that strengthens parenting skills and capacities and improves young children's behavioral health and well-being. The two-year grant will be used to help CPP develop the necessary structural elements to support widescale dissemination, implementation and sustainability of the program. \*



## Melnyk elected to National Forum Board of Directors

Bernadette Melnyk, PhD, RN, APRN-CNP, FAANP, FNAP, FAAN, has been elected to the National Forum for Heart Disease and Stroke Prevention's Board of Directors. The mission of the National Forum is to harness, lead and encourage collaborative action among stakeholders committed to heart disease and stroke prevention. Through her board position, Melnyk will work with others to establish a dialogue that can lead to improved cardiovascular health nationwide. \*



Bernadette Melnyk



## Center for Healthy Aging, Self-Management and Complex Care

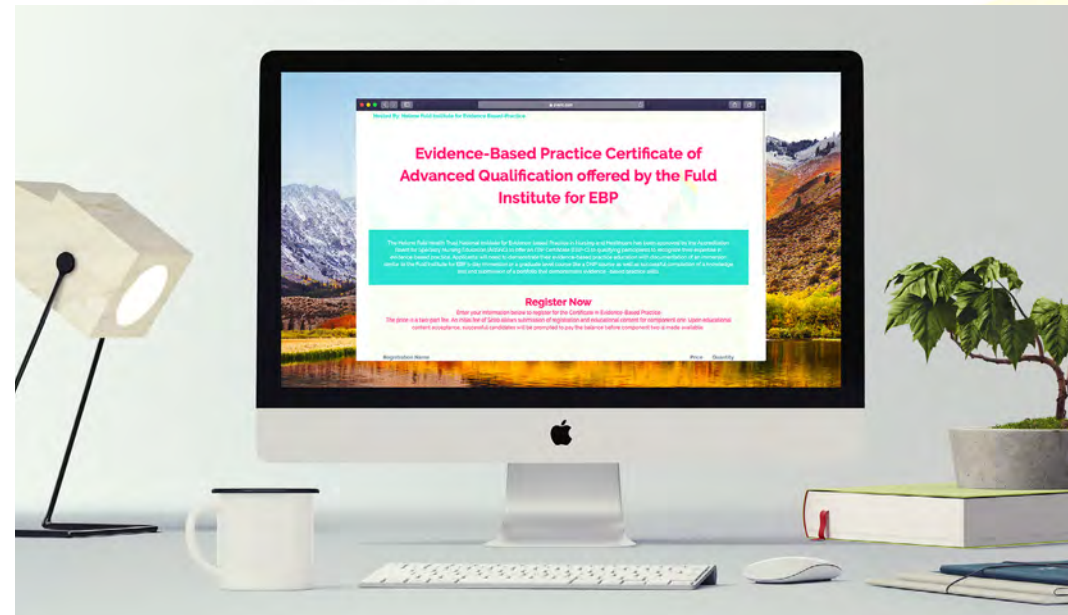
The Center of Excellence in Critical and Complex Care has been renamed the Center for Healthy Aging, Self-Management and Complex Care to more accurately reflect the research conducted at the center, which aims to generate evidence to improve healthcare delivery to adults and older adults in a variety of settings. "The change to the center's name reflects our goals to conduct research that will result in healthier lives, enhance quality of life for those with multiple comorbid conditions and dementia, and prepare the next generation of scholars and scientists who will advance gerontology, self-management science and critical care," said Lorraine Mion, PhD, RN, FAAN, director of the center. \*

## College of Nursing rises to number 13 in NIH funding

The College of Nursing advanced up the ranks of NIH funding once again to number 13 in the nation, or number 6 among public colleges. See story on page 20. \*

## Fuld Institute for EBP launches EBP certificate

The Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare launched the world's first evidence-based practice (EBP) certificate of added qualification to qualified health professionals who work in practice or education. The certificate is the first and only globally recognized professional EBP certificate of added qualification. Those who earn the certificate will be able to demonstrate evidence-based decisions that improve healthcare for patients, families, providers and practitioners. Upon completion, healthcare professionals in education or practice will be awarded the certificate for a period of five years. \*



## HWIH program approved by ICHWC

The College of Nursing's Bachelor of Science in Health and Wellness Innovation in Healthcare (HWIH) has been approved as a health and wellness coaching program by the International Consortium for Health and Wellness Coaching (ICHWC). This approval means that graduates of the HWIH program meet the educational requirements to sit ICHWC's health and wellness coaching certifying examination. The Bachelor of Science in HWIH prepares students to support health and wellness across the lifespan, in all states of health, as a health promotion professional. \*

## U.S. News & World Report rankings

New rankings from *U.S. News & World Report* place the College of Nursing in the top 10 nationally for online and traditional master's in nursing and top 20 for Doctor of Nursing Practice degree. See story on page 20. \*





## Innovation Studio news: BizTech Award and a new Innovation Studio

The College of Nursing's Innovation Studio won the 2018 BizTech Award for Outstanding Service from *Columbus Business First*, the business news and information authority in central Ohio. The BizTech Awards recognize promising start-ups, entrepreneurs and innovations in Columbus. The Innovation Studio, a movable maker space that travels from college to college across campus, was among 21 other businesses and entrepreneurs that won awards in a total of nine categories.

A second, permanent Innovation Studio was launched at the newly renovated Pomerene Hall in March. Look for that story in fall 2019 *Transformations*.

The Innovation Studio exists to foster interprofessional collaboration in creating healthcare solutions. It provides resources, mentors and tools to those with ideas for healthcare products, services or software who would like help with development. The studio hosts workshops with topics such as product design, pitch development and interprofessional collaboration. ✱

## College of Nursing receives HEED Award third year in a row

The Ohio State College of Nursing received the 2018 Health Professional Higher Education Excellence in Diversity (HEED) Award for the third year in a row. The award, issued by *INSIGHT Into Diversity*, recognizes colleges and universities that demonstrate outstanding commitment to diversity and inclusion. "The College of Nursing embraces inclusive excellence as a core principle in producing the highest caliber of nurses and leaders," Kathy Wright, PhD, RN, CNS, PMHCNS-BC, College of Nursing chief diversity officer, said. "Our differences, shared with respect, dignity and integrity, offer learning opportunities and unlimited potential for mutual understanding, innovation and cooperation." ✱



R. Scott Osborne, Josh Wooten, Kyle Sharpe, Tim Raderstorf, Gary Sharpe, Bern Melnyk, Connie Sharpe ('69), Bethany Reid and Laurel Van Dromme at the opening of the Innovation Studio - Mirror Lake.



Rachel Choto (L) and Kathy Wright (R) with Holly Mendelson, publisher of *INSIGHT Into Diversity* magazine.

## Newton Hall turns 50

Newton Hall celebrated the 50th anniversary of its groundbreaking in February, as faculty, staff, students and alumni remembered the past, shared memories and acknowledged the future. Vice President for Health Promotion and College of Nursing Dean Bernadette Melnyk, PhD, RN, APRN-CNP, FAANP, FNAP, FAAN, and two previous deans, Carole Anderson, PhD, RN, FAAN, and Elizabeth Lenz, PhD, RN, FAAN, watched as their portraits were unveiled. A black and white portrait honored past dean Mildred E. Newton, PhD, for whom the building was named. ✱

## Matthew Gorr joins College of Nursing

Matthew Gorr, PhD, joined the College of Nursing as a research assistant professor and will be conducting laboratory research with Loren Wold, PhD, FAHA, FAPS, as well as with the College of Nursing biomedical labs. Gorr received his Bachelor of Science in 2008 and PhD in 2015 from Ohio State and his Master of Science in 2011 from the University of Toledo. He most recently completed a postdoctoral fellowship with Paul Insel, MD, at the University of California-San Diego. ✱



Matthew Gorr





## Health Affairs blog: NAM Action Collaborative's call for CWOs

The National Academy of Medicine's Action Collaborative on Clinician Well-being and Resilience published a post on the *Health Affairs* blog detailing its imperative for healthcare organizations to address clinician well-being and resilience at the executive leadership level by creating Chief Wellness Officer (CWO) roles.

Members of the Action Collaborative, including Bernadette Melnyk, PhD, RN, APRN-CNP, FAANP, FNAP, FAAN, stated in the Health Affairs blog, "For an institution to successfully address clinician well-being, it must elevate the level of importance placed on the issue and charge a leader with the task of taking it on directly, similar to the way in which a CQO tackles quality issues. A CWO should serve as a strategist, leader, and change agent in driving system-level transformation to a culture of well-being." Melnyk was the first chief wellness officer appointed by a university in the country and has been serving in the role at Ohio State for seven years. Ohio State's wellness initiatives have resulted in improvements in population health and a negative healthcare spend. [go.osu.edu/cwohealthaffairs](http://go.osu.edu/cwohealthaffairs) \*

## Melnyk moves with mayor in challenge walk

Bernadette Melnyk joined Columbus Mayor Andrew Ginther along with the City of Columbus, Columbus Public Health and the National Forum for Heart Disease and Stroke Prevention to participate in the first annual Move with the Mayor Challenge walk to fight against hypertension, a major cause of heart disease and stroke. The event took place on campus on September 6. \*

## The College of Nursing and the arts

College of Nursing students, alumni, and faculty were honored in March for their art and writing. The "Medicine and the Arts" show at Meiling Hall featured work from several of the health sciences colleges and displayed artwork by College of Nursing alumni Christina Gamble ('65), and James Oakley ('16), graduate student Laura Saurborn and adjunct instructor Maryanna Klatt. *Ether Arts*, the literary and visual arts magazine produced by the College of Medicine, published an essay by College of Nursing Professor Elizabeth (Lizzie) Fitzgerald, EdD, RN, APRN-CNS, PMHCNS-BC. \*



Christina Gamble's watercolor painting took first place.



Maryanna Klatt enjoys adjunct teaching at the College of Nursing, and sculpture. Her first-place entry is entitled, "Almost."



## National Academy of Medicine makes site visit to Ohio State

by Anna Ripken

Staff from the National Academy of Medicine (NAM) visited Ohio State in December to highlight the university as a successful case study for effective health and wellness programs and outcomes as part of the NAM's Action Collaborative on Clinician Well-being and Resilience.

The Action Collaborative's goal is to improve clinician well-being and decrease rates of clinician burnout in the United States. With this goal in mind, NAM launched the Clinician Well-being Knowledge Hub a year ago.

"We've overwhelmingly heard that leaders and clinicians are seeking tangible solutions and want to understand what is working for others," said Charlee Alexander, director of the Action Collaborative. "It can be an overwhelming topic and many organizations are just beginning to think about ways that they can systematically incorporate well-being into their environment, into their curriculum. We hope these case studies can help."

Ohio State, which is implementing wellness programs successfully, is part of a cohesive narrative the NAM is organizing through these case studies to provide

stakeholders with tangible solutions and effective strategies. Ohio State is the first university the NAM has included in these case studies.

NAM members met with University Chief Wellness Officer, Vice President for Health Promotion and College of Nursing Dean Bernadette Melnyk, PhD, RN, APRN-CNP, FAANP, FNAP, FAAN, and many others who influence the university's health and wellness, including Wexner Medical Center leadership, Buckeye Wellness Innovators, and staff of the Ohio State Health Plan and Your Plan for Health. The NAM staff met with President Michael V. Drake to find out more about why wellness has been a part of his strategic plan as president of the university. "Leadership is important in establishing a culture and can send a strong signal to the community about priorities," said Kyra Cappelucci, communications officer at the NAM.

The comprehensive visit ended with two days of Health Athlete, a program offered in partnership with Johnson and Johnson's wellness company, the Human Performance Institute®, designed for professionals from all health disciplines to refocus and reenergize personally and professionally. NAM members had a positive experience at the workshop, noting the middle management factor Ohio State uses to change its culture with high-level leadership, support and advocacy of wellness.

"We loved Health Athlete," said Cappelucci. "We were delighted that Dr. Melnyk invited us to participate in the program." \*





# Community Health Workers:

*Making a difference in the real world*



The College of Nursing is preparing Community Health Workers to improve public health problems from infant mortality to chronic health conditions in local healthcare deserts.

by Victoria Ellwood





Rachelle Brown learns to check blood pressure and heart rate by practicing on another classmate.

Some urban communities lack easy access to healthcare and related services, and their residents may not know where to turn for help. They may have questions about getting a prescription filled, obtaining transportation to their doctor's office, properly caring for their newborn, or even just knowing what to eat for dinner. All of these issues impact the well-being of individuals who live there.

The College of Nursing is working to close these gaps with its Community Health Worker (CHW) program. The initiative prepares participants to help improve major public health problems, including infant mortality and chronic health conditions. It equips them for jobs in community agencies and hospitals where they will work with individuals from vulnerable neighborhoods to improve their health and well-being.

Community Health Workers are well acquainted with the social determinants of health. "At the end of the day, we all need the same things to be healthy and successful, but your background and where you live can determine what's available to you," said Rachelle Brown, once a teen mom growing up in central Ohio, who is now completing the CHW program.

Brown also works at Buckeye Health Plan, one of the state's largest Medicaid providers. With her CHW certification, she hopes to find more opportunities to positively impact Buckeye Health's members. "I need certification in order to make contacts with health and social service agencies," she explained. "I want to reach as many members as I can."

The CHW educational program includes 12 weeks of classes plus 130 hours of clinical training in a social service agency. It is offered by the College of Nursing

with classes held at The Ohio State University Wexner Medical Center East Hospital. During the clinical portion of their program, participants work with preceptors in community social service agencies ranging from federally qualified healthcare centers (FQHCs) and volunteer agencies to community centers and YMCAs.

Upon completion of the required class and clinical hours, they earn certification as Community Health Workers from the Ohio Board of Nursing. So far, nearly 200 individuals have completed the program and are working in the community.

To be admitted to the CHW program, students must have a background similar to the communities they will serve, explained Julia Donegan, MS, RN, instructor of clinical practice and director of the CHW initiative. "If you have something in common with the folks you're working with, it's easier for them to relate to you. Our participants' biggest advantage is that they have credibility. Their backgrounds give them the ability to sit down with people and communicate effectively."

Some participants, for example, have faced difficult issues themselves, such as substance abuse, poverty or human trafficking. One current trainee is so determined to complete the program that she rides a Greyhound bus from the Dayton area to Columbus for each class.

Participants must have at least a high school diploma and a desire to serve others. They also must have an income that is 150 percent of the poverty level or less, receive medical assistance through Medicaid managed care or receive food assistance such as SNAP. Students are paid an hourly stipend for completing the program.



Erika Clark Jones (right), executive director of CelebrateOne, announced in February that the Franklin County commissioners will continue to support the Community Health Workers program.



Virginia Nunes Gutierrez claps alongside Judy Donegan as funding is announced.

"At the end of the day, we all need the same things to be healthy and successful, but your background and where you live can determine what's available to you."

— Rachelle Brown



"They can change the world,  
one person at a time."

— Judy Donegan

The College of Nursing endeavor is supported by funding from Franklin County, which recently approved \$180,000 for 78 new trainees. In collaboration with the City of Columbus initiative CelebrateOne, many of the trainees will be hired to focus on helping combat the area's infant mortality rate.

The CHW program covers an incredibly broad range of material, and is taught by two instructors – Milu Nguyen, BSN, RN, and Virginia Nunes Gutierrez, BS, C-CHW. Using discussion, hands-on training and visiting speakers, the classes explore topics including pregnancy, care of infants and children, diabetes, cancers, aging patients, eating disorders, first aid, CPR, stress management, mental illness and addiction, AIDS and HIV, healthy lifestyles, immune disorders, measurement of vital signs, medication label-reading and more. Participants receive training from Franklin County Public Health representatives on how to use Naloxone, a medication that can reverse an opioid overdose, and on how to assess situations where drug overdose might be involved.

"This program is amazing," said Nguyen, who works full time as a public health nurse and teaches the program part time. "Our students are aware of the issues in their own communities and they're passionate about those communities. They care. They want to help. A lot of them have used the resources that they share with others, such as a food pantry or community center. This gives them a real point of connection."

Isi Ikharebha Green, executive director of Physicians Care Connection in Columbus, appreciates the in-depth and compassionate education the Community Health Workers gain. Over the years, she has hired eight people who completed the CHW program. "Our patients feel comfortable opening up to these individuals – they've been through the same things, maybe lived in the same community. They're really able to engage."

Green said her agency works with vulnerable populations, operating a free clinic and a Step One site for healthy pregnancies. "Eighty percent of the issues our clients face are social and 20 percent are medical. The Community Health Worker can help figure out what's most important at the moment, whether that's help with their medication or finding groceries or figuring out what to do if their electricity was just turned off," she said.

Brown, who at the same time is pursuing a bachelor's degree in healthcare management, says she loves the program. "Everyone in our class has their own background story. Everyone is different, and can relate to the communities where we'll be working," she said. "We share our backgrounds and we learn so much from each other. It's a good place to be."

Donegan added, "It's wonderful to see the participants grow, and be so interested in what they're learning. They know they have something to offer. They can change the world ... one person at a time." \*



## Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare

Earn the only globally recognized Certificate of Added Qualification (CAQ) in Evidence-based Practice!

Penelope Gorsuch, DNP, RN, NEA-BC, EBP-C, FACHE, retired USAF colonel, brings both military and leadership experience to patient care. She earned the Evidence-based Practice certificate to reflect the EBP expertise that she brings to her teaching both in the classroom and for the Fuld Institute for EBP.

The Fuld Institute for EBP offers what Gorsuch calls "gold standard" recognition of EBP expertise among healthcare professionals who work in practice or education.



This CAQ is approved by the Accreditation Board for Specialty Nursing Certification and is awarded for a period of five years.

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



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# High Ranks

*New rankings show strength of College of Nursing programs, including #2 nationally in online master's in nursing*

by Phil Saken

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

**Top 10**

**#2**

**#3**

**#8**

**#19**

Fifth consecutive  
year nationally

Online master's  
in nursing

University-wide best  
online bachelor's  
(including RN-to-BSN)

Traditional master's  
in nursing

DNP

Joann North is passionate about her patients. She enjoys her nursing work at The Ohio State University Wexner Medical Center University Hospital at the bedside and as a clinical coordinator, and her ambition is to do more. North is about to complete her master's in nursing online in the clinical nurse leader specialization and appreciates both the instruction and the motivation she receives from her director and classmates.

"Our instructor [Janice Wilcox, DNP, RN, CNL] has been wonderful," North said. "She wants to see all of us succeed."

New rankings from *U.S. News & World Report* suggest North made a smart move continuing her education at Ohio State. Rankings released in January listed the College of Nursing's online Master of Science in Nursing program #2 in the country for the second year in a row. This is the fifth consecutive year that this online master's in nursing program has ranked in the top 10 overall nationally.

"We are delighted and honored that our world-class innovative faculty, staff and curricula have once again been recognized among the very best in the nation, demonstrating the sustained excellence of our online program," said Bernadette Mazurek Melnyk, PhD, RN, APRN-CNP, FAANP, FNAP, FAAN, vice president for health promotion and dean of the College of Nursing. "Our online students receive the same high-caliber education as students on campus and are prepared with superb knowledge and skills to dream, discover and deliver the highest quality of evidence-based care to transform health and improve lives."

The College of Nursing's program and those of other institutions across the country were judged on student-faculty engagement, services and technologies; faculty credentials

and education; expert opinion of the quality of the program and student excellence. In 2017-18, the College of Nursing's Master of Science in Nursing online program educated nearly 180 students in four key disciplines of nursing: psychiatric mental health nurse practitioner, clinical nurse leader, neonatal nurse practitioner and family nurse practitioner. Among other attributes, the program offers in-state tuition no matter where the student lives, the same faculty online as on-campus, classes that suit the scheduling needs of working professionals and special focus on evidence-based practice, personal wellness and clinical experience using technologies such as telehealth.

Two more sets of rankings from *U.S. News & World Report* also recognized the strength of the College of Nursing's offerings. The Ohio State University as a whole ranked #3 in the country and #1 in Ohio on this year's list of best online bachelor's programs. This marks the fifth consecutive year that Ohio State was ranked in the top ten nationally for online bachelor's offerings. The College of Nursing's online RN-to-BSN program constitutes more than half of Ohio State's online undergraduates. The college's traditional master's program also rose to #8 overall and #2 among public institutions (up from #16 last year), and the DNP program rose to #19 in the nation, up from #21 last year.

North is confident about her career outlook because of the quality of the College of Nursing's programs. After she finishes in May and passes her certification exam, she looks forward to the opportunity for an elevated leadership role. "There are several different opportunities for you to make a difference in nursing," North said. "The College of Nursing wants people to succeed ... they do whatever they can do for you to succeed and provide that bridge to get you where you need to be."



Our *U.S. News* rankings for online master's show steady improvement and maintained excellence over time.

**#2**

2019

**#2**

2018

**#3**

2017

**#4**

2016

**#6**

2015

**#32**

2014

**#47**

2013

Teaching

23



# College of Nursing leaps into top 15 in NIH grant funding

The College of Nursing made a significant leap into the top 15 nursing colleges in the country for National Institutes of Health (NIH) grant funding. Rankings released in February show the College of Nursing #13 overall and #6 among public institutions, with approximately \$4.3 million in NIH research funding. The college ranked #20 last year and #31 two years ago.

“The NIH’s continued and increasing investment in our research at the College of Nursing demonstrates the outstanding quality of our research leadership, faculty and the staff who support them,” said Bernadette Melnyk, PhD, RN, APRN-CNP, FAANP, FNAP, FAAN, vice president for health promotion, chief wellness officer and dean of the College of Nursing. “We are dreaming, discovering and delivering a healthier world with our faculty and PhD students’ innovative and cutting-edge research that is truly transforming care and improving lives in real-world settings. I am deeply inspired by their work.”

“Our researchers are incredibly dedicated and passionate in their pursuit of science to prevent or relieve suffering, improve illness recovery and help people live healthier lives,” said Mary Beth Happ, PhD, RN, FGSA, FAAN, associate dean for research and innovation at the College of Nursing. “It is not only rewarding to receive this level of investment from the NIH, but it is also motivating for us to advance our research capability to improve health and well-being across the life-span.”

Projects reflected in this ranking include research featured in *Transformations*, fall 2018, by Todd Monroe, PhD, RN-BC, FNAP, FGSA, FAAN (“Sex Differences in Pain Reports and Brain Activation in Older Adults with Alzheimer’s Disease”), Jodi McDaniel, PhD, RN (“Impact of Omega-3 Fatty Acid Oral Therapy on Healing of Chronic Venous Leg Ulcers in Older Adults”) and Carmen Giurgescu, PhD, RN, FAAN (“Paternal Role in Adverse Birth Outcomes in Black Families”). Other funded projects include:

**Caring for infants with Down syndrome and congenital heart disease**

Tondi Harrison, PhD, RN, FAAN, received an award to fund an administrative supplement to the study “Behavioral and physiological responses to oral feeding in infants with complex congenital heart disease.” The supplement, from NIH’s INCLUDE program (INvestigation of Co-occurring conditions across the Lifespan to Understand Down SyndromE), will support the addition of infants who have both Down syndrome and congenital heart disease to the study. Harrison is an associate professor in the College of Nursing.

**Helping pregnant women at risk for complications**

A three-year career development grant was awarded to Shannon Gillespie, PhD, RN, assistant professor in the Martha S. Pitzer Center for Women, Children & Youth. Her study, “Maternal Immune Responsiveness as Clinical Target for Preterm Birth Prevention”

(The MIRACL Study), is testing a novel method of identifying women at risk for inflammatory preterm birth and determining whether specific preventive interventions are likely to offer benefit during pregnancy.

**Pollution’s impact on the brain and heart; e-cigarettes’ impact on the cardiovascular system**

Loren E. Wold, PhD, FAHA, FCVS, is principal investigator on two NIH grants with The College

of Nursing as the prime awardee. One focuses on the impact of exposure to air pollution on both cognitive function and cardiovascular morbidity and mortality in a mouse model of Alzheimer’s disease. Wold is particularly interested in the recognition of the combinatorial triggers and potential coexistence of Alzheimer’s and heart failure. The second study examines whether e-cigarette use increases inflammation and fibrosis long-term, leading to structural and functional damage to the heart and vascular systems. ✨





# The Importance of Breast and Cervical Cancer Screening

*A study of a novel approach to improve the health of Southeast Asian immigrant and refugee women garnered \$1.7 million in funding from the American Cancer Society.*

by David Gerad



Jennifer Kue at the Wat Buddha Samakidham Temple, where research participants will be recruited.

While rates for breast and cervical cancer in the U.S. have remained stable or steadily declined in the past two decades in most racial and ethnic populations, Southeast Asian women have experienced a steady increase in these cancer incidences. Cancer, specifically cervical and breast cancer, is the leading cause of death for Southeast Asian refugee and immigrant women within the Lao, Vietnamese and Cambodian populations. Despite evidence indicating that regular screening through mammography and Pap testing reduces breast and cervical cancer mortality, these populations continue to have significantly low rates of testing.

With an opportunity to make a significant impact in cancer prevention in the Lao, Vietnamese and Cambodian populations, The Ohio State University College of Nursing's Jennifer Kue, PhD, assistant professor in the Center for Healthy Aging, Self-Management and Complex Care and director of the Office of Global Innovations, hopes to use evidence to increase early detection, when treatment is most successful, among women in these populations.

"There are cultural barriers that prevent women in the Southeast Asian population from getting screened," Kue said. "Not only is it a lack of knowledge and awareness about screening, misconceptions about the screening procedures or fear of knowing the results, but also, there's a language gap, and lack of access to healthcare and insurance. Many of these women also didn't grow up getting regular screenings; rather, they only sought medical attention after feeling sick, not before."

In October 2018, the American Cancer Society awarded Kue a \$1.7 million, five-year grant to fund the "Intergenerational Refugee and Immigrant Cancer Screening Project." The goal of this research is to utilize culturally relevant, tailored navigation intervention delivered through bilingual and bicultural Community Health Advisors (CHAs) to increase age-appropriate breast and cervical cancer screening among intergenerational women (mother-daughter dyads) within the study population.

"We're using a tailored approach to inform women in these populations because it sends them an individualized and personal message to encourage them to get screened," Kue said. "In addition to the tailored messages, we're using the intergenerational family approach because evidence shows that receiving a personal message from your daughter or niece, for example, increases the overall rate for screening."

The Tailored Intervention Messaging System (TIMS®) developed by Usha Menon, PhD, RN, FAAN, co-investigator on the study, is used to educate and navigate participants from the community to the health clinic to complete mammography and Pap testing. Based on past research, Kue noted that participants are four times more likely to get screened when going through a tailored intervention program.

The intervention group will be contacted by phone once a week for 10 weeks by CHAs or until they make a clinic appointment. The CHAs will rely on the TIMS® message library to help relay information about breast and cervical cancer, motivate participants and address barriers to screening. In addition, mothers and daughters will be asked to write three personal messages for each other about screening. A control group will receive only a mailed pamphlet of information and one follow-up phone call.

"Many times, immigrants and refugees are sponsored to enter the U.S. but are left to fend for themselves without knowing the system after they arrive."

— Bounthanh Phommasathit



Kue is in the process of developing her staff to get the study underway. Bounthanh Phommasathit, a local Laotian refugee who has worked with the study population in Columbus since immigrating in 1979, serves on the study's community advisory board and will assist Kue's study by connecting her with CHAs in the local Southeast Asian community. Phommasathit and her husband founded the Laotian Mutual Assistance Association, which welcomes hundreds of refugees and helps them transition from their lives in Asia to the American Midwest.

"Many times, immigrants and refugees are sponsored to enter the U.S., but are left to fend for themselves without knowing the system after they arrive," Phommasathit said. "Many members of our community don't have a lot of education or speak English when they arrive, so they rely on me and other community leaders that they trust to help them acclimate."

This study is important both for the scientific data and potential impact it will have in preventing breast and cervical cancer in Southeast Asian women. For Kue, a member of the community and Hmong refugee herself, there is a strong personal connection as well. Kue has always worked to help the refugee and immigrant population, and even started her career in social services as a Community Health Worker and educator in Oregon.

"We're very lucky to have Jenn as an advocate for the Southeast Asian people, especially in Ohio where there isn't a large population like you might find on the east or west coast," Phommasathit said. "Our CHAs get excited to spread this work to our community because there isn't much research being conducted on our people not only in the Midwest, but nationally. The impact of her work is a potential bridge to getting data out there to help all Southeast Asian people and we're fortunate to do our part." ✨

Community Advisory Board members Bounthanh Phommasathit and Vanh Sivixay with Jennifer Kue.



# Healing hands

## *One researcher sets out to show Reiki's benefits for palliative care*

by Victoria Ellwood

Susan Thrane, PhD, RN, wants to help kids who are sick, stressed or in pain feel a little better, and fast.

She advocates a method that, in as little as five minutes, can boost a child's mood, help them feel calmer and more relaxed and decrease their pain. This impressive therapy is a complementary intervention called Reiki, which can be used at the child's bedside by trained nurses or even parents. Thrane described Reiki as "a method of moving energy from all around us to the recipient" via a light touch of the Reiki practitioner's hands. Dating back to Japan in the late 1800s, Reiki is believed to work with energy fields that surround the body; it is purported

to work on adults and children alike.

"I learned to do Reiki as a bedside nurse at a children's hospital in Los Angeles," said Thrane, who is an assistant professor in the College of Nursing. "A few minutes of Reiki with a young child who was agitated would help them calm down and relax. I've also used it with children who need to have an IV inserted ... and they haven't made a peep."

"So, I've seen it work in clinical settings," she said. "There is no reason not to use Reiki. It doesn't replace traditional medical treatment or medication, and there are no contraindications to it." Most people find Reiki very relaxing, Thrane noted. "When you relax, your symptoms such as pain or anxiety decrease. I've found that it works. Now we need evidence it works."

That proof is Thrane's mission with her ongoing research. She is conducting several studies to document the effectiveness of Reiki with seriously ill children at an Akron hospital and with adults in the Intensive Care Unit at The Ohio State University Wexner Medical Center. Each study involves professional Reiki practitioners. The study at the medical center also includes "placebo" types of intervention for comparison, as well as control groups receiving traditional treatment only. Her research is funded by several grants.

Children in the Akron study, who range in age from 1 to 5, are given Reiki treatments twice a week for three weeks. During the sessions, full-body treatments use different positions of the hands on the child's head, chest, belly, back and feet. Early results show that nurses and parents both report that a child's pain and stress decrease with Reiki. The study is expected to continue for another nine to 12 months before tangible results can be reported.

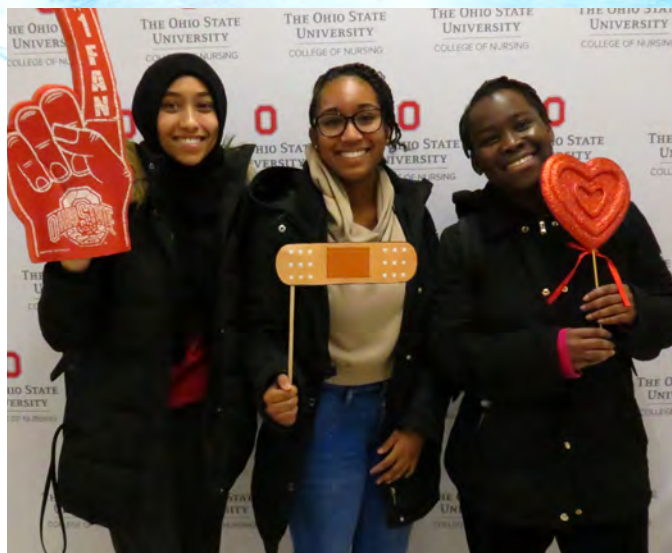
In the Ohio State Wexner Medical Center study, 45 adult patients – most suffering from respiratory failure – are treated with Reiki therapy five days in a row. The study is in its early stages, but Thrane has confidence in Reiki's value. "Recipients are more relaxed, less stressed and happier. I think Reiki is a great addition to any care plan for almost anybody. People say, 'Oh, but does it really work?' Well, it doesn't hurt. It's utilizing a healing, human touch, and I'm out to show its benefits are legitimate." ✨



Susan Thrane, PhD, RN



# Student Life



Nursing students Nabila Buwe, Deonna Durrett and Akua Agyen pose with props in celebration of Newton Hall's 50th anniversary.



Newton Hall celebrated its 50th birthday with cupcakes catered by University Catering.



BSNA members receiving the Florence Nightingale Award

## Florence Nightingale Award

The Ohio State University Office of Student Life awarded the Florence Nightingale Award to the Buckeye Student Nurses Association (BSNA) for its commitment to social change in 2018. \*



Nursing students and Wexner Medical Center staff Audrey Lund and Hannah Riffle enjoy cupcakes in celebration of Newton Hall's 50th anniversary.



Olivia Webster

## Article co-authored by student to be published in the *International Journal of Yoga Therapy*

"It's been the most rewarding experience of my college career," Olivia Webster said about co-authoring a paper with Maryanna Klatt, PhD, entitled "Yoga Theory and Practice: A Course Illustrating Why Yoga Belongs in the Academy," which has been accepted for publication by the *International Journal of Yoga Therapy*. Webster, a senior minoring in Health and Wellness Innovation in Healthcare (HWIH), has been working with Professor Klatt and her research team for a year. "I've always been interested in the wellness world, including yoga and lifestyle change," Webster said. Webster teaches yoga and hopes to become a health and wellness coach. \*

## Student Schweitzer Fellows benefit local community

Schweitzer fellowships provide support to emerging healthcare professionals with community service projects that target underserved communities. College of Nursing graduate-entry students Laura Bradigan, BFA, RN, and Jess Henning, MS, RN, chose to benefit the Columbus community at the YWCA Columbus. The two were selected as Fellows in the Columbus-Athens Chapter of the Schweitzer Fellows Program for the 2018-2019 cohort.

Bradigan and Henning's project consisted of weekly classes for YWCA residents, bringing trauma-informed, evidence-based yoga and meditation practices to the residents. The YWCA also offers workshops for the

— continued on next page



Laura Bradigan and Jess Henning



### Student Schweitzer Fellows, continued

community, including one on the pathology of trauma and self-care practices to combat vicarious trauma, the emotional exposure people – particularly helping professionals and trauma workers – experience after listening to others' trauma stories.

The Columbus-Athens Schweitzer Fellows Program is a consortium currently comprised of nine colleges and schools from Ohio State and two colleges from Ohio University. Schweitzer projects in Columbus and Athens address not only clinical health issues, but also the social determinants of health. Graduate and professional degree students whose fields of study or personal interests are relevant to the goals and mission of the program are encouraged to apply for fellowship support for projects. Find out more at: [go.osu.edu/schweitzer](http://go.osu.edu/schweitzer). \*

## Jamal-Eddine at TEDx



College of Nursing student Sabrina Jamal-Eddine spoke at TEDx OhioStateUniversity: FUSE in February. Her TEDx talk, spoken word poetry dealing with themes of how race and gender form identity, brought a standing ovation from the crowd.

"Spoken word poetry is such a powerful outlet to express our lived and shared experiences and I am so grateful to have been given the space to share part of mine. It was an absolute honor to have been selected as the only undergraduate student at Ohio State to give a TEDx Talk alongside such outstanding professors and faculty," Jamal-Eddine said. See her talk at: [go.osu.edu/tedxsabrina](http://go.osu.edu/tedxsabrina). \*



## Wellness on Wheels helps teens focus on health

"Teens just don't think much about health issues and especially about the actions they can take now to prevent a future health crisis," said Bernadette Melnyk, PhD, RN, APRN-CNP, FAANP, FNAP, FAAN, dean and professor of the College of Nursing and university vice president for health promotion.

The Wellness on Wheels tour is hoping to change that as it travels the state offering health screenings, education and information. One of the stops on the tour was Grove City High School, where about 30 Ohio State students participated, targeting 200 high school students who registered for the health fair that took place Nov. 30.

College of Nursing students were joined by the Colleges of Pharmacy, Dentistry and Education and Human Ecology, while the Grove City students received biometric screenings, mental health screenings, dental check-ups and tips on healthy eating.

"Our health fair is very focused on health promotion and prevention," Melnyk said. "If we can give our young people more knowledge and help them make healthier choices, then we'll hopefully have less chronic disease." \*

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# Game Changer: the MHI Degree

*How an innovative new online master's degree is  
changing minds and careers*

by Joe Ashley

Emily Caudill is a member of the current Master of Healthcare Innovation cohort and is expected to graduate in May 2020.

Although it is less than two years old, the College of Nursing's new Master of Healthcare Innovation program is already having an impact. Just ask Vanessa Jamison, MHI, BSN, RN-BC, NE-BC, director of perioperative services at Ohio State's Wexner Medical Center. "I'm a lot more open to exploring new ideas and doing something a different way," Jamison said. "It really opened me up to seeing things more globally and understanding how healthcare can grow and adapt to improve services for patients."

Jamison, who has been in her current position for three years, said she entered the MHI program because she wanted to learn more about leadership through an evidence-based perspective. Having worked at one place for her entire career meant that she hadn't had exposure to other organizations' methods and best practices. Right from the start, Jamison said, she was able to use her MHI education at work. "I was excited to be able to come back from class the first semester and start doing things

differently because of what I was learning. It was a new way of thinking, a new way of looking at healthcare."

In August 2018, Jamison and six others became the first to receive the new MHI. Another member of the group is Allison Beedy, MHI, BSS, BSN, RN-BC, previously a cardiac catheterization lab nurse at The Ohio State University Wexner Medical Center East. Beedy was named in December 2018 to the newly created position of clinic nurse manager of The Ohio State Total Health and Wellness Center at Ohio State East Hospital, a federally qualified health center (FQHC) led by advanced practice nurses that is operated by the College of Nursing.

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"It was a new way  
of thinking, a new  
way of looking at  
healthcare."

— Vanessa Jamison

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Like Jamison, Beedy credits the MHI program with giving her a broader understanding of healthcare. "I felt like I knew where healthcare was going and what I wanted to do, but the program made me take a step back and examine it from a new mindset and new direction." She said the MHI program helped prepare her for her clinical nurse manager position. "My responsibilities include managing the center's daily operations, focusing on patient and employee satisfaction, and helping to grow the clinic and increase the number of patients. What I learned helps me communicate with staff and co-workers. I'm better at providing feedback and the coaching aspect of leadership."

Emily Caudill, a member of the current MHI cohort who will graduate in May 2020, says the program "has already helped me develop important

leadership management skills and learn how to search for information to support the changes we want to make." Caudill's work as a business analyst on the Wexner Medical Center's revenue cycle QA and training team involves ensuring the hospital is collecting accurate data from patients for insurance reimbursement purposes. The program also has given her "a bigger, global perspective of healthcare."

Caudill's desire to pursue a career "behind the scenes in healthcare" was sparked by her service in the Peace Corps in South Africa after earning a BS in health communication. Among the many things she has gained from the MHI program, she said, is an increased self-awareness. "I didn't realize how much I would learn about myself in terms of my values and how they drive my leadership and actions. The program has also increased my understanding of other people, how they process information and how to better communicate with them." As a Buckeye Wellness Innovator, Caudill also helps increase wellness awareness and encourage healthy habits among her fellow staff members.

Michael Ackerman, DNS, RN, FCCM, FNAP, FAANP, professor of clinical nursing and director of the MHI program, isn't surprised that students are able to quickly apply what they learn. "That's how the program was designed," he explained. "It's very practice and real-world oriented. The curriculum was designed by people who are subject matter experts in innovation and leadership."

The MHI program is taught totally online, allowing access for working professionals. Although students don't meet physically on-site together in a classroom, Caudill, Beedy and Jamison said that the program's synchronous classes and online connectivity still enabled them to get to know each other and feel as though they were part of a group. All three agreed they now have a deeper understanding of the role of innovation in healthcare and more confidence in their ability to positively impact healthcare with innovation and change. "I feel more secure about the future, no matter what happens in healthcare," said Caudill. "The program enhances your ability to respond to whatever changes may lie ahead." ★



# Hacking Health

*Students from across the university tell us how the College of Nursing's Innovation Studio helped them innovate healthcare solutions*

by Chelsea Schmitz and Ali Miller



Jen Schlegel and Josh Wooten collaborating at the Innovation Studio.

Jen Schlegel is a senior at The Ohio State University majoring in biomedical engineering. Schlegel was born with cerebral palsy, a neuromuscular birth defect. After a major medical event in college, she began using a wheelchair and lost most of her ability to write and use her hands. At a Medical Innovation Club meeting where she was discussing potential solutions to daily challenges she faces, another student encouraged her to pitch to the Innovation Studio. Since then, it's been what she calls her "home base."

## **Tell us about the projects you are working on at the Innovation Studio.**

I directly or indirectly work on about a half dozen projects that involve three different student organizations. The project that is the furthest along is my motorized rollators. My mobility changes on a moment-to-moment basis. Some days my legs are stronger than my arms, some days my arms are stronger than my legs. I never know what I'm going to get into in any given day. I was in the studio with Josh, the shop manager, one day. We were talking about wheelchairs and rollators, and I said, "Why can't we just stick a motor on this?" There isn't a way to self-propel my specialty rollator when I sit. This limits my independence. So that's what we have been working on improving. I can walk until I get tired, convert it into a chair, and then be able to drive around without assistance or extra mobility aids.

At the end of the day, what I do at the Innovation Studio helps me hack my health. One of my advisors gets on me, like, "You always have so many projects." And it's true.

I don't know where my health is going to end up, so I want to make sure I have the tools and the resources I need to get where I want to go. I would like to be a neurologist, but I need to first go build the tools I need to be a neurologist. Because they don't exist.

## **How has the Innovation Studio helped you personally and professionally?**

For me, the studio has been incredible. I honestly wouldn't be who I am now if I had not been connected with them last year. It has opened some incredible doors for me. I became an engineer, an inventor, a creator and an entrepreneur. A lot of the things that I built with them on a personal level have propelled me forward to other opportunities that I would have never gone for if I didn't have the studio as a home base.

The studio also helped me grow so much as a professional. I've given them a half dozen pitches, so I know what the process is like. My confidence has grown. I had ideas for solutions, but did not know where to go to create them. The studio was the answer.

## **What's your favorite part of the Innovation Studio?**

It's the validation. Everyone involved with the studio is so supportive. When you go into the studio, there is no such thing as a wrong or bad idea. For me, it is a comforting environment. I have been a lot of places early on in my college career where I told people I was an engineering student and they literally laughed at me. That has never been my experience with the studio. It's a supportive community. ✨





Katherine Baruk, Brooke Rengers, Alexandra Schoonover

# Three nursing students team up to fight teen suicide

When Brooke Rengers, MPH, RN, WHNP, Katherine Baruk, RN, FNP, and Alexandra Schoonover, RN, PMHNP, were tasked with creating a team project for their community health nursing course in the graduate entry nursing program, they knew what issue they wanted to address: teen suicide. Impressed by their work, instructor Judy Donegan, MS, RN, urged them to turn in their project into a reality.

## Tell us about your project.

It's a course consisting of five core modules: mental health overview, stress and resilience, identity and role models, self-esteem, and social relationships. Each interactive module includes a description of the core topic, embedded links for additional information and resources on the web, surveys, quizzes, games, educational videos and a learning assessment. The modules can be integrated in many settings, such as schools and community health centers.

## What outcomes are you are hoping to achieve?

Suicide is the second leading cause of death in the adolescent population. Ultimately, the project aims to increase mental health treatment and decrease suicide rates among adolescents in the community by increasing awareness of mental illness, reducing stigma surrounding the topic and providing access to help resources. Through the utilization of modern technology, mainstream videos and interactive modules, we hope that this course will not only shine light on mental health, but also provide resources to individuals seeking help.

## How did the Innovation Studio help you?

Two of our team members, Alex and Katherine, attended Ohio State's Innovation and Entrepreneurship Workshop on a scholarship from the College of Nursing. We decided to pitch our project for funding for further development to the studio and were awarded \$1,500 in seed funding. Tim Raderstorf, chief innovation officer, met with our group to help establish short and long-term goals to move our project forward. The Innovation Studio has been a driving force for this project. ✨

# Answering the question: *What does it look like?*

The Innovation Studio caught Caroline Karbowski's eye while she was still in high school, touring Ohio State's campus. She met with Innovation Studio staff to ask about how they could help with the organization she'd founded, See3D. Once enrolled, she met Garrett Carder, a student programmer who wanted to help with See3D's website, and together they pitched for support at the Innovation Studio Showcase.

## What is See3D?

See3D organizes the printing and distribution of 3D printed models for people who are blind. Anyone who is blind, or a teacher, parent or friend of someone who is blind, can make a request for a model on our website, [www.see3d.org](http://www.see3d.org). We then print and mail the model to the recipient. See3D also works with schools with students who are blind to establish their own 3D printing programs. We have distributed over 600 models in the past two years.

## What outcomes are you hoping to achieve?

As an Innovation Studio Ambassador, we're planning on hosting a 3D

printing and laser-cutting party, so we can spread the word about ways to get involved with See3D. We would like to connect with more Ohio State students to design and print models that are not currently available, such as fire, galaxies, sound waves and roller coasters. It would also be great to have a program where businesses or individuals could sponsor a 3D printer for a school. We hope for See3D to raise awareness about blindness and the need for accessible materials.

## How has the Innovation Studio helped you?

They connected us with the Entrepreneurial Business Law Clinic (EBLC) that will provide legal advising. We are planning to use our \$1,500 to purchase a portable 3D scanner, so we can scan people who are blind at schools and conventions and make an action model of them, much like a picture. The Innovation Studio has also been printing our model requests. They printed aquatic animals for the Newport Aquarium's All Access Night, a moebius ring, a map of a train station, and a relief map of the United States. The large printers available at the Innovation Studio have allowed us to distribute the largest map models for our organization. We have been taking these models to the Ohio State School for the Blind to share with the students. We visit the school every week to help with their Model Club, and show the students and teachers how to work their Ultimaker 3D printers. ✨



Caroline Karbowski





# Adrionna McCoy Dreams Big

by Anna Ripken

“Receiving a nursing scholarship is a way for me to live out my dreams,” said third-year nursing student Adrionna McCoy. McCoy is the recipient of the Nurturing the Nursing Profession Endowed Scholarship, established by Tara Lancione, her family and her friends. “It helps me go further in my education in ways I wouldn’t have been able to without the donors.”

McCoy has many dreams, including working with pediatric, cancer or emergency department patients, and one day becoming a clinical instructor. While working on Nationwide Children’s Hospital’s heart floor McCoy discovered her “cup of tea” in learning about the heart, and she’s continuing to gain experience at the Richard M. Ross Heart Hospital. She’d also like to become a certified yoga instructor.

“It’s still kind of feeling the waters, seeing where I can go,” she said of all she’s discovering at Ohio State, adding that the scholarship has eliminated barriers that kept her from meeting her aspirations. “I just have freedom,” she said. “I can take a yoga class instead of, ‘Oh, I have to take this Thursday to work all day, so I can pay for my tuition.’ It frees up a lot for me.”

That yoga class isn’t just a hobby. When she heard about the wellness and pain-relief benefits of yoga, McCoy took advantage of Ohio State’s Second-year Transformational Experience Program (STEP), which offers funds for students to explore areas of interest. McCoy used her STEP funds to travel to Clearwater, Florida, to attend a yoga retreat. She met another participant there who had just had a mastectomy and explained to McCoy how much better she felt after practicing yoga, saying it was even better for the pain than medication. “That really confirmed my belief that yoga can help patients in a different way to deal with pain,” McCoy said.

Life hasn’t always been yoga on the beach for McCoy. Coming from a single-parent household, McCoy found out in her freshman year at Ohio State’s

Newark campus that paying for her tuition was using up her mother’s own retirement savings. That was, as McCoy put it, “emotionally devastating.” She transferred to the Columbus campus, took on two jobs to pay her tuition herself, and continued to work hard at her studies. “Sophomore year was just terrible for me,” McCoy admits. She didn’t know anybody on the new campus and felt isolated, but she had a champion and “best friend” in her mom, and the two talked by phone every day.

“People say when you get older, you’ll learn that your mom was right,” McCoy said. “I feel like I’m already at that point.”

Now, with the scholarship, McCoy has the opportunity to focus more on her education and less on how she will pay for it, bringing her one step closer to becoming a clinical instructor. “I feel like you come across a lot of clinical instructors, but you can really tell who’s dedicated, who’s wanting you to learn and who’s interested in your learning. I want to be that and have that show through teaching the subject I love,” she said. ✨



For her STEP project, Adrionna McCoy (far right) traveled to Clearwater, Florida, for a yoga retreat, practicing on the beach every morning.





# Children's Hospitals Embrace EBP and Improve Outcomes

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by Laura Wise-Blau

In certain circumstances, "Bohemian Rhapsody" may be the best tool for better health. At least it helped improve one child's experience at Children's Healthcare of Atlanta. The popular Queen song made the difference between a perioperative experience fraught with struggle for the patient and staff to one that was seamless and successful. So says Margaret A. Gettis, DNP, CPNP-PC, nurse scientist at the system's

Scottish Rite campus and pediatric nurse practitioner in its Nursing Research and Evidence-based Practice (EBP) department. "EBP has revolutionized our practice," she said. "Our nurses feel empowered to question current practice in order to align nursing care with the evidence supporting its function." Gettis worked with the bedside nurses, examining and synthesizing the scientific literature for best practices

for autistic children having surgery. As a result, the team began developing individualized coping plans for the center's autistic patients. "Autism can express itself differently in each child, so we want to make sure we intervene in ways that are appropriate and comforting," she said. "Our bedside nurses now create coping plans in advance of admission for surgery with parental input, and that becomes part

of the patient's record." That may mean a therapy dog can ride with the patient to the operating room doors, or a child may be comforted by a warm weighted blanket. Or, it may mean a child can be assured "Bohemian Rhapsody" will be played while he drifts off to sleep.



This unique approach does not surprise Lynn Gallagher-Ford, PhD, RN, NE-BC, DPFNAP, FAAN, senior director of the Helene Fuld Health Trust National Institute for EBP in Nursing and Healthcare at The Ohio State University and director of its Clinical Core. “There’s a real sense of personalized care and the ability to listen that is unique to pediatrics,” she said. Perhaps that is why 15 children’s hospitals have turned to The Fuld Institute for EBP for immersions, webinars and other education. “Pediatric health professionals are drawn to the work and want to do it right,” said Gallagher-Ford. “EBP provides a clear resonance for them; they seek us out.”

“I think children’s hospitals are more agile, more creative and more willing to adapt.”

— Cathleen Opperman

The Ohio State University College of Nursing has been a pioneer in providing EBP education and skills building for the past several years. The college’s Fuld Institute for EBP is a national hub for research, education, consultation and innovative partnerships with clinicians, academics, consumers and policymakers to achieve what is referred to as “the quadruple aim” in healthcare: the patient experience (i.e., quality and safety), enhancing population health outcomes, reducing costs and improving the work life of clinicians. Children’s hospitals are particularly primed to adopt EBP practices, notes Cathleen Opperman, DNP, RN, NEA-BC, CPN, professional development nurse specialist at Nationwide Children’s Hospital in Columbus. “I think children’s

hospitals are more agile, more creative and more willing to adapt,” said Opperman. “We’ve got the attitude that you just keep trying until you get it.”

One example of EBP’s value, Opperman said, was the creation of procedures that eased the pre- and post-anesthesia experience for patients with special issues. “We had a nurse resident who observed children with sensory issues having a rough time coming out of surgery,” she said. Could there be a better way? The nurse resident began clinical inquiry, reviewing best evidence as well as practices from other hospitals. Some had great success consulting with parents and matching a hands-on toy or device to each child. After the nurse resident presented his recommendations, a task force was created. This interprofessional group has tracked patient and staff experience with these patients and implemented numerous EBP changes. “We used the evidence to guide new interventions that improved the experience,” said Opperman. This meant interviewing patient families differently, discussing possible patient issues and ways to ease them. The hospital added iPads, picture boards, weighted blankets and fidget spinners to its arsenal. Now, every child with sensory issues has access to these coping items. “This project started with clinical inquiry of a nurse resident, and in three years spread to every area of the hospital,” she said. EBP practices have led to other changes, too. “Another means for EBP to be embedded in our organization was through overhauling the process by which our committee revises our policies and procedures, to make them based on evidence.”

Having a science-based model that can work across many disciplines was the draw for Kathleen Martinez, clinical policy oversight manager at Children’s Hospital Colorado. “Our patients have such a huge range of diagnoses and complexities,” said Martinez. “It drives us to create the change for new and better practices. It’s the interprofessional teamwork and accountability that is really exciting.” It’s productive, too. Since adapting this evidence-based approach, the hospital has added 23 policy changes and nine research studies.

Children’s hospital leaders contend that adopting an evidence-based approach to decision-making and practice lends itself to better patient care, but also a more meaningful professional practice. “Our goal was to have the program walk hand in hand with our nurse residency program, which allows us to foster a culture of inquiry with these new graduates of nursing,” said Kathleen Bradley, DNP, RN, NEA-BC, executive director at the Center for Professional Excellence and Inquiry at Lucile Packard Children’s Hospital of Stanford. “It’s a foundation of how we practice nursing. We can communicate what evidence tells us and why we are doing it.”

Within children’s health, says Bradley, there is limited evidence to examine sometimes, since many scientific studies only include adults. However, because children’s hospitals rarely occupy the same turf, and have unparalleled dedication to what Bradley calls a ‘target zero’ approach to eliminating adverse patient events, the hospitals are motivated

to work together. “There’s less competition among children’s hospitals,” said Bradley. “It’s more about sharing the best care and the best evidence-informed practice for our patient populations.” Gallagher-Ford agrees: “There really is a unique aspect of collaboration with children’s healthcare. Through the Fuld Institute for EBP, children’s hospitals have found each other organically and have become part of a global team of professionals, all with the same goals.”

Gallagher-Ford has seen up close how EBP transforms those who use it, especially children’s hospitals. “You can re-energize your teams with EBP,” she said. “When you have the knowledge, skills and tools to find and apply the best scientific evidence, you can really solve things. Everyone benefits: patients, families, clinicians and healthcare organizations too. It is a profound opportunity. It is particularly rewarding for me, as a pediatric nurse, to know that so many children are benefiting from EBP” ✨



# homecoming '19

October 4 - 6

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## Wood sign workshop

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



## Glassblowing

### Wood sign

Wood sign workshop finished products.

## Naples alumni social

Local alumni joined Dean Bernadette Melnyk for a luncheon at Venue Naples to hear College of Nursing updates, network with fellow classmates and hear a presentation on healthy lifestyle behaviors that lead to longevity.



# Alumni

## 11<sup>th</sup> Annual alumni society hockey night

Alumni, family and friends met at the Schottenstein Center to watch Ohio State's Men's Hockey team take on Big Ten rival Michigan State.

## Blown glass ornament class

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



## Newton Hall 50<sup>th</sup> anniversary celebration

Deans, faculty, students and alumni celebrated Newton Hall's 50th anniversary. Alumni, Dean Bernadette Melnyk and former deans Eizabeth Lenz and Carole Anderson shared College of Nursing and Newton Hall memories and visions for the future.



# In Memoriam

Carolynn Aurnou, 1979 MS

Betty (Frary) Deedrick, 1954

Joan (Daniel) Dury, 1973

FloAnn (Sours) Easton, 1962

Jane Ervin, 1981

Frances (George) Evers, 1953

Jennifer Greenhalgh, 1984

Diane (Higgins) Horner, 1964

Ritchie (Harper) Jones, 1948

Frances (Joy) Lareau, 1963

Carol (La Rue) McCormick, 1958

Susan (Heskett) McDonnell, 1958

Frances (Wilkins) McNew, 1965 MS

Elizabeth (Emick) Mehls, 1999

Rachel (Rankin) Plymale, 1956

Ellen (Beam) Rudy, 1958

Sandra Smith, 1966

Audree (Mayer) Spatz, 1953

Linda (Brown) Stephenson, 1958

Kathy Thompson, 1966



# 2018 Nursing Alumni Society Award Recipients

## Distinguished Alumna Award

**Linda K. Amos, RN, EdD, FAAN, ('62, '64 MS)**

Linda K. Amos devoted more than 55 years to nursing education, 20 of which were spent as dean of the University of Utah College of Nursing. She served as president of the American Association of Colleges of Nursing (AACN) and was the founding chair of the Commission on Collegiate Nursing Education (CCNE). Amos also served as associate vice president of the University of Utah Health Sciences Center with responsibilities for interdisciplinary, space and facilities construction. She is a Fellow in the American Academy of Nursing. \*

## Distinguished Recent Alumna Award

**Rebecca Taylor, DNP, MBA, RN, NEA-BC, CPHQ, CPPS ('14 DNP)**

Rebecca Taylor recently served as the director of Quality and Decision Support at ProMedica and was responsible for broad oversight of the health system's acute-care quality infrastructure. Before joining ProMedica, Taylor served as director of clinical and organizational operations at St. Luke's Hospital in Maumee, Ohio. Taylor is a member of the American Organization of Nurse Executives, Ohio Organization of Nurse Executives and the local chapter Toledo Area Organization of Nurse Executives. \*

## Community Service Award

**Ann Marie Stalter-Justice PhD, RN ('09 PhD)**

Ann Marie Stalter-Justice's almost 20-year teaching history includes serving as Wright State's RN-BSN director where she was a Quality and Safety Education for Nurses (QSEN) pilot school champion and integrated QSEN into a redesigned online program that leverages RN-BSN nurses to lead the new healthcare delivery system and to advance the quality and safety of patient care across health systems. She has designed a virtual resource center within the QSEN organization allowing nurses across the world to understand system-based practice. \*

## Mildred E. Newton Distinguished Educator Award

**Betsy Dennis Frank PhD, RN, ANEF, ('68)**

Betsy Dennis Frank served for over 40 years as a nurse educator. She is the associate director for the National League for Nursing Commission for Nursing Education Accreditation. Her co-authored textbook, *Pathways to a Nursing Education Career: Educating the Next Generation of Nurses* was nationally recognized by the *Journal of Nursing Education* in 2012. Frank was inducted as a charter member of the Academy of Nurse Educator Fellows and received the National League for Nursing's Excellence in Nursing Education award. \*

For more information about the alumni society award recipients, visit: [go.osu.edu/NursingAwardRecipients](http://go.osu.edu/NursingAwardRecipients).

From L-R: Linda K. Amos, Rebecca Taylor, Ann Marie Stalter-Justice, Betsy Dennis Frank



## Celebrating Newton Hall

Bernadette Melnyk, PhD, RN, APRN-CNP, FAANP, FNAP, FAAN, dean and professor of the College of Nursing and university vice president for health promotion, held a "coffee and chat with the dean" event with alumni in February, during the celebration of Newton Hall's 50th anniversary. Melnyk was joined by two former deans, Carole Anderson, PhD, RN, FAAN, and Elizabeth Lenz, PhD, RN, FAAN. The group shared memories of Newton Hall, as well as their dreams for the future of the college and the nursing profession. \*

## Learning to Heal: Poetry book about nursing features alumnae's work

Now available from Kent State University Press: *Learning to Heal: Reflections on Nursing School in Poetry and Prose* edited by Jeanne Bryner and Cortney Davis. The book includes poems by alumnae Pattama Ulrich ('04) and Kathleen Cadmus ('68, '99 MS). \*







# The Kick Way

by Susan Neale

Ella Massaro Kick, PhD, RN ('66, '68 MS) is 88 years young. “You’ve got to keep doing to keep doing,” she says, which might explain her schedule: For her church’s Society of St. Vincent DePaul, she teaches a class on life skills for disadvantaged people, organizes home visits and takes part in jail ministry. In her community, she volunteers weekly at the library, and is active as president of Wayne County Retired Public Employees (PERI) and president of her local chapter of Ohio Nurses’ Association (ONA). As nursing home ombudsman at Shady Lawn Nursing Home, she visits residents and helps them resolve their complaints. “I like doing that,” she says, “because I like old people.” Kick also finds time to keep socially well by visiting elderly patients and friends, writing letters, sewing with her friends at Sewing Guild, making dinner and a homemade pie once a week for her niece and baking pizzelle for just about everybody. Giving to others is what Ella Kick does for fun.

She also enjoys telling stories. When asked where she got her dedication to giving to others, she tells this one: One of her early nursing teachers, a nun at St. John’s Hospital, gave her young students a stern talk about the great effort they would need to put into their studies and their work caring for patients if they were to succeed as nurses. Solemnly, she added, “We expect you to do this for the rest of your life.”

“I thought it was like becoming a nun!” Kick jokes, but it’s clear that she took that commitment to heart. Nursing for Ella Kick is not just a job, it’s a way of life.

Taking care of others started early for her. Born in 1930 to Italian immigrant parents in Wooster, Ohio, she grew up during the Depression in a two-room house with no running water. Kick was 7 when her 3-year-old sister died at St. John’s Hospital in Cleveland of lymphatic leukemia.

Recently, Kick put down the remarkable story of her life and how she rose from these humble beginnings to being a PhD endowed professor and expert on urinary incontinence in a book, “Ella Care: A Life of Discovery and Adventure in Nursing.” The sense of humor that keeps her spirits high rings through in chapters with

titles like, “Iron Lungs and the Ukulele,” “Columbus and the Perineum,” “Escaping and Improvising,” and even “Baby Delivering and Baby Making” which tells how she learned about how babies were born by delivering one at age 15.

At that time, she worked as a nurse’s aide and cleaned operating rooms at night at Wooster Community Hospital in exchange for room and board. Kick went on to work her way through St. John’s nursing school. Later, when she was married and had children, she traveled to Columbus to get her BSN. “I saw the handwriting on the wall,” Kick relates in her book, “that if you were going to get anywhere in nursing you were going to have to have a bachelor’s degree at least.” She earned a Master’s in Nursing at Ohio State in 1968 and, in 1985, a PhD at Indiana University.

“If you’re going to be a nurse, you need to be a lifelong learner,” she says, and urges nursing students to read about ethics and laws governing nursing, and to belong to professional organizations. “So many nurses don’t know our history,” she adds. The glimpse of past nursing practices from her book could help many future nurses understand how much their profession has changed.

In fact, when Kick was at Ohio State for her master’s degree, the subject she wanted to specialize in, gerontology, wasn’t taught there yet. Dean Newton asked Professor Wilda Chambers to mentor Kick, and Kick’s research on bedsores led to research in urinary incontinence. Her pioneering work in that area earned her the nickname, “The Urinary Incontinence Queen.”

“I’ve lectured on that subject in every state except Alaska and Hawaii,” Kick says, and she has taught gerontological nursing at several colleges and universities, often blazing the trail and writing the curriculum. At other times she’s written groundbreaking policies and procedures concerning geriatric patients for nursing homes and public agencies. Kick doesn’t mind tackling a tough job that’s never been done before and getting it done; that’s what she calls “acting like a nurse,” or sometimes, with a twinkle in her eye, “doing it the Kick way.” ✨



# Faculty Focus

## Awards and honors

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

**Blake, Patricia.** Selected to represent The Ohio State University Wexner Medical Center at the American College of Cardiology’s (ACC) National Cardiovascular Data Registry (NCDR) Annual Conference.

**Buck, Jackie.** Selected as a Fellow of the American Organization of Nurse Executives (AONE).

**Chipps, Esther.** Recieved Sigma Theta Tau - Central Ohio Chapter Mentor Award. Re-elected to serve as vice president of research for the Association for Leadership Science in Nursing (ALSN).

**Fortney, Christine.** Received the New Investigator Award from the Midwest Nursing Research Society (MNRS) Palliative and End of Life Care Research Interest Group. Received the New Investigator Award from the MNRS Symptom Science Research Interest Group.

**Fusner, Stacy.** Received the Staff Engagement and Practice Environment Award at the Ohio Organization of Nurse Executives (OONE) conference for “The Hybrid Dedicated Education Unit Improving Professional Practice.”

**Gillespie, Shannon.** Elected to serve a two-year term on the nominating committee for the Midwest Nursing Research Society (MNRS).

**Graham, Margaret.** Received the Educator Award from the National Organization of Nurse Practitioner Faculties (NONPF).

**Happ, Mary Beth.** Named the 2018 McClure Visiting Scholar from the New York University Langone Medical Center.

**Harrison, Tondi.** Selected to serve as associate editor on the Board of Directors for Research in Nursing and Health. Received faculty recognition for impact on undergraduate students from The Ohio State University Mortar Board Senior Honor Society.

**Masciola, Randee.** Won Best Poster contest at the 2018 Nurse Practitioner’s in Women’s Health Conference for “Mothers’ Perceptions Regarding Mother-Daughter Sexual Communication.”

**Melnyk, Bernadette.** Elected to the Board of Directors of the National Forum for Heart Disease and Stroke Prevention.

**Militello, Lisa.** Selected to speak at Children’s Minnesota Grand Rounds on “Wired for Wellness: Supporting Positive Parenting and Family Health in a Digital World.” Won grand prize for Healthcare Information and Management Systems Society (HIMSS) Developer Challenge for proposed innovation Stress Management Intervention – Life Essentials (SMILE).

**Monroe, Todd.** Received the 2019 Outstanding Early Alumni Award from the University of Tennessee Health Science Center.

**Morrison-Beedy, Dianne.** Inducted to “Women of Impact in Healthcare.” Appointed as visiting professor at Lovisenberg Diaconal University College (LDUC) in Oslo, Norway. Appointed as visiting professor at the University of Chester in the United Kingdom.

**Moss, Karen.** Selected to present dissertation research at the Huffman Splane Emerging Nurse Scholarship Forum hosted by the Lawrence S. Bloomberg Faculty of Nursing, University of Toronto.

**Nolan, Timiya.** Selected as a rising star in supportive oncology research to attend the 2019 Massachusetts General Hospital Workshop on Methods in Supportive Oncology Research. Appointed as co-chair of the communications committee for a two-year term for the Columbus Chapter of the Oncology Nursing Society. Received the 2019 Congress Conference Scholarship from the Oncology Nursing Foundation to present a poster at the annual Oncology Nursing Society meeting.

**O’Brien, Tara.** Received the Rising Investigator Award from the Southern Nursing Research Society (SNRS) Aging/ Gerontology Research Interest Group (RIG).

**Overcash, Janine.** Elected to serve on the Board of Directors for the National Hartford Center of Gerontological Nursing Excellence.

**Tucker, Sharon.** Won second place at the 2018 Book of the Year Awards as co-author of “Evidence-based Practice in Action: Comprehensive Strategies, Tools and Tips from the University of Iowa Hospitals and Clinics” in the Nursing Education/Continuing Education/ Professional Development category by the *American Journal of Nursing*.

**Wold, Loren.** Received the 2019 Melissa G. Piper Distinguished Mentor Award.

**Wright, Kathy.** Received Nurse Researcher of the Year from the National Black Nurses Association (NBNA).

**Wright, Kathy.** Received the Junior Investigator Award from the Self-Management Research Interest Group of the Midwest Nursing Research Society (MNRS).

**Zeno, Rosie.** Received the Pediatric Educator of the Year Award from the Association of Faculties of Pediatric Programs at the National Association of Pediatric Nurse Practitioners National Conference.

## Grants

**Anderson, C.** (Co-I). Ohio State University College of Nursing – Ohio Association of Community Health Centers Practice Partnership for Advanced Practice Nursing Education, Health Resources and Services Administration (HRSA). 2018-2020. \$692,281.

**Balas, M.** (PI), **Pickler, R.H.** (Co-I). Reiki Intervention for Serious Ill Elders in the ICU (RISE-ICU). American Association of Critical Care Nurses (AACN). 2018-2020. \$50,000.

**Breitenstein, S.** (Co-I). The Chicago Parent Program: Improving the Lives of Young Children in Poverty. Rita & Alex Hillman Foundation. 2019-2020. \$200,000.

**Ford, J. L.** Evaluation of the Core Determinants of Health. Subaward from the Ohio Action Coalition and the Robert Wood Johnson Foundation (RWJF). 2018-2019. \$61,075.

**Gawlik, K.** (PI). Improving the Health of Student Nurses by Incorporating Wellness and Self-care into Curricula. Ohio Council of Deans and Directors. 2018-2020. \$1,600.

**Gillespie, S.** (PI), **Anderson, C.** (Co-I). Maternal Immune Responsiveness as Clinical Target for Preterm Birth Prevention. National Institutes of Health/ National Institute of Nursing Research (NIH/NINR). 2018-2021. \$423,000.

**Gillespie, S.** (PI). SLEEP and Methylation of Maternal DNA in preterm birth (SLEEP-MOM). Midwest Nursing Research Society (MNRS). 2018-2019. \$10,000.

**Giurgescu, C.** (MPI). Paternal role in adverse birth outcomes in Black families. National Institutes of Health/National Institute of Nursing Research (NIH/ NINR). 2018-2022. \$1,836,960.

**Graham, M. C.** (PI). Advanced Nursing Education Workforce. Health Resources and Service Administration (HRSA). 2018-2020. \$1.3 million.

**Graham, M. C.** (PI). Nurse, Education, Practice, Quality and Retention Registered. Health Resources and Service Administration (HRSA). 2018-2022. \$2.7 million.

**Graham, M. C.** (PI). Registered Nurses in Primary Care (RNPC) Training Program. Health Resources and Service Administration (HRSA). 2018-2022. \$691,529.

**Happ, M. B.** (Sponsor). **Harrison, T.** (CoSponsor). Faulds, E. Self-management among Preteen and adolescent INsulin pump users (SPIN). National Institutes of Health/National Institute of Nursing Research (NIH/NINR). 2018-2020. \$38,244.

**Harrison, T.** (PI). Administrative Supplement to: Behavioral and physiological responses to oral feeding in infants with complex congenital heart disease. National Institutes of Health/ National Institute of Nursing Research (NIH/NINR). 2018-2019. \$191,500.

**Kue, J.** (PI). Intergenerational Refugee and Immigrant Cancer Screening Project. American Cancer Society. 2019-2023. \$1,749,000.

**Lusk, P.** (PI). Integrating Adolescent Substance Abuse Screening, Brief Intervention and Treatment (SBIRT) throughout Social Work and Nursing School Education: Track F: Adolescent SBIRT Academic-Community Partnership Implementation Program. Conrad N. Hilton Foundation/NORC University of Chicago – Adolescent SBIRT Project. 2021-2028. \$250,000.

**Melnyk, B. M.** (PI). Turning Sick Care into Well Care for Homebound Older Adults and Their Pets. The Rita & Alex Hillman Foundation 2018 Hillman Emergent Innovation Program. 2018-2019. \$50,000.

**Militello, L. K.** A Solution-Focused Approach to engage low-income families with young children in digitally supported stress regulation activities. Sigma Theta Tau International (STTI).

**Militello, L. K.** (PI). A Solution-Focused Approach: What Low-Income Parents with Young Children want in Stress-Regulation Smartphone Apps. National Association of Pediatric Nurse Practitioners (NAPNAP). 2018.

**Monroe, T. B.** (PI). Sex Differences in Pain Reports and Brain Activation in Older Adults with Alzheimer’s Disease. National Institutes of Health/National Institute on Aging (NIH/NIA). 2018-2023. \$2,456,000.

**Pickler, R. H.** (Co-mentor). Influence of Parent-Nurse Communication on Family Management of Pediatric Chronic Care. National Institutes of Health/National Institute of Nursing Research (NIH/ NINR). 2018-2021.

**Pickler, R. H.** (Member of research advisory committee). Maternal Immune Responsiveness as Clinical Target for Preterm Birth Prevention. National Institutes of Health/National Institute of Nursing Research (NIH/NINR). 2018-2021.

**Pickler, R. H.** (PI). Future of Nursing Scholars, Cohort 5. Robert Wood Johnson Foundation (RWJF). 2018-2021. \$150,000.

**Smith, L.** (PI). Peer Mentoring to Middle School Youth. Alex & Rita Hillman Foundation – Emergent Innovation Program. 2019. \$50,000.

**Thrane, S.** (Co-PI). Circle Interactive Game. College of Nursing Innovation Studio. 2018-indefinite. \$3,000.

**Thrane, S.** (PI). Teaching Caregivers of Hospice Patients to Administer Reiki for Symptom Management and Caregiver Self-Care: A Feasibility Pilot Study. Sigma Theta Tau International (STTI)/Hospice & Palliative Nurses Association. 2018-2019.

**Thrane, S.** (PI). Teaching Parents Reiki for Adolescents Receiving Palliative Care, Reiki for In-the-Moment Symptom Management: A Feasibility Pilot Study. College of Nursing Stress Lab. 2018-2019. \$3,000.

**Thrane, S.** (PI). Teaching Parents Reiki for Their Adolescents Receiving Palliative Care. Palliative Care Research Cooperative. 2018-2019. \$30,000.

**Tubbs Cooley, H.** Effects of Telehealth vs Telephone Triage in Pediatric Primary Care. Cincinnati Children’s Hospital Medical Center. 2018-2019. \$10,000.



**Wright, K. D.** (PI). Brain functional connectivity and self-management in African Americans with Alzheimer’s Disease and related dementia disorders and hypertension. The Ohio State University Discovery Themes – Chronic Brain Injury Pilot Grant. 2018. \$25,000.

**Wright, K. D.** (PI). Developing and testing a mind-body intervention in rural adults undergoing outpatient opioid addiction treatment. The Ohio State University Center for Clinical and Translational Sciences and the Opioid Innovation Fund. 2018-2019. \$10,000.

Publications

**Ackerman, M., Malloch, K., Wade, D.,** Porter-O’Grady, T., **Weberg, D., Zurmehly, J., & Raderstorf, T.** (2019). The master in healthcare innovation: A new paradigm in healthcare leadership development. *Nurse Leader, 17*(1) 49-53.

**Amaya, M., Battista, L., & Melnyk, B. M.** (2018). The Ohio State University’s strategic approach to improving total population health. *American Journal of Health Promotion, 32*(8) 1823-1826. doi: 10.1177/0890117118804149e

**Amaya, M., Melnyk, B. M., & Neale, S.** (2018). Environmental wellness. *American Nurse Today, 13*(9) 94-95.

**Anderson, C. M., Gillespie, S. L.,** Thiele, D. K., Ralph, J. L., & Ohm, J. E. (2018). Effects of maternal vitamin D supplementation on the maternal and infant epigenome. *Breastfeeding Medicine, 117*(11) 371-380. doi: 10.1089/bfm.2017.0231

Conn, V. S., **Anderson, C. M.,** Killion, C., Bowers, B., Wyman, J. F., Herrick, L. M., Zerwic, J. J., Smith, C. E., Cohen, M. Z., Benefield, L. E., Topp, R., Fahrenwald, N. L., Titler, M., Larson, J. L., Varty, M. M., & Jefferson, U. T. (2018). Launching successful beginnings for early career faculty researchers. *Western Journal of Nursing Research, 40*(2) 153-174. doi: 10.1177/0193945917725999

Conn, V. S., McCarthy, A. M., Cohen, M. Z., **Anderson, C. M.,** Killion, C., DeVon, H. A., Topp, R., Fahrenwald, N. L., Herrick, L. M., Benefield, L. E., Smith, C. E., Jefferson, U. T., & Anderson, E. A. (2018). Pearls and pitfalls of team science. *Western Journal of Nursing.* doi: 10.1177/0193945918793097

Williams, J. K. & **Anderson, C. M.** (2018). Omics research ethics considerations. *Nursing Outlook, 66,* 386-389. doi: 10.1016/j.outlook.2018.05.003

**Arthur, E. &** Kamen, C. (2018). Hidden patients, hidden partners: Prostate cancer care for gay and bisexual men. *Oncology Nursing Forum, 45*(4) 435-438. doi: 10.1188/18.ONF.435-438

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# Breathe deep to release stress

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

The next time you're feeling stressed, try a few minutes of deep breathing.

Sit or lie down in a comfortable position. Breathe in through your nose and let your lungs fill, slowly and fully. Your abdomen will naturally rise, expanding to make room for the air. Then, as you breathe out slowly, pull your abdomen in. Close your eyes and allow your thoughts to drift. Just breathe.

Just like that, you are giving your body what it needs to calm down. As you gently fill your lungs with air and then slowly release your breath, you activate your endocrine system to release neurohormones that trigger the relaxation response. These neurohormones also inhibit stress hormones, too. Deep inside your lungs, the oxygen you bring in nourishes your blood cells and helps them release waste carbon dioxide. As fight-or-flight responses to stress fade, your heart rate returns to normal, tension lifts, and you become calm.

The benefits of releasing stress are clear right away, but there are long term benefits, too, as many chronic health conditions such as high blood pressure, heart disease and diabetes are exacerbated by stress. The five minutes you spend breathing today could add years to your life in the future. ✨

For more about deep breathing techniques and other stress reduction and relaxation strategies, see:

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