

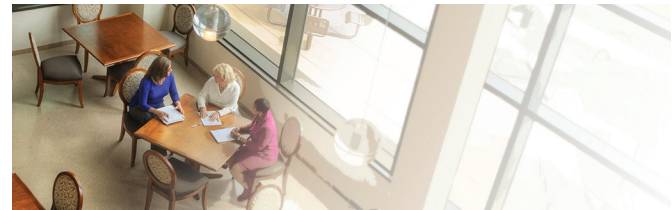


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Doors Wide Open: A New Era at Eastern State Hospital

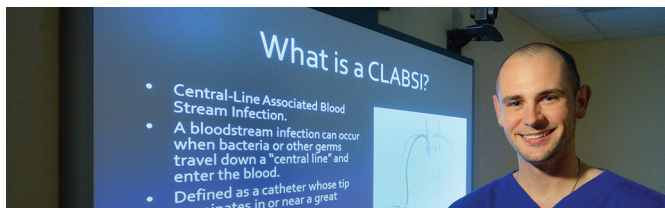


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### Electronic Cigarette Use Behaviors, Prevalence, and Perceptions Among Women of Childbearing Age In Kentucky

**Dr. Kristin Ashford, women's health nurse practitioner and associate professor**, received a one-year, \$19,792 award from the UK Office of the Vice President for Research that will determine the behaviors, perceptions, attitudes and beliefs regarding the use of e-cigarettes among women of childbearing age (including pregnant women).

### Prenatal and Postpartum Training

**Dr. Kristin Ashford, women's health nurse practitioner and associate professor**, also received a one-year, \$4,500 contract from the Kentucky Cabinet for Health and Family Services.

### A Dietary Antioxidant Intervention for Secondary Prevention of Cardiovascular Disease

**Dr. Martha Biddle, assistant professor**, received \$3,000 in supplemental funding from the Center for Clinical and Translational Science (CCTS) to fund a full carotenoid panel for HPLC analysis.

### Effects of Family Sodium Watchers Program on Outcomes in Heart Failure Patient-Family Caregiver Dyads

**Dr. Misook Chung, associate professor**, received a five-year, \$2,404,267 grant from the National Institute of Nursing Research. Dr. Chung and her team will administer a family-based intervention that will improve the health status and quality of life of patients with heart failure and their family caregivers.

### Tobacco Policies in Mental Health and Substance Abuse Treatment

**Dr. Amanda Fallin, assistant research professor**, received a six-month, \$5,000 award from the Center for Clinical and Translational Science Small Grant Program. She will create a database of tobacco policies and treatment standards of care on Kentucky's mental health and substance abuse treatment facilities.

### Predictors of Cognitive Function and Disability in Adult Trauma Patients Who Receive Blood Transfusions

**Dr. Susan Frazier, associate professor, and Allison Roenker Jones, PhD candidate**, received a \$6,000 award from the Emergency Nurses Association Foundation. Their project will evaluate the association of blood transfusion volume, ratio of components, and age of stored blood components with cognitive/psychological functioning in trauma patients.

### Smoke-free: Refresh. Replenish. Re-energize.

**Dr. Ellen Hahn, professor and director, Kentucky Center for Smoke-free Policy and Tobacco Policy Research Program and Marcia A. Dake Professor of Nursing**, received \$2,750 from the Foundation for a Healthy Kentucky to hold the KCSP annual conference.

### Promoting Responsive Smoke- and Tobacco-free Policy Adoption and Implementation

**Dr. Ellen Hahn, professor and director, Kentucky Center for Smoke-free Policy and Tobacco Policy Research Program and Marcia A. Dake Professor of Nursing**, received \$50,000 for year two of what is anticipated to be a five-year initiative from the Foundation for a Healthy Kentucky. The study promotes smoke- and tobacco-free policy adoption and effective implementation.

### A Randomized Controlled Trial of Anesthesia Guided by BIS vs. Standard Care and Effects on Cognition

**Dr. Debra Moser, professor and Linda C. Gill Endowed Chair in Nursing, and Zohn Centimole, PhD candidate**, received a one-year, \$26,700 award from the American Association of Nurse Anesthetists Foundation. The specific aims are designed to provide a comprehensive assessment of neurocognitive implication of bispectral index system (BIS) guided versus standard anesthetic techniques.

### Postoperative Symptom Distress of Laparoscopic Orthopaedic Ambulatory Surgery Patients: A Qualitative Study

**Dr. Janet Odom-Forren, assistant professor**, received a one-year grant of \$4,533 from the American Nurses Foundation. Dr. Odom-Forren and her co-investigator, Dr. Deborah Reed, professor, will conduct focus groups with key stakeholders. Data gathered will allow for the development of tailored interventions for management of postoperative symptoms.

### Postoperative Symptom Distress of Laparoscopic Cholecystectomy Ambulatory Surgery Patients: A Qualitative Study

**Dr. Janet Odom-Forren, assistant professor**, received a one-year grant of \$9,939 from the American Society of PeriAnesthesia Nurses. This qualitative study will 1) identify all symptoms that cause postoperative distress; 2) identify symptom management techniques that effectively reduce the distress of laparoscopic cholecystectomy postoperative symptoms at home after ambulatory surgery; and 3) identify facilitators and barriers to self-management of postoperative symptoms.

### Interventions for Nutrition Education and Skills

**Dr. Frances Hardin-Fanning, assistant professor**, received a three-year, \$368,888 K23 Mentored Patient-Oriented Research Career Development award from the National Institute for Nursing Research. It will engender the skills to develop and test novel interventions aimed at improving eating habits and thereby lowering risk and cost burden of heart disease in rural Appalachian food deserts.

### Nurse Education, Practice, Quality and Retention—Veterans' Bachelor of Science in Nursing Program

**Dr. Frances Hardin-Fanning, assistant professor**, received a three-year, \$627,041 Health Resources and Services Administration (HRSA) award that will develop, implement and evaluate a medically trained veteran to BSN transition initiative in the UK College of Nursing BSN Program.

### Reducing Diabetes Risk for Rural Appalachian Grandparent-Headed Households (GHH)

**Dr. Jennifer Hatcher, associate professor**, received a three-year, \$375,000 grant from the Eunice Kennedy Shriver National Institute of Child Health and Human Development. GHH will holistically examine the socio-ecological context of the health of GHH in rural Appalachian Kentucky, in order to implement a culturally and contextually appropriate family intervention to reduce diabetes risk.

### Promoting Colorectal Cancer Screening in Rural Emergency Departments

**Dr. Jennifer Hatcher, associate professor**, received a two-year, \$359,528 award from the National Cancer Institute. This work will be the first to address the disproportionate incidence and mortality from colorectal cancer in rural Appalachia.

### Farm Theater: A Novel Safety Strategy Approach for Agricultural Communities

**Dr. Deborah Reed, Distinguished Service Professor and Good Samaritan Endowed Chair**, received a four-year, \$1,231,184 award from the Centers for Disease Control and Prevention, National Institute for Occupational Safety and Health. Dr. Reed and her team will work with established farm community organizations in Kentucky, Tennessee and Mississippi to develop and test a novel intervention: didactic readers theater, with 450 adult and senior farmers, and their family members, to positively change farm work culture and safety behavior.

### Central Appalachian Regional Education and Research Center/Occupational and Environmental Health Nursing (OEHN) Training Program

**Dr. Deborah Reed, Distinguished Service Professor and Good Samaritan Endowed Chair**, received a five-year, \$990,000 award from the National Institute for Occupational Safety and Health (Principal Investigator Dr. Wayne Sanderson, UK College of Public Health). Dr. Reed leads the Occupational and Environmental Health Nursing Training Core.

## Prestigious PCORI GRANT AWARDED

DEBRA MOSER



**Debra Moser, DNSc, RN, FAAN, professor, has been awarded a prestigious Patient-Centered Outcomes Research Institute Grant (PCORI) to advance her research in risk-reducing interventions for cardiovascular disease in Kentucky's Appalachian region.**

The Patient-Centered Outcomes Research Institute is authorized by Congress to conduct research to provide information about the best

available evidence to help patients and their health care providers make more informed decisions. PCORI's research is intended to give patients a better understanding of the prevention, treatment and care options available, and the science that supports those options.

The \$2.1 million grant will be distributed over the next three years.

Appalachian Kentucky is in the top 1 percent of the nation in cardiovascular disease (CVD) morbidity and mortality, placing it among the worst CVD health disparity areas in the U.S. Individuals in Appalachian Kentucky have extremely high risks of multiple CVD risk factors, amplified by the distressed environment. Dr. Moser's research will focus on interventions individualized to patients' specific needs and barriers to success.



**2013-2014  
College of Nursing  
Student Awards**

College of Nursing Faculty Award  
**RECIPIENT: Jessica Anderson**

Sebastian-Stanhope Award  
**RECIPIENT: Lacey Buckler**

Delta Psi Senior Nurse Award  
**RECIPIENTS: Kathryn Campbell**

Omicron Delta Kappa  
Maurice A. Clay Award  
**RECIPIENT: Anthony Carney**

UK HealthCare Commitment to  
Nursing Excellence Award  
**RECIPIENT: Anthony Carney**

Taylor Ann Davis Starbucks Award  
**RECIPIENT: Joy Coles**

2014 Dr. Doris Wilkinson Award for Most  
Outstanding African-American Female  
**RECIPIENT: Kristina Harrison**

First Place, Minority Health Research  
Student Poster, 2014 Southern Nursing  
Research Society Annual Conference  
**RECIPIENT: Corinna Hughes**

Carolyn A. Williams Award  
**RECIPIENT: Kathy Isaacs**

College of Nursing Alumni Association  
Nightingale Award  
**RECIPIENT: Samantha Keeling**

Lyman T. Johnson Torch Bearer Award  
**RECIPIENT: Joshua Kidd**

First Place Student Poster,  
2014 Southern Nursing Research Society  
Annual Conference  
**RECIPIENT: Christina Thompson**

Baptist Health Lexington Nursing  
Leadership Award  
**RECIPIENT: Hayley Wihlon**

**2014  
College of Nursing  
Student Scholarship  
Showcase Awards**

Best undergraduate student  
poster presentation  
**RECIPIENT: Anthony Carney**

Best graduate student poster presentation  
**RECIPIENT: Amber Davis**

Best undergraduate student  
oral presentation  
**RECIPIENT: Marissa Hooper**

Best graduate student oral presentation  
**RECIPIENT: Jessica Murray**

**2014  
College of Nursing  
Annual Award Recipients**

Employee of the Year Award  
**RECIPIENT: Nancy McDevitt**

Excellence in Undergraduate  
Precepting Award  
**RECIPIENT: Christy Hurst**

Excellence in Graduate Precepting Award  
**RECIPIENT: Kimberly Bennett**

Excellence in Graduate Teaching Award  
**RECIPIENT: Karen Stefaniak**

Excellence in Part-Time Teaching Award  
**RECIPIENT: Demetrius Abshire**

Excellence in Undergraduate  
Unit/Agency Award  
**RECIPIENT: Trauma Surgical Services  
Eighth Floor, UK HealthCare**

Gloe L. Bertram Award  
**RECIPIENT: Tricia MacCallum**

Louise J. Zegeer Award  
**RECIPIENT: Cathy Catlett**

Teaching Excellence in Support of  
Professional Nursing Award  
**RECIPIENT: Vicky Turner**

Dean's Award  
**RECIPIENT: Jeannine Blackwell**

Excellence in Service Award  
**RECIPIENT: Patricia B. Howard**

**2013-2014  
Other Faculty Awards**

100 Inspiring Nursing Professors to  
Watch, OnlineLpntorn.org  
**RECIPIENTS: Demetrius Abshire and  
Stephanie Fugate**

Outstanding Alumni Award,  
University of Louisville  
**RECIPIENTS: Kristin Ashford and  
Patricia B. Howard**

Golden Apple Award, The Learning Center,  
Fayette County Public Schools Community  
Partners Leadership Team

**RECIPIENTS: Leslie Beebe, Joanne  
Matthews, Courtney Reeves and  
Stephanie Steele**

Inducted as Fellows,  
American Heart Association  
**RECIPIENTS: Martha Biddle and  
Misook Chung**

Inducted as Fellow,  
American Academy of Nursing  
**RECIPIENT: Misook Chung**

2014 State Award for Excellence, American  
Association of Nurse Practitioners  
**RECIPIENT: Audrey Darville**

Ambassador status, National Institute  
of Nursing Research  
**RECIPIENT: Ellen Hahn**

2013 Junior Investigator Award,  
American Public Health Association  
**RECIPIENT: Francis Hardin-Fanning**

2014-2015 University Research  
Professorship, UK Office of the  
Vice President for Research  
**RECIPIENT: Debra Moser**

2014 Hall of Fame Award,  
UK College of Public Health  
**RECIPIENT: Carolyn Williams**

**2014  
Other Awards**

2013 Chapter Spirit of Philanthropy Award,  
Sigma Theta Tau International  
**RECIPIENT: UK College of Nursing Delta  
Psi Chapter**

2013 Presidential Award,  
Sigma Theta Tau International  
**RECIPIENT: UK College of Nursing  
Delta Psi Chapter**

Gold Award, 2013 Opportunities magazine,  
Lexington Chapter of the American  
Advertising Federation  
**RECIPIENTS: Claire Sale and  
The Williams McBride Group**

2014 "The Healing Presence of Art"  
Employee Gallery, Photography,  
UK Arts in HealthCare  
**RECIPIENT: Claire Sale**

2013 Lyman T. Johnson Torch of  
Excellence Award  
**RECIPIENT: Sophia Weathers**

# In the Pursuit OF Sharing Scholarship

## College Celebrates the 10th Anniversary of the Student Scholarship Showcase

Although the word "scholarship" may call to mind college applications and financial aid, it also can mean the pursuit of knowledge through formal study or research. That pursuit is partially played out with the College of Nursing's annual Student Scholarship Showcase.

In April 2014, the College hosted its 10th showcase. Much like a scientific conference, students present posters and oral presentations selected and then judged by college faculty. Winners, chosen in both categories at the undergraduate and graduate levels, receive a plaque and a \$100 award.



## The 10th Anniversary

To honor the 10th anniversary, the showcase committee made some changes to enhance the event. First, Sherry Holmes, MSN, RN, coordinator of assessment and special projects, who was chair for three years, turned facilitating duties over to co-chairs Rebecca Dekker, PhD, RN, APRN, assistant professor, and Debra Moser, DNSc, RN, FAAN, professor and director of the Center for Biobehavioral Research in Self-Management of Cardiopulmonary Disease. "We felt like we would get better student participation if faculty members were more actively involved," says Holmes.

Having been a participant who won two showcase awards herself, Dr. Dekker has a unique perspective and passion for the event. Her first priority was to seek faculty input, ask them to include the event in their spring syllabi and encourage students to submit abstracts. The strategy worked; the committee received 21 submissions and saw an increase in attendance from 2013.

Other changes included adding a "must be present to win" raffle, staggering the order of undergraduate and graduate speakers, introducing digital posters and requiring students with oral presentations to attend a practice session.

Digital posters, created on a computer and presented on-screen, were an idea Dr. Dekker received from faculty. She worked with UK Chandler Hospital's A/V department, which had high-definition monitors available for complimentary use. Eleven students presented digital posters. "That is really moving forward. I haven't been to any conferences where that technology was used," says Holmes.

The practice sessions for oral presentations helped students be better prepared and confident.

## History of the Student Scholarship Showcase

Mary DeLetter, PhD, RN, an alumna of the college's PhD Program, was instrumental in establishing the showcase. Dr. DeLetter, who at the time was an assistant professor in the College, was inspired by a one-time event of student presentations in the early 1990s. "It prompted me to think that it was a good venue for students at all levels to be able to present to a friendly audience and to gain some experience in recognizing scholarship," she says. In 2003, she got full support from then-Dean Carolyn Williams, and the Student Scholarship Showcase was born.

Although it began with a research focus, this year honored the original intent to add other exceptional work, such as clinical papers, literature reviews, evidence-based projects and practice guideline implementation.

Fostering faculty-to-student mentorship and giving students an opportunity to present scholarly work are important, according to Professor and then-Interim Dean Patricia B. Howard, PhD, RN, FAAN. The showcase offers a broader opportunity, at little to no cost, in a supportive and energetic environment. "It's practice for state, regional or national presentations," she says.

Unlike anything students experience in the classroom or in clinic, the showcase instills confidence and increases awareness of the value of scholarly endeavors. "It's celebrating students impacting patients, patient outcomes and the research world. They're doing important things no matter where they are in the progress of an academic career," says Dr. DeLetter.

"It really gives (students) positive strokes and encourages them to continue scholarly productivity," says Holmes.

True to its roots, the showcase benefited not only the participants but also those who attended. Dr. Dekker says both she and the students were inspired to want to change nursing practice for the better—what a testament to the College's mission: "to support excellence in nursing education, research, practice and service."



Faculty Appointments



**Amanda Fallin, PhD, RN, Assistant Research Professor**

Dr. Fallin is an active early-career tobacco control scientist with a focus on tobacco policy and disparate

populations. As a faculty associate in the Tobacco Policy Research Program, she is currently developing a program of research focused on tobacco use and tobacco-related policies in mental health and substance abuse treatment facilities.

In June 2014, she completed a three-year postdoctoral fellowship with Dr. Stanton Glantz at the University of California San Francisco's Center for Tobacco Control Research and Education. While there she led projects related to tobacco use, policy and prevention for vulnerable populations: in tobacco-growing states; and among lesbian, gay, bisexual and transgender adults, college students and bar-going young adults. Fallin has led two multi-site capacity-building projects funded by California's Tobacco-Related Disease Research Program to evaluate smoke- and tobacco-free college campus policies in California as an extension of her dissertation research. Her article, "To Quarterback Behind the Scenes, Third Party Efforts: The Tobacco Industry and the Tea Party," was the most downloaded article in Tobacco Control in 2013.

As a predoctoral student, she served as a community adviser on an NHLBI-funded project to promote smoke-free policies in rural Kentucky communities. Dr. Fallin earned her BSN, MSN and PhD from the University of Kentucky College of Nursing.



**Dianna Inman, DNP, RN, APRN, CPNP, PMHS, Assistant Professor**

Dr. Inman is a pediatric nurse practitioner, primary care mental health specialist

and an assistant professor of nursing at the University of Kentucky in the graduate program.

Dedicated to serving children and adolescents, her work has focused on assessing and treating students in schools in underserved areas with primary care and developmental and behavioral health services. She is an active member in the National Association of Pediatric Nurse Practitioners, has presented at national conferences and is a member of special interest groups related to school health and mental health. She has written articles for Ready Set Grow Health Information for Kids and Parents magazine sponsored by the National Association of Pediatric Nurse Practitioners.

Dr. Inman received the Outstanding Faculty Member Award from the Medical University of South Carolina and the distinguished Palmetto Gold Nurse Recognition Award by the South Carolina Nurses Foundation. She has received funding as co-PI from the Duke Endowment and Health Resources and Services Administration for implementing evidence-based programs to decrease aggressive behaviors in elementary school students.

As an advocate for children and adolescents, Dr. Inman has served on the First Steps Board to improve school readiness for children in Charleston County, South Carolina. She is passionate about improving health outcomes of children and adolescents through increasing nursing students', nurses' and practitioners' knowledge and practice related to evidence-based care.



**Shelia Melander, PhD, ACNP-BC, FCCM, FAANP, Professor**

Dr. Melander is a nationally known adult-gerontological acute care nurse practitioner (ACNP) leader. She is currently

serving a two-year term as president of the National Organization of Nurse Practitioner Faculties. She was involved in the revision of the Acute Care Nurse Practitioner Scope and Standards document in 2006 and was a member of the work committee that established the 2012 Adult-Gerontological Acute Care Nurse Practitioner Competencies. She also led the development of the Statement on Acute Care and Primary Care Certified Nurse Practitioners. Additionally she facilitated the development of a second multiorganizational white paper addressing nurse practitioner employment, which is being used across the U.S. in both primary and acute care settings.

Funded with a grant from the University of Southern Indiana College of Nursing and Health Professions, Dr. Melander started and taught in one of the earliest master's-level ACNP tracks in the U.S. In 2003 she was recruited to the University of Tennessee College of Nursing to teach in the ACNP Track, where she taught at both the master's and doctoral levels. Since 2003 she has been involved in high-fidelity simulation to maximize student learning.

Dr. Melander has practiced for more than 12 years as a cardiovascular ACNP specialist in both hospital and office settings. She was the first certified ACNP to practice in the Owensboro/Daviess County, Kentucky, area. While practicing at Sandra Fallon Cardiology in Santa Monica, California., she was one of the first practitioners to be involved with advanced genetic counseling for cardiovascular disease treatment and prevention.

She is a fellow in the Society of Critical Care Medicine, as well as the American Association of Nurse Practitioners.



**Carol Thompson, PhD, DNP, ACNP, CCRN, FCCM, FAANP, FAAN, Professor**

Dr. Thompson is nationally known for her acute and critical care nursing

leadership. She was the first acute care nurse practitioner (ACNP) and the second nurse to be president of the Society of Critical Care Medicine; the first ACNP on the national board of directors of the American Association of Critical Care Nurses; the first ACNP to serve on the Tennessee Board of Nursing; and was among the first 100 nurses to be certified as an ACNP.

During her 27-year academic career she developed one of the early ACNP programs at the MSN and then DNP level. As she embraced technological advances in education she became a founding member of the Society of Medical Simulation and developed expertise in online learning.

Her scholarship interests have included dyspnea, pain, agitation, delirium and mobility in critically ill adults. Since 2013 she has delivered more than 30 international presentations.

Dr. Thompson received her BSN from Florida State University, an MS in nursing from the University of Maryland, a PhD in nursing from Case Western Reserve University, and a DNP from the University of Tennessee Health Science Center. She has achieved Fellow status in the American College of Critical Care Medicine, the American Association of Nurse Practitioners and the American Academy of Nursing.

Faculty Transitions



**Patricia B. Howard, PhD, RN, NEA-BC, FAAN**

Dr. Howard has been promoted to executive associate dean for academic operations and partnerships and has

been appointed as the Marion E. McKenna Professor of Nursing. Dr. Howard is recognized nationally and internationally for her expertise and program of research in mental health service evaluation that focused on improved access and quality of care for those with serious and persistent mental disorders. Her innovative approach to expand the multidisciplinary research team to include the voice of consumers of mental health services has enhanced the validity of her translational research on quality, patient satisfaction, and treatment outcomes. She has published in highly recognized nursing and health services journals and presented at numerous national and international forums.



**Sharon Lock, PhD, RN, APRN**

Dr. Lock has been promoted to professor. She is the primary care track coordinator in the College's DNP Program. From

fall 2012 to the summer of 2014, Dr. Lock served as interim dean for MSN and DNP Studies. Her research interests include teen pregnancy prevention and sexual risk reduction among adolescents, and she maintains a faculty practice at the UK Center for the Advancement of Women's Health.



**Joanne Matthews, DNP, RN, APRN-CS**

Joanne Matthews has been promoted to clinical assistant professor. She holds a dual position as course coordinator

for the psychiatric/mental health nursing courses in the undergraduate program and psychiatric clinical liaison nurse for UK HealthCare. Prior to her current roles, she managed the inpatient psychiatric unit at UK Albert B. Chandler Hospital for 10 years and an acute care unit for two years.



**Gia Mudd-Martin, PhD, MPH, RN**

Dr. Mudd-Martin is now an associate professor with tenure. She teaches public health nursing in

the undergraduate program. Her areas of research include the application of genetic and genomic advances in the prevention of Type II diabetes and cardiovascular disease; the public health impact of genetic/genomic advances on vulnerable populations; and translational research in genomics.



Staff Appointments & Transitions



**Clair Abney**  
Clair has worked for the College of Nursing since 2008 and has transitioned into working with the Grant Development

Team to provide support and assistance in the preparation and submission of grant proposals. She has an associate degree from Bluegrass Community and Technical College and a Bachelor of Arts in English from UK. She is currently working toward a Master's of Public Administration from Murray State University.



**Shannon Ferguson**  
Shannon joined the College in August 2014 as part of the business office. Prior to this position, she served as an academic

administration-payroll coordinator.



**Kevin Garland**  
Kevin joined the College in August of 2014 as part of the business office, after transitioning from UK's Health Profession Colleges

Integrated Business Unit (IBU), where he served as the travel coordinator. Prior to the IBU, he worked in the travel area of UK's Athletics Department for 12 years. Kevin has been a UK employee since 1997.



**James Hayhurst**  
James came to the College in 2013 and has a BA in Journalism from UK. He has worked in the newspaper industry, where he used

skills such as writing, editing, photography and desktop publishing. Currently James assists faculty with various projects ranging from exam preparation, poster design, word processing, maintaining the faculty and staff directory, and literature searches.



**Mary Jane Lasshafft**  
Mary Jane has a master's degree in mental health counseling from Western Kentucky University. She has

worked in post-secondary education for more than 20 years. Her prior work experience includes academic advising, extended campus coordination, program evaluation, continuous quality improvement, and curricular development and implementation.



**Kelly McQueen**  
Kelly is a financial analyst and joined the College in August 2104. She has worked in a financial role at UK since 2011,

previously in the College of Agriculture, Food & Environment. Before coming to UK, she had 20 years of experience in a variety of settings including manufacturing, building and service-based industries, in financial operations and clerical roles from beginner to management level. She has an associate degree and is currently pursuing a Bachelor of Science in Business Administration here at UK.



**Kerry Powell**  
Kerry has served in an academic adviser role for several years. Shortly after receiving her master's degree at Asbury Theological Seminary, she joined

the registrar staff as an academic adviser. Kerry worked with nearly 400 graduate students in multiple degree programs. In 2013, she had the opportunity to transition to UK's College of Nursing, where she advises pre-nursing and undergraduate nursing students and also works with students in academic difficulty as the student success coordinator. She also works with the graduate program answering program inquiries and coordinating teaching assistants.



**Dan Rios**  
Dan joined the College in 2013 and is an information systems technical support specialist. Before coming to UK he served as a

project manager for Saint Joseph Hospital, transitioning the hospital from paper to electronic medical records (EMR). He has also served as international IT support for Ethan Allen furniture and studied at the Culinary Institute of America.

DR. MARCIA DAKE



**We are sorry to announce that Dr. Marcia Dake, founding dean of the UK College of Nursing, has passed away.**

Dr. Dake served in the Army Nurse Corps during WWII and used her GI Bill to complete her master's and doctoral degrees. She was one of the first 10 doctorally prepared nurses in the country and in 1958, at age 35, was the youngest dean to serve at a college of nursing in the U.S.

The first baccalaureate class was admitted in the fall of 1960, and at that time nursing was the only undergraduate program at UK to have a selective admissions process. UK's BSN Program was one of only two baccalaureate nursing programs in Kentucky; the others were hospital diploma programs. Under Dr. Dake's leadership the College received full accreditation in 1965 and the master's program was approved by the faculty senate in 1969.

Dr. Dake served as dean until 1971 and leaves a legacy that will forever be remembered not only in the College of Nursing but throughout UK's Chandler Medical Center, and by pioneering nursing students who withstood a rigorous, yet excellent, nursing program.

COURTNEY MYERS



**Condolences go out to the family, friends, classmates, faculty and staff who knew Courtney Myers.**

Courtney, of Holland, Ohio, was tragically killed in an auto accident on Aug. 14. She would have

been a second-semester sophomore in the BSN Program for fall 2014. Outside of school she had a deep love for animals, the outdoors, playing volleyball and was a huge fan of country music.

Dean Janie Heath spoke to Courtney's mother, who spoke highly of our faculty and staff and expressed her appreciation for all.

Her clinical instructor, Lauren Smith, remembers that Courtney was particularly interested in becoming a surgical nurse. She also set a critical goal that she would use throughout her academic and practice career ... to learn how to "think like a nurse."

She was a member of St. Joan of Arc Catholic Church in Toledo, Ohio.

The College of Nursing held a memorial service on Oct. 2 to remember and celebrate Courtney's life.

<sup>A</sup>Tribute

KAREN TUFTS



**The College of Nursing and the nursing community lost an inspiring graduate and practitioner on April 6, 2014. Karen Tufts taught us much about holding onto dreams and having the courage to pursue them.**

Karen began her nursing career midlife and earned her ADN at Lexington Community College and her BSN and MSN degrees at UK. Choosing psychiatric/mental health nursing as her passion, she practiced at Charter Ridge Hospital, Eastern State Hospital and the VA Medical Center (VMAC). She also volunteered as a clinician at the Community Kitchen Health Clinic for the homeless and in the Nurses Assisting Nurses project for impaired nurses. Her work reflected her strong commitment to those who were forgotten or underserved.

At the VAMC, Karen recognized the significant unmet needs of veterans who were victims of sexual trauma. After completing a specialty training program on military sexual trauma, she advocated for program changes and worked as a group and individual therapist. After retiring from the VA, Karen continued to provide help and support to these veterans. Karen and her group of activist veterans worked tirelessly with elected officials in a successful effort to introduce legislation in Congress to address this significant problem.

Karen was a member of Sigma Theta Tau, once served as president of the College of Nursing Alumni Association and was active in a number of professional organizations.

Karen leaves a professional and personal legacy of overcoming obstacles while maintaining courage and optimism in the face of great loss. Her smile and her helping hand will be missed.

To support the Karen Tufts Memorial Scholarship, contact Aimee Baston at abaston@uky.edu, (859) 323-6635, or mail your gift to: UK College of Nursing, Attn: Aimee Baston, 315 CON Bldg., Lexington, KY 40536-0232.

**WRITTEN BY:** Gretchen LaGodna, PhD, RN, FAAN, professor emerita



WRITTEN BY:  
Sue Fay

PHOTOGRAPHS BY:  
Lee Thomas

“ ”  
—A CONVERSATION WITH—

# THE New Dean



Last March, after a long, nationwide search, the University of Kentucky announced the *good news*—the College of Nursing had found its **new dean**.

Janie Heath, PhD, APRN-BC, FAAN, is a national nursing leader with nearly 40 years' experience in nursing and a background marked by nationally recognized achievements in nursing education, tobacco control and health care outreach.

Dr. Heath has held nursing faculty positions at the University of South Carolina, Georgia Health Sciences University, Georgetown University and most recently at the University of Virginia School of Nursing, where she was associate dean of Academic Programs and the Thomas Saunders III Endowed Professor. She's been at the forefront of acute care nurse practitioner (ACNP), clinical nurse leader (CNL) and Doctor of Nurse Practice (DNP) education in the Southeast and has served in leadership roles for the American Association of Critical-Care Nurses, the National Organization of Nurse Practitioner Faculties and the American Academy of Nursing.

Last summer when Dr. Heath and her husband, Mike, (a retired U.S. Army colonel who served as pharmacy consultant to the U.S. Army surgeon general) were preparing for their move to Kentucky, we caught up with the newly appointed Warwick Professor and dean of the College to talk about **her views, her goals and her vision for Kentucky's flagship nursing program.**

LET'S GET TO KNOW  
DR. JANIE HEATH ...

THESE ARE A FEW OF MY  
FAVORITE *things*

**Favorite authors (non-medical):**  
John Grisham, Nicholas Sparks and Pat Conroy

**Favorite male vocalists:**  
Willie Nelson, Stephen Tyler, John Mayer and Phillip Phillips

**Favorite female vocalists:**  
Adele, Lady Gaga, Norah Jones and Bonnie Raitt

**Favorite rock bands:**  
The Police, Journey, Bruce Springsteen, U2 and The Beatles

**Favorite comfort foods:**  
Macaroni and cheese, fried chicken and collard greens

**Favorite dessert:**  
Chocolate anything!

**Favorite Holiday:**  
Christmas

**Favorite season:**  
Fall

**Favorite musical:**  
"Sound of Music"

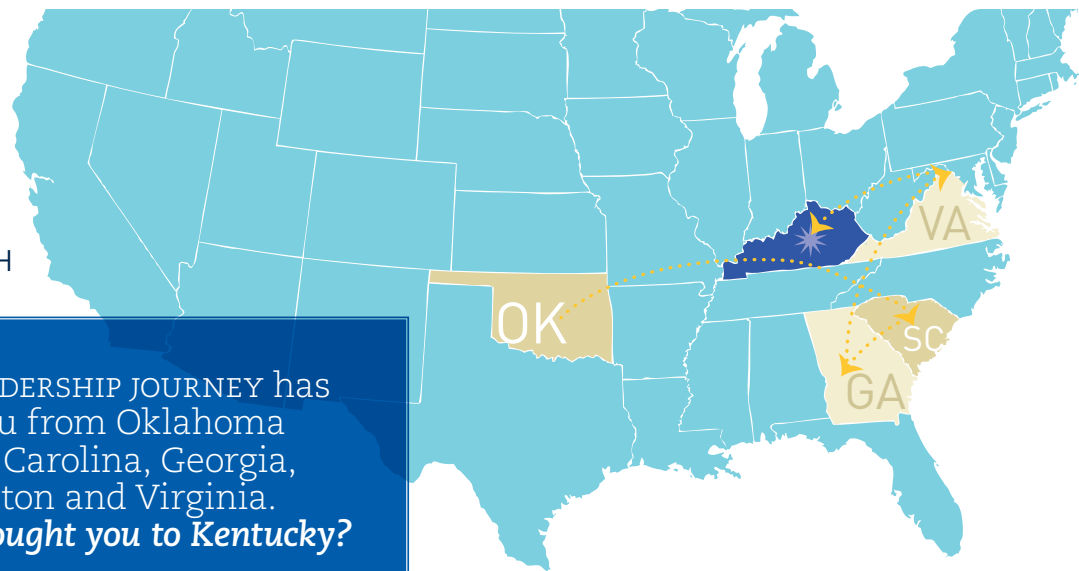
**Movie that I will never forget:**  
"Schindler's List"

**Movie that made me cry the most:**  
Tied between "The Way We Were" and "Ghost"

**Movie that made me laugh the most:**  
"Mrs. Doubtfire"

**Movie that scared me the most:**  
"Silence of the Lambs"





**Q** Your LEADERSHIP JOURNEY has taken you from Oklahoma to South Carolina, Georgia, Washington and Virginia. What brought you to Kentucky?

**A** I always knew I'd pursue a deanship one day, and I had three criteria for the right position: **It had to be with a highly ranked public university; a flagship school of nursing in a research-intensive academic medical center; and in a state where I had professional and/or personal ties.**

A couple of years ago, a longtime colleague of mine, Ellen Hahn (PhD, RN, FAAN), a professor at the College, called about the deanship opportunity here and asked if I'd be interested in applying. At the time, I had been at Virginia less than a year and was very happy in my role as the academic dean. The timing just wasn't right. Then in the summer of 2012, while attending a two-week leadership training program at Harvard University, I met fellow attendee David Brennan, dean of UK's College of Law. I asked him how the dean search had ended up, and he said it had been put on hold but that it should be starting up again soon. I got home on Sunday and heard from him Monday that the search was back on. With almost two years at Virginia under my belt and the support and encouragement of my dean and all-time mentor Dorrie Fontaine (PhD, RN, FAAN), who is dean of the University of Virginia School of Nursing, the time was right. With my interest in tobacco control and having longtime colleagues in Kentucky, the phenomenal academic medical center, plus my brother and his family in Louisville ... it was everything I'd hoped for. And then there was an interesting piece of history I found while researching UK. Planning for the College of Nursing started in 1956, the same year I was born. **I saw that as an additional sign that this was meant to be.**

**Q** What did you know about the College before accepting the deanship and what have you discovered since?

**A** Of course I knew about the strong nursing science being generated, including tobacco control research, which is an important area of scholarly interest for me. And actually, in the '90s, when I was at Georgetown University and launching the first Summer Institute for Tobacco Control among Nursing Faculty Leaders, two of the first attendees were Assistant Professor Lynn Kelso (MSN, APRN, FAANP), and Professor Sharon Lock (PhD, APRN), both from UK.

What I was not aware of before I came was the depth of the practice mission here. Critical care has always been my focus, and I was thrilled to learn that two nationally recognized critical care nurse leaders would be joining us, both successfully recruited by our former interim dean, Professor Patricia B. Howard (PhD, RN, NEA-BC, FAAN). One of them, Professor Sheila Melander (PhD, RN, ACNP-BC, FCCM, FAANP), is president of the National Organization for Nurse Practitioner Faculties and the other, Professor Carol Thompson (PhD, DNP, RN, CCRN, ACNP, FCCM, FAANP, FAAN), is past president of the Society for Critical Care Medicine. **That's huge for us.**

*fun fact*  
ABOUT DEAN HEATH

**I love symbolism.** When I was at Georgia I had faculty who wanted to go on their first medical mission trip with the College of Medicine. They needed the resources and support to get to Peru, so I worked to find them the funds they needed. When they got back they presented me with this tiny, beautifully made box as a thank you. Inside was a little jeweled lapel pin that looked to me like a wildcat or a tiger. No, they said, it was a puma, one of the three symbols of Peru: the eagle, the snake and the puma. I laughed to myself and thought, hmmm, glad I didn't get the snake but why not the eagle? They told me the puma is the Peruvian symbol for "the shepherd of mankind" and I thought, wow ... yes. That's the perfect symbol. That's who I am and who I want to be. It's who we all are as nurses. You know, I've worn that pin so many times over the years. Every important meeting, presentation or interview, I wore that pin. It was a reminder to me that regardless of the outcome, I'm a "puma" at heart and that's what matters most in my life, especially when it comes to taking care of those entrusted to me.

To learn more about Dean Heath and her family and her journey to UK, we invite you to view a series of video conversations.



**Q** What is your **VISION** for the College and what will it take to achieve it?

**A** Although it is too soon to crystallize, there is no doubt that the vision—the College's vision—will include a continuing drive to optimize our working and learning environments. It's not just about the bricks and mortar. **It's about people and relationships.** When we have that foundation, it creates a culture that is engaged, one that empowers students, empowers faculty and empowers staff to reach their full potential.

Today's landscape in higher education and nursing is under attack with numerous pressures—financial, regulatory, and economic. This is our time to come together to address and overcome those challenges. **My priority will be to relentlessly advocate for, garner and protect resources so that we can continue to enhance our environments and our reputation as the great educators, researchers and practicing professionals we are.**

Everyone is a stakeholder in this—our faculty and staff, our students and alumni, our university colleagues and clinical partners, our legislators, decision-makers and the people we serve in Kentucky and beyond.

“DEAN *quotables*”

**This is our time to come together. My priority will be to relentlessly advocate for, garner and protect resources so that we can achieve our vision to transform working and learning environments.**

*did you KNOW?*

**If not a nurse, what did you want to be?**  
Airline stewardess

**First non-nursing job?**  
Waitress at Waffle House

**Favorite nursing position?**  
Nurse practitioner  
VA Medical Center,  
Augusta, Georgia

**Favorite specialty area?**  
Emergency Department,  
trauma nursing



**Q** As dean, faculty and students will look to you for your **philosophy on nursing education.** Would you share your thoughts on that?

**A** **My passion for teaching is grounded in the belief that it is a privilege ... and that being a good teacher requires continually seeking growth and admitting one can and should always try to become better.** And what is at the core of my philosophy is that regardless of the topic area, we must teach with energy and enthusiasm. I also believe that not all students learn in the same way, and helping students reach their full potential requires searching for new and more effective methods of teaching and learning. Integrating relevant and real-life examples using multi-mixed learning strategies are paramount. Students need our educators to help bring confidence and light into a world that they may feel is unknown and overwhelming. There's much more to cultivating nurses than teaching them to write a paper or successfully complete an exam. They need to articulate why and where they are headed as professional nurses and what evidence they bring to their daily practice of managing the care of patients, families, communities and systems. My goal is to cultivate environments to optimize the care provided by compassionate and competent clinicians, the research generated by creative and scholarly nurse scientists and the teaching provided by outstanding facilitators of learning.



Q How do you see your role as dean and what are some of your **first priorities**?

A I see myself as a connector, a motivator and a listener. Dr. Howard has provided some great insights during this transition. She has validated what I observed during my deanship interview process—that we have high quality academic programs and outstanding faculty, staff, students and alumni. My first priority has been to continue a 45-day listening tour to hear more about their thoughts, insights and hopes.

Later this fall or during the first part of the new year, I will provide a state-of-the-College address outlining how we can be stronger together and strengthen the coming together of knowledge, learning and caring for diverse populations of patients, families, communities and systems. There are a number of new collaborative strategic initiatives that faculty are already initiating. I'm excited about promoting and working on these initiatives to help expand them for sustainable success. As a self-professed relationship-values-based leader, it is a high priority to ensure those who I serve know that I am there for them.

“ DEAN quotables ”

During this transition period Dr. Howard has not missed a beat. I was so impressed with her when I first interviewed and continue to be. We have such a great team here.

Q The demand for highly educated nurses in the workforce is increasing and so is the financial pressure on the academic programs preparing them. You talk about INNOVATIVE MODELS OF EDUCATION AND HEALTH CARE DELIVERY. **What do you mean by that?**

A Nursing has reached a pivotal juncture, and it truly is our time to be on the forefront. The health care needs are great in Kentucky with 14 percent of the population uninsured and 29 percent of adults being tobacco dependent. The good news is that with the release of the 2010 report from the Institute of Medicine (IOM) to elevate nurses' responsibilities and scope of practice, we have the chance to lead significant changes. If we want to ensure the criticality of delivering high quality, safe and compassionate health care, we have to change the way we teach, practice and do research. The College's former dean, Jane Kirschling (DNS, RN, FAAN), started the interprofessional education (IPE) movement here, and I look forward to helping accelerate and advance that agenda. Other models for the future of quality and safety in health care are the Clinical Nurse Leader (CNL) Option, which is an accelerated MSN pre-licensure nursing education option for second-degree students. What I look forward to is exploring the opportunities for another “Kentucky first” and seamless programs of study for doctoral education such as the BSN-to-DNP and BSN-to-PhD. Faculty are already expanding curricula to help close the gap for seamless education. Advancing team research, team practice and team teaching—with seven different health professions we have so much opportunity here at UK.

“ DEAN quotables ”

I like to brag on faculty and students, and we have great ones here at the College.

Q You've been very up front about YOUR GOAL TO RAISE THE PROFILE of the College by focusing on the high quality and rigor of the programs.

A Excellence in so many areas and in people abounds here, but unless you have connections or reasons to look at Kentucky it's not the first nursing program that comes to mind on the national front ... but it should be. Look at the legacy—former deans serving as president of the American Association of Colleges of Nursing, distinguished alumni on the forefront of nursing science and health policy, our role in pushing the agenda forward nationally and being the first university with the Doctor of Nursing Practice (DNP) degree, the cardiovascular research we're doing, the tobacco control work. And our BSN graduates achieving a 100 percent pass rate on the NCLEX exam this past academic year! That is an unbelievable success especially when you consider that the exam was recently changed to become even more rigorous. Other nursing programs' scores took a dip when that happened, but the University of Kentucky scores did not. As a former dean for academics, I know what an extraordinary accomplishment that was for both students and faculty. I'm really looking forward to learning more about the structures and processes we have in our undergraduate program to make that kind of NCLEX success possible. I want to share that story ... NCLEX is just one of many where I can brag.

Q And the advantages of being part of a **research-intensive university** like UK?

A That's huge, too. The College has what I'd call a “powerhouse” of nurse scientists who have been bringing science to life through collective, innovative and creative inquiry for well over a decade. I am most grateful to boast that we average \$100,000 per regular title series faculty (tenure track) as extramurally funded PIs to improve health and wellness for people in Kentucky and beyond. From Professor Debra Moser (DNSc, RN, FAAN) and her work with cardiovascular populations, to Professor Hahn's work with tobacco control policy, to Professor Deborah Reed (PhD, MSPH, RN, FAAOHN) and her work in occupational health, to the work of Associate Professor Kristin Ashford (PhD, RN, APRN) to improve maternal-child outcomes—our “powerhouse” nurse scientists have forged phenomenal statewide and national cross-discipline partnerships and research teams.

Q You've called UK HealthCare a PHENOMENAL RESOURCE. **What impresses you in particular?**

A When I first interviewed with Michael Karpf (MD, executive vice president for health affairs at UK HealthCare), he reminded me with a proud smile and at least a dozen charts that the UK system is a strong, research-intensive clinical enterprise. Although the quality data were impressive, what really stood out was meeting with UK HealthCare Chief Nurse Executive Colleen Swartz (DNP, MBA, RN, NEA-BC), a graduate of our DNP Program. She has phenomenal energy, vision and leadership. Having Dr. Swartz as my No. 1 clinical partner is going to be very exciting. I look forward to forging more partnerships and using that synergy to advance quality care and nursing research across the enterprise.



“ DEAN quotables ”

When it comes to quality and safety, it's critical that nurses are at the table. **WE HAVE POWER IN OUR VOICE. We are the ones who are there 24/7.** No other discipline can match that.

Q You've been recognized for your contributions as A LEADER IN NURSING PRACTICE, SCIENCE AND EDUCATION. **What are a few of the lessons you've learned** along the way?

A Unlike most, I didn't grow up wanting to be a nurse. My motivation was pure economics. I came from a military family that experienced a few unfortunate events, including the death of my mother when I was 10 years old and a father who went down an unhealthy path. Living pretty much on our own, my brother and I learned fairly early the true meaning of “extended family and friends.” By the time I was in high school, I knew the day was coming when I'd need to get a “real” job so I asked my counselor if there were any scholarships available. She pulled information on one out of her desk and asked, “How about nursing?” Although the rest is history, working on my associate's degree was a real struggle, financially and academically. But Dean Delores Kruger believed in me and saw something in me that others did not and helped me earn my degree. From that day on, through each successive academic degree, I was driven to be a better nurse, teacher, researcher and leader. So growing up in the military taught me how to be more flexible and adaptable to change; overcoming life challenges at an early age taught me how to be more resilient and resourceful; and having great mentors taught me how to help others reach their full potential. ■

NURSING days...

best day in nursing?

Passing NCLEX exam on first attempt

craziest day in nursing?

Working evening shift in the ED and an F4 tornado wiped out the southwest side of my hometown of Lawton, Oklahoma

saddest day in nursing?

Unsuccessful resuscitation of a female trauma victim (motor vehicle accident). She was covered in blue paint so I didn't know it was one of our ED nurse colleagues. She'd gone to Lowe's to buy several gallons of paint and had a head-on collision.



WRITTEN BY:  
Rebekah Tilley

PHOTOGRAPHS BY:  
Lee Thomas

# Doors Wide Open

A NEW ERA AT  
Eastern  
State  
Hospital

A number of national events and conversations in the past decade have demanded that we re-examine how we address mental health in our country. The stigma of mental illness is beginning to be overcome, and research is beginning to outline the severity of the connection between mental and physical health. There is a movement toward recovery-focused care in which the whole person is treated and not merely the symptoms.

*NURSING IS KEY to this holistic, team-centered approach to patient care.*

The historic Eastern State Hospital recently entered into a partnership with UK HealthCare under which UK operates and manages Eastern State Hospital. This partnership has opened the door to an innovative collaboration with the College of Nursing, including a psychiatric nursing internship program and the stronger presence of advanced practice nursing and research.

“It is a tremendous opportunity for the College of Nursing to play an active role in the transformation of psychiatric mental health services at Eastern State Hospital,” says Patricia B. Howard, PhD, RN, NEA-BC, FAAN, professor, executive associate dean for Academic Operations and Partnerships, and the Marion E. McKenna Professor of Nursing, College of Nursing.

Mental health care today is no longer merely about patients who are admitted or are being seen primarily for that reason. Many patients who enter the emergency room doors have dual diagnoses. Increasingly, nurses are expected to be able to screen for behavioral health concerns in a way that can allow patients to recover from medical conditions and begin to get the attention they need for their mental health situations.

In the mental health world, a nurse not only has a very pointed role in medication management and overall unit and patient safety, but also in the team dynamic, which is often complemented by the mental health associate, the social worker, the psychiatrist and other advanced practice providers.

“The role of the psychiatric nurse has changed because of the change in the model of care,” says Colleen Swartz, DNP, MBA, RN, NEA-BC, chief nurse executive, UK HealthCare. “The expectation is for the patient to have an acute hospitalization as a moment of stabilization in the mental health continuum. But then there is the transition of the care to the outpatient team and managing those care transitions has become the work of the nurse, the social worker, and the physician provider.”

“Psychiatry is a specialty that is most effectively provided by a team,” says Joanne Matthews, DNP, RN, APRN-CS, clinical instructor, College of Nursing. She holds





a dual position as course coordinator for the psychiatric/mental health nursing course in the undergraduate program and psychiatric clinical liaison nurse for UK HealthCare. “At UK HealthCare I’m seeing a much greater focus on the team approach to medicine across all medical specialties. But psychiatry has always been a leader in the team approach to health care. Quality outcomes rely heavily on nursing contributions to this health care team.”

The first priority for Dr. Matthews in training undergraduate nursing students is to reduce previous misconceptions and cultural stigma about people with mental illnesses. She emphasizes seeing the individual as a person first with individual goals and dreams, then as a person with a mental illness, always with a focus on optimal wellness promotion. All nurses need to learn how to meet the needs of patients with psychiatric illnesses because they will care for patients with these illnesses in all health care settings.

*“A psychiatric nurse can NO LONGER FOCUS only on the mental health care issues of the person, but just like every other nurse, they have to LOOK AT THE PATIENT HOLISTICALLY,” says Dr. Matthews.*



EASTERN STATE HOSPITAL  
342-138

“The comorbidity of medical illnesses and psychiatric illnesses are an increasing challenge for the psychiatric nurse. The medical and the psychiatric components are often closely tied together. For example the psychiatric nurse may care for psychiatric patients who also have diabetes, cardiac or kidney disease, or problems with mobility. Conversely, the psychiatric nurse must understand how the physical or psychological aspects of cancer or heart disease contribute to the development of the mental illness.”

Over the years, UK has developed a number of nurse internship programs in particularly complex practice areas such as perioperative and cardiovascular ICU nursing. Focused internships like these have proven to reduce staff turnover and benefits both patients and the overall health care environment. UK HealthCare now offers a psychiatric nurse internship based out of Eastern State Hospital open to newly graduated baccalaureate nurses, as well as experienced nurses from a non-psychiatry practice setting.

“We’ve already heard from students who have interned at Eastern State Hospital who hadn’t considered a career in mental health until their exposure to it through the internship. We’re excited about the potential this collaboration holds for the future, including the training of the next generation of caregivers,” says Mark Birdwhistell, vice president, Administration & External Affairs, UK HealthCare.



With a proactive approach to psychiatric health care, Eastern State Hospital opened an innovative, state-of-the-art new facility in September 2013, equipped with 239 inpatient beds and a long list of amenities, including a “recovery mall” for restorative activities like pottery, gardening and crafting. They are working to make sure their clinical services are state-of-the-art as well.

“One of the challenges in behavioral health is looking at the array of services that we have in our existing ecosystem and deciding what parts are redundant, what parts are lacking and where can we best perform particular services,” says Andrew Cooley, MD, chief medical officer, Eastern State Hospital.

This is where advanced practice nurses are able to really step up to the plate: to facilitate the implementation of the best evidence-based practices in a field with so many behavioral and medical variables. Lillian Findlay, PhD, RN, APRN, assistant professor, College of Nursing, is the point-person at Eastern State Hospital to ensure this happens.

“That’s one thing that doctorally prepared nurses are ideally suited for,” says Dr. Findlay. “We are a conduit for instituting research-based ideas into the clinical setting. Instead of doing things because it’s the way we’ve always done it, now the role is to make sure we’re doing what is actually supported by research.”

Much of this innovative research is taking place within the halls of the College of Nursing. Chizimuzo T. Okoli, PhD, MPH, RN, assistant professor and director of the Tobacco Treatment and Prevention Division of the Tobacco Policy Research Program describes the discipline’s approach to psychiatric research:



*“Nursing is unique from medicine in that we want to look at a patient not only as an organism that has all these things affecting it, but rather as a PERSON WITHIN THE CONTEXT OF WHAT IT MEANS TO BE A PERSON,” says Dr. Okoli. “We look at a person from a bio, psycho, social, spiritual perspective.”*

In his research, Dr. Okoli is examining the role of tobacco use among behavioral health patients that often leads them to have the complicating medical conditions that ultimately result in their demise, such as cardiovascular disease, respiratory illnesses and cancers. “Most of those illnesses tend to be related to firsthand smoking or secondhand smoking exposure,” explains Dr. Okoli. He is working now to develop patient-centric smoking cessation programs among patients who are also suffering from schizophrenia.

This patient-centric approach is also mirrored when training the next generation of advanced practice psychiatric nurses. “What doctorally prepared psychiatric-mental health nurses uniquely bring to the table are very refined skills in assessing psychiatric disorders, developing an accurate diagnosis and looking at how the mental illness influences functioning in all aspects of the patient’s life,” says Peggy El-Mallakh, PhD, RN, assistant professor and coordinator of the Psychiatric/Mental Health Nursing Track in the Doctor of Nursing Practice Program.

In her role at the College, Dr. El-Mallakh pays close attention to national trends in mental health. UK was one of the first to sign on to a joint White House/American Association of the Colleges of Nursing (AACN) initiative to improve the curriculum for training nurses specifically in areas related to military mental health, including suicide, post-traumatic stress and depression.

“Some veterans do not get their mental health care within the VA system,” explains Dr. El-Mallakh. “A lot of them are seen in the private sector so the likelihood of an advanced practice nurse treating a veteran is pretty high even if they are in private practice.” Eastern State Hospital itself will open an acquired brain injury unit later this year with this population group in mind.

**The collaborative partnership between the College of Nursing and Eastern State Hospital is rife with potential. At every level—baccalaureate and doctoral, research and practice—the opportunity is here and the door is open wide to a brighter future. ■**



# PREPARING TO LEAD

*It's a*

# NEW DAY

*Norton Healthcare partners with UK's DNP Program*

*It's no secret* the health care industry is under pressure. Baby boomers, which represent a disproportionate segment of the population, are reaching retirement age and facing many of the health challenges and chronic diseases that go with today's longer life spans. And most recently, sweeping changes in the U.S. health care system mean millions of previously uninsured patients are seeking care.

## Big 5 At Norton we offer these advanced nursing practice specialty options

- 1: Adult-Gerontology Nurse Practitioner
- 2: Adult-Gerontology Acute Care Nurse Practitioner
- 3: Family Nurse Practitioner
- 4: Pediatric Nurse Practitioner
- 5: Psychiatric/Mental Health Nurse Practitioner

Those in the industry have not been standing idly by. Rather, they are responding to the 2004 American Association of Colleges of Nursing (AACN) paper for Advanced Practice Registered Nurses (APRN) to be prepared at the practice-doctorate level of education. The AACN call was reinforced by the two-year Robert Wood Johnson Foundation and Institute of Medicine (IOM) study that resulted in the landmark 2010 IOM report titled "The Future of Nursing: Leading Change, Advancing Health."

The IOM report took an in-depth look at the reality of the health care climate and made recommendations for systemic changes. Primary recommendations for nursing included higher levels of education, practice at the full extent of licensure and full partnership in redesigning health care in the U.S.

"Because we had established the Doctor of Nursing Practice (DNP) Program in 2001, our faculty members were well-grounded in the curriculum for the practice-doctorate option. It was timely for us to advance AACN and IOM recommendations related to actual practice and the redesign of health care systems," says Patricia B. Howard, PhD, RN, NEA-BC, FAAN, and director of the academic partnership between the University of Kentucky College of Nursing and the Norton Healthcare (NHC) Institute for Nursing.

Norton Healthcare also heeded this call to action. As a giant in regional health care, Norton includes five hospitals, more than 1,800 beds and 140 patient care locations throughout Louisville and southern Indiana. With the large number of patients receiving services now and the even higher numbers predicted for the future, the officials at Norton were determined to take on the challenge of advancing the education levels of their nurses.

What developed was Norton's Nursing 2020 Plan, which creates a vision for how care must change by 2020, and it became increasingly clear that more people with advanced degrees would be required. The IOM report showed that just 3 percent of nurses hold a master's degree and less than 1 percent hold a doctoral degree. Recognizing this gap, officials at Norton decided to focus on helping nurses with bachelor's degrees achieve doctorates.

### The next step was the search for an education partner.

"After a nationwide request for proposals, officials at Norton determined that the University of Kentucky's College of Nursing was the most appropriate for our needs," says Tracy Williams, DNP, RN, senior vice president and system chief nursing officer of Norton. "As the first Doctor of Nursing Practice Program in the U.S., the UK College of Nursing is known as a model for innovation."





What developed is a true partnership between an academic institution and a health care system. “We are excited to have been selected for the partnership,” says Dr. Howard. “Our faculty members were ready to accept the challenge of helping Norton achieve the goals of its 2020 Nursing Plan, and we were equally excited about their commitment to the College’s teaching, research and service goals.”

“We had to come together to see what each would bring to the table, creating the right product for our needs while being mindful of the academic standards of UK,” Norton’s Dr. Williams says.

**“We value their experience and engagement with us to create a unique program. Their expectations for the future of the nursing profession and for nursing professionals align with Norton Healthcare’s vision.”**

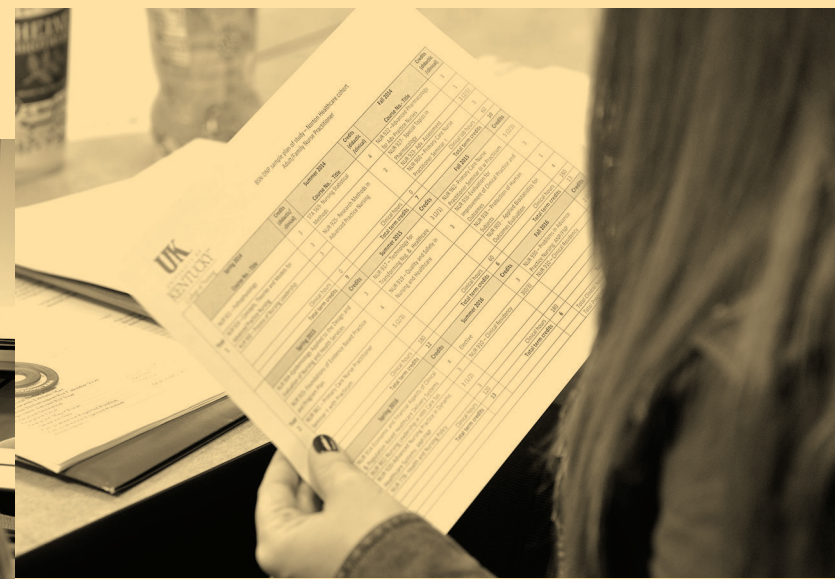


*The program is a seven-year commitment to transition approximately 150 of Norton’s BSN staff nurses into advanced practice nurses with doctoral-level education. According to Norton’s Dr. Williams, some basics of the program are:*

- Norton will pay **100 percent of the tuition.**
- The nurses will **continue to be employed while they are in the program**, transitioning into new positions as they advance.
- Norton will **help students coordinate work and class schedules**, as well as support scheduling needs for class and clinical commitments.
- All classes will be **held in Louisville supplemented with online and independent study.**
- This academically rigorous program will take approximately **three years to complete.**
- Each nurse will **make a work commitment to Norton**, which will vary based on years of prior service and the amount of education required.

Norton will invest \$7.5 million to launch the program, Dr. Williams says. Since 2005, the health care system has invested more than \$13.5 million to educate approximately 1,200 individuals, enabling them to earn their primary licensure as registered nurses or advance their education levels.

“Norton is an extremely forward-thinking organization,” says Dr. Howard. “Their vision is to transform nursing and prepare the type of workforce that is needed in health care systems today. Fundamentally, that means evidence-based nursing care that promotes quality and safety.”



## ROOTED IN NURSING PRACTICES

Carolyn Williams, PhD, RN, FAAN, who was dean of the College from 1984 to 2006 and is still a faculty member, was president of AACN during the formative years of the practice-doctorate movement.

“The idea of a practice doctorate had been on my mind for many years,” she says. “Most nurses who earned their PhDs had an emphasis in research, which prepared them to be researchers, not practitioners.”

So as the program took shape, UK’s Dr. Williams and the faculty assured that key components of UK’s DNP Program would be practice with an emphasis on organizational systems, leadership skills and scientific underpinnings for practice.

“We need more nurses who can teach nursing,” UK’s Dr. Williams explains. “By obtaining the skills at the doctorate level, it opens the door to higher-level teaching, as well as practicing.”

UK leaders see the Norton program as a natural extension of the on-campus program.

“Being chosen to partner with Norton is a tribute to the strength of UK’s DNP Program,” says Colleen Swartz, DNP, MBA, RN, NEA-BC, chief nurse executive at UK HealthCare. “This partnership allows integration of the advanced-practice nursing care model with both ambulatory and inpatient care models and enhances the program already in place.”

The UK DNP curriculum encompasses many facets of the nursing profession. Students are exposed to courses in evidence-based practice, quality improvement, finance, economics and technology, says Sharon Lock, PhD, RN, APRN, co-director of the Norton-UK program. These classes are not in the typical curriculum for bachelor’s programs. Similarly, they are either not included or are focused at a higher level than those of most master’s programs. “We will have so many nurses who all understand the opportunities for the future, and they will have the education to take them there,” says Dr. Lock.

UK’s Dr. Williams adds, “There will be a critical mass of nurses who have this higher level of education, and it will be effective in leading change in an evolving health care situation.”



## THE UK-NORTON DNP PROGRAM

As a national pioneer and the first to offer the DNP Program, UK’s College of Nursing has made continuous improvements since the first class graduated more than a decade ago. “Early graduates entered the program with master’s degrees, but the faculty recognized the importance of BSN nurses prepared as APRNs at the doctoral level,” explains Dr. Howard.

After extensive curriculum work, the program was opened in 2009 to BSN-prepared nurses who wanted to become nurse practitioners, clinical nurse specialists or system leaders.

Today, the UK DNP offers advanced nursing practice specialization options in Adult-Gerontology Nurse Practitioner, Adult-Gerontology Acute Care Nurse Practitioner, Family Nurse Practitioner, Pediatric Nurse Practitioner and Psychiatric/Mental Health Nurse Practitioner. “In an ever-changing world of health care, there is a shortage of providers to deliver care to patients,” says Kim Tharp-Barrie, DNP, RN, SANE, system vice president, Institute for Nursing and Workforce Outreach at Norton. “Providers with an NP or DNP will be able to support our physicians and provide extended care to patients.”

“The delivery model is a hybrid. We use web-based technology and telecommunications so we are able to maintain the same curriculum we use for the students on our Lexington campus,” says Dr. Howard. “It also has a stringent admission process, as the students must first meet Norton’s requirements before they can apply to UK for admittance.”

While educators at UK arranged innovative ways to deliver curriculum to their new students in Louisville, the planners at Norton made sure the curriculum matched their goals.

“We always stress convergent validity, making sure the College of Nursing is teaching the same skill set that we as employers need,” says Dr. Tharp-Barrie. “When these goals are met, they can best serve the providers in whatever area they work, be it a physician’s office, outpatient program or long-term care facility.”

Dr. Howard agrees. “One advantage of the partnership that benefits both the faculty and students at Norton is the faculty’s ability to use contemporary teaching-learning methods to promote student learning outcomes that stand to enhance the institution’s needs and goals as well as the College’s DNP Program outcome goals.”

Another positive is that nurses and staff at Norton who meet the College’s criteria can also function as professors and mentors—a bonus for everyone involved.

“Working with a clinical system like Norton makes so much sense,” says UK’s Dr. Williams. “By intertwining the academic program with the practice world, I anticipate that our faculty will be exposed to what happens there. We are all going to learn from this.”



## HOW NORTON DNP CANDIDATES ARE SELECTED

### Candidates must meet the following criteria:

Effective fall 2015 candidates must meet the following criteria: They have to have been employed by Norton for at least three years, have a bachelor's degree in nursing from an accredited university and meet the grade point average requirement of at least a 3.3 on a 4.0 scale. They must also hold an unencumbered RN license in Kentucky, and provide a goal statement, an example of scholarly written work, three letters of recommendation and pass a faculty interview.

During the interview process, faculty members look for candidates who know how to express themselves verbally and convey both their career and personal interests.

"We basically want to make sure they know what they are getting into," says co-director Sharon Lock, PhD, RN, APRN. "If they are looking at the primary care track for example, they need to show us that they understand what primary care is all about."

## HONOR SOCIETY

# Delta Psi Chapter Sigma Theta Tau INTERNATIONAL

The Delta Psi Chapter of Sigma Theta Tau International (STTI) has had many milestones in 2013-2014. Our members reached out to others through service. In November 2013, we received the Service Award at the Biennial Convention. Members serve the community through donations, by providing clothing and other needed items for organizations such as Simon House, The Nest, Lexington Humane Society and God's Pantry, as well as walking to raise awareness and money. College of Nursing students joined us for the walk showing support for Down Syndrome Association of Central Kentucky, also in November 2013.

We were awarded the **Dorothy Ford Buschmann Presidential Award** at the Biennial Convention in November 2014. Each international president can nominate chapters that have helped them during their careers and involvement with STTI. Suzanne Prevost, president of STTI and former associate dean at the UK College of Nursing, nominated our chapter and presented the award.

Our **Out of the Gate event** was held in August 2013 at Shillito Park to meet other chapter members. This was a chapter-funded event with beautiful weather and time to network.

The **fall scholarship meeting** was held in October 2013 with Dr. Fran Hardin-Fanning presenting "From Greasy Beans and Ramps to Fast Food and Microwaves." She showed us how difficult it can be for Kentuckians to follow heart healthy diets with limited access to fresh fruits and vegetables.

Our **Christmas Dinner and Silent Auction event** was held in December 2013 at UK's Hilary Boone Center. We raised \$1,650 to fund nursing research and scholarships. Members and area businesses have been dedicated to providing silent auction items and purchasing items for such a worthwhile cause.

The **spring business meeting** was held at Hospice of the Bluegrass in Lexington. Heather Bradley, MSN, RN, spoke about a project she has developed for training preceptors. Afterward, everyone had a great discussion about the importance of preceptors for new nursing staff. Board members and committee chairs also presented their annual reports.

The **Spring Induction Dinner and Ceremony** was held at Baptist Health Education Center. Carole A. Pepa, PhD, RN, professor, Valparaiso University College of Nursing and Health Professions, and 2011-2013 District 9 region coordinator, STTI, was the keynote speaker with her presentation, "Yes, I Can," during which she discussed opportunities available to members.

The **first Delta Psi Senior Award** was presented to Kathryn Campbell at the May 2014 College of Nursing Pinning Ceremony. The award includes a monetary gift. It will be awarded again to December and May BSN graduates. **Criteria for the award are** 3.5 or higher GPA; demonstrates abilities in scholarship, leadership and service; participates in a professional organization with preference given to a Delta Psi member; and has a commitment to nursing.

To find out more about Sigma Theta Tau International, go to [www.nursingsociety.org](http://www.nursingsociety.org)

Membership is given to students who meet the criteria and professional nurse leaders. Delta Psi is open to bachelor's degree-prepared nurses who want to enhance their own learning and network with other nurses who share the same vision of enhancing the profession. Contact any of the executive board members for more information.

## 2014 INDUCTEES

### Undergraduate Students

Rachel Bauer	Jaime Hollins
Bryn Brendamour	Corinna Hughes
Brianna Buckner	Ariana Kakar
Andrew Bugajski	Casey Mingua
Cassandra Burns	Kristin Nation
Kaci Downs	Emily Passafiume
Damien Enzenbacher	Abigail Peck
Hinal Gandhi	Lindsay Ratermann
Stephanie Gray	Mari Reeves
Kendall Hackenberg	Holly Rice
Brittany Hall	Laura Straley
Caroline Hatton	Christina Thompson
Kendall Helm	Elizabeth Yoder

### Graduate Students

Leslee Bertram	Ashley Guiliani
Cecelia Boateng	Amy Hatcher
Amanda Culp-Roche	Jessica Johnston
Amber Davis	Sooksai Kaewbua
Candice Falls	Jessica Murray
Lisa Fryman	Tracey Vitori
Holly Gray	

### Nurse Leaders

Jane Hammons  
Faria Nalleda

### Fall 2013 and Spring 2014 Scholarship Funding

<b>Research funding:</b> Adebola Adegboyega Allison Roenker Jones Jennifer Hatcher	<b>Scholarship:</b> Corrina Hughes Stacey Watkins Margaret Plymale Amy Wheeler Deedee McCallie Mary A. Francis
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Approximately \$7,500 was awarded total for fall and spring 2013-2014.

### 2014-2015 Delta Psi Executive Board Officers

<b>President</b> Linda Watts, BSN, RN linda.watts@uky.edu	<b>Faculty Counselor</b> Leslie Beebe, MSN, RN leslie.beebe@uky.edu
<b>President-Elect</b> Tukea Talbert, DNP, RN tukea.talbert@uky.edu	<b>Leadership Succession Chair</b> Patty Hughes, DNP, RN phugh2@email.uky.edu
<b>Vice President</b> Paula Halcomb, MSN, RN paula.halcomb@uky.edu	<b>Philanthropy Chair</b> Maggie Wilson, BSN, RN maggielynn1231@gmail.com
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<b>Governance Chair</b> Theresa Back, MSN, RN tback2@email.uky.edu	<b>Service Chair</b> Bryn Brendamour bryn.brendamour@uky.edu

## FIRST STUDENTS BEGIN THEIR STUDIES

The first students from Norton were accepted in fall 2013 and classes began in January 2014. This initial group is set to graduate in December 2016.

Students meet for class at the Institute for Nursing at Norton's Audubon Campus in Louisville, where they are connected through telecommunications to a live class in Lexington. The classes are fully interactive through the use of microphones and cameras.

"It is so much better than watching a recorded class, like a webinar," says Laura Nevitt, MBA, BSN, RNC, NE-BC, who is a student in the program and a nurse manager at Norton. "The instructors are so dynamic; they really keep you energized."

Danielle Bundrent, BSN, RN, a nurse of four years, always assumed she would pursue further education, but she was waiting to pay down some of her student loan debt. When she heard about this program, she knew it was the time to act.

"I love knowing that the people I work for are invested in me, so I am invested in them," says Bundrent. "This is lining me up to change my entire life, which is something I did not expect to be able to do for at least 10 years. I am so thankful."

Nevitt and Bundrent say the coursework is challenging, but the convenience of attending class in Louisville greatly helps them manage all their responsibilities.

"It is a juggling act to work full time and take classes," says Nevitt, who never anticipated she would pursue a doctorate. "You really need to have all your ducks in a row, but in the end, it will definitely be worth it."

Fellow student and Norton nurse Emmanuel Nwaogu, BSN, RN, had been looking into doctoral programs when he heard about the availability of the Norton-UK program. A native of Nigeria, Nwaogu had been a practicing attorney before immigrating to the United States in 1995.

"I had to reinvent myself here, obtaining my LPN in 2001 and my BSN in 2009," he says. "I was looking for a new adventure, one that would present all kinds of opportunities. This is it."

"It is probably a novel idea to find an employer who has the trust to spend a tremendous amount of money to help a health care employee advance," he says. "This will open many doors for many people."

The significance of the new program is not lost on co-director Dr. Lock. "The fact that we will be infusing all of these DNP graduates into the Norton system is somewhat amazing," she says. "No one else in the country is doing this right now, so we hope to be a model for all colleges and health care organizations in the future. We can only imagine the impact it will make."

Terry Lennie, PhD, RN, FAHA, FAAN, associate dean for the College's PhD Program, agrees that the impact is limitless. Drs. Tracy and Tharp-Barrie are also helping researchers develop the evidence for practice. "It is hard to put into words how incredibly kind and helpful the staff and nurses at Norton Healthcare Institute for Nursing have been in assisting us with our current study of a nutrition intervention to decrease symptoms in patients with heart failure," Dr. Lennie says. "Everyone has gone well beyond the call of duty. I am delighted that they are also on board to help with a new grant we recently submitted to the National Institute of Nursing Research to test an iPad intervention to increase patient self-management of heart failure." ■



WRITTEN BY:  
Jennifer S. Newton

PHOTOGRAPHS BY:  
Lee Thomas

# ONE *by* ONE

Researchers at the UK College of Nursing effect health care change *one person* and *one community* at a time.

KENTUCKY

PRESTONSBURG | JACKSON | MANCHESTER | LEXINGTON



**Disguised beneath the picturesque foliage of tree-covered mountains and rolling hills in central and eastern Kentucky is an ugly reality. The Bluegrass state's rates of cardiovascular disease, obesity, smoking, cancer and diabetes are among the highest in the nation, particularly in Appalachia.**

While national and statewide government-led efforts to improve health care, such as the Affordable Care Act, continue to meet obstacles and receive mixed reviews, the University of Kentucky (UK) College of Nursing is targeting education, lifestyle factors and policy development to break down the barriers of poverty and poor access to quality health care.

It is here, in the neediest counties of the Commonwealth, that researchers at the UK College of Nursing are making a positive and immediate impact one individual and one community at a time. These are the stories of lives that are changing, told from the perspective of the research participants themselves.



**The Rural Smoke-Free Project**, funded by the National Heart, Lung and Blood Institute, used a policy-focused intervention at the community level to increase community readiness and enact smoke-free policy. The five-year study was led by **Ellen Hahn, PhD, RN, FAAN, professor and director of the Clean Indoor Air Partnership and Kentucky Center for Smoke-Free Policy**, and went into 40 rural communities in Kentucky, 22 of which got the intervention and 18 of which served as the control group. Prestonsburg, in Appalachian Kentucky, was one community that received the intervention.

## LET'S CLEAR *the* AIR

Jean Rosenberg of Prestonsburg is accustomed to being an agent of change in her community. She worked in the Civil Rights Division for the Department of Justice in Washington before relocating to and starting a legal services program in Prestonsburg 42 years ago.

Although she had very little health care experience, Rosenberg was recruited by the Floyd County Health Department to complete a survey on smoke-free workplaces, the first step of the Rural Smoke-Free Project's intervention in Prestonsburg. "Jean was one of the community members who actually emerged as the leader of their coalition. We educated and informed her about secondhand smoke and policy solutions from square one," says Dr. Hahn.

From that survey, Rosenberg was shocked to find that well over 70 percent of policymakers in Prestonsburg thought smoke-free workplaces were important. With her own eyes opened to the dangers of secondhand smoke, Rosenberg helped establish the Breathe Easy Floyd County Coalition and led the city's smoke-free charge.

The coalition's efforts spanned from 2005 to 2009. In August 2009, the comprehensive smoke-free ordinance was passed by the city council. Since then, several restaurants outside the city limits have gone smoke-free voluntarily.

Rosenberg attributes her success to the cumulative efforts of those before her, the public's increasing familiarity with smoke-free restaurants in larger cities and the support of the College.

**"The UK College of Nursing really was my backbone and trained me to be more articulate on these public health issues as I went along," says Rosenberg.**

Rosenberg is now active in Smoke-Free Kentucky. "It has changed my life."

Her experience visiting businesses after the ordinance passed is one that touched her personally. "Generally, people were so grateful. That was something I will cherish. It was really a good thing to do for the working community in Prestonsburg," says Rosenberg.

The progress in Prestonsburg is representative of the Rural Smoke-Free Project's hypothesis and subsequent findings. Dr. Hahn says, "The treatment counties scored significantly higher on readiness than the control counties. Almost a third of the treatment counties enacted smoke-free policies that covered restaurants, bars and workplaces. In the control counties, no community did."

Hahn is currently recruiting homeowners for a research study to test their homes for radon and secondhand smoke. For more information, contact UKFRESH@sv.uky.edu.





**The Breathitt Hearts Program**, run by assistant professor **Frances Hardin-Fanning, PhD, RN**, was a community-based, 12-month feasibility study that used heart-healthy cooking classes to overcome obstacles to healthy eating in Appalachia. "We made subtle changes to culturally familiar foods and focused on things already available in the county," says Dr. Hardin-Fanning.

## SIMPLE STRATEGIES *reap* BIG RESULTS

"I didn't realize how much at risk I was," says Jonathan Butler, a 22-year-old Manchester, Kentucky, resident who thought his lifestyle was pretty healthy. "I'm an assistant manager at Family Dollar. I work 40 hours a week, and the whole time I'm there I'm constantly going."

As a result of the study, Butler has made significant changes to his eating habits. "After we did the study, I realized that whole milk wasn't all that good for you, so I switched to 2 percent." He also switched to wheat bread from white and lost 10 to 15 pounds in the first six months of the study.

Butler has increased his activity level, limited his exposure to secondhand smoke and made improvements to his cholesterol levels.

**"I learned that even though you're doing stuff every day like working and getting exercise, that your body gets immune to it," he says.**

The study has provided Butler the motivation to make lifelong changes and share them with his family and friends. "The study helps you want to get out and do it because it's pretty much not telling you you're a lazy person or a big person. It gives you simple stuff that people don't realize," he says.

Diana Allen is 54 years old and suffers from arthritis, fibromyalgia, underactive thyroid, diabetes, high cholesterol and hypertension. Prior to the class, Allen had begun working on improving her newly diagnosed diabetes. She says, "The class made it more simplified, and the people we dealt with were great. I have the book now so I can go back and refer to it. For me, that's a lot easier than trying to find information on the Internet."

She has seen significant results.

**"Since I started the class, my thyroid improved, and they've lowered my medication. I had lost some weight before, but I've lost more since the class. My A1C is going down," says Allen.**

The easy-to-understand information was key for Allen. Education on portion control and how to read labels and ingredients "helped me to figure out why some things I thought were going to be OK weren't OK," says Allen. Tips on how to be active in the house when the weather is inclement kept her exercising. She adds, "The Walmart gift cards helped a lot because it's expensive to try to eat healthy."

Allen has also become an advocate for a healthier lifestyle, passing information on to her husband, two daughters and friends.

## MAKE *each* MEAL COUNT

Mary Stevens of Jackson, Kentucky, attended the cooking classes with her mother. "It was something I looked forward to every time we had it, talking and comparing notes with my friends," says Stevens. While she felt like she was a fairly healthy cook already, Stevens appreciated learning how to use familiar ingredients in new ways and finding healthy substitutions for whole milk and sugar.

**"Sometimes when you get in a hurry, you don't cook healthy. It broadened my horizons on how I can make healthy food that still tastes good," she says.**

During each class, participants made a full dish to take home to their families for dinner, which ensured they could try new foods risk free.

For Stevens, the social aspect of learning and sharing recipes with friends enhanced the positive experience of the practical lessons. "It's just a tremendous help to get to see other people and to incorporate their knowledge," says Stevens.

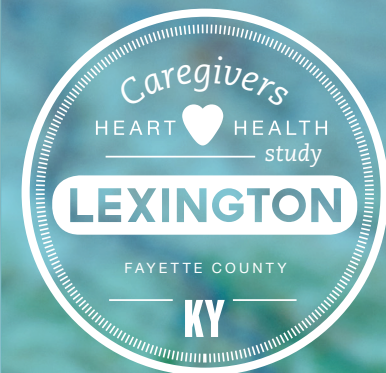
According to Project Director Theresa Back, in addition to visits with a primary care provider, the treatment group received an educational intervention consisting of seven sessions. Each participant underwent blood work and used an activity tracker during week-long evaluation periods at the beginning of the study, at four months and at one year.



**Debra Moser, DNSc, RN, FAAN**, professor and director of the Center for Biobehavioral Research in Self-Management of Cardiopulmonary Disease, is the recipient of the only **Patient-Centered Outcome Research Institute (PCORI)** grant in Kentucky. Her work is currently enrolling 300 people in Appalachia who are at high risk for cardiovascular disease and do not have a primary care physician or have not seen a doctor in the past year.







**Misook Chung, PhD, RN, FAHA, FAAN**, is an associate professor and co-director of the RICH Heart Program.

Her current project, the **Caregivers Heart Health study**, is a randomized-controlled, pilot investigation funded by the UK Center for Clinical and Translational Science to address cardiovascular health outcomes in caregivers of patients with dementia, who are at high-risk for physical and psychological morbidity. Using innovative video conferencing via iPad technology, participants in the intervention arm receive individualized educational sessions in their homes aimed at cardiovascular risk-factor reduction.



## CARING for the CAREGIVER

**W**anda Barker of Lexington knew her husband had some dementia, but when he suffered a series of strokes, she was completely taken by surprise. Barker had been engaging in a low-fat diet and daily exercise because of her family's health history, but her husband's rapidly deteriorating condition changed her habits.

Program interventionist Mary Schooler, MSN, APRN, PMHNP-BC, helped Barker set goals such as walking on the treadmill or outside for half an hour a day and reintroducing the greens she loves so much into her diet. "I couldn't eat greens because my husband couldn't have them since he's on Coumadin," said Barker. She learned her husband could have the greens in small amounts, and she could eat them as a snack when he was not around.

For Barker, the biggest obstacle was coping with the stress. "Mary has taught me to do breathing, do some meditating. I couldn't relax, it was just too much stress," she says. Before the study, Barker estimates her stress level was a 20 on a scale of one to 10,

with 10 being the highest. After the intervention, it's a much more manageable three. "I have learned to just walk away ... being able to walk away and count to 10 or 100, whichever you needed to do because it is challenging. Also she encouraged me to get him in a daycare and take time for myself, which I probably wouldn't have done if she hadn't said 'you have to do that,'" says Barker.

One of the program's intangible successes has been the personal connections it has fostered.

**"I think the best part for me has been somebody that understood my situation and could encourage me," says Barker.**

She adds, "Mary has been such a wonderful support. She just gives me great advice. She's been a lot of help."



**Kristin Ashford, PhD, RN, APRN**, associate professor, was awarded a Strong Start for Mothers and Newborns

grant from the Center for Medicare & Medicaid Innovation. In her research, she addresses high-risk perinatal issues in Fayette County by studying small group prenatal care in the CenteringPregnancy® and EMPOWR (Efforts to Maximize Perinatal Outcomes in Women at Risk) programs and developing strategies to reduce the incidence of preterm birth.

**The CenteringPregnancy and EMPOWR programs** offer personalized support and empowerment while building community within a small group of eight to 12 women. Participants receive 20 hours of face-to-face time with their provider/facilitator over 10 sessions, a big increase from traditional care. As part of the program, women choose a high-risk behavior that negatively affects their pregnancy, such as tobacco use or stress, and set goals to reduce or eliminate it.



## HEALTHY MOTHER equals HEALTHY BABY

**S**helly Woodrum, who lives in Lexington and now has a baby daughter, was among the first group of patients to go through the program in August 2013. She says the perinatal and self-care information "just helped me out a lot," particularly the information on postpartum depression and birth control.

Woodrum bonded with the program's nurse facilitator, Nancy Jennings. She was present at weekly group meetings and was always available by phone or text message for problems, including Woodrum's asthma, which worsened during her pregnancy. "[Nancy] talked to the doctors, made me an appointment and helped me out a lot about that, keeping up with everything. It got horrible. I could hardly breathe," says Woodrum.

Getting personalized care in a group setting was the right formula for Woodrum.

**"I liked it because I like being in a group where you understand each other because you're going through the same things. It was a good program," she says.**

Patients are not the only beneficiaries of the trial. Dr. Ashford's study is a good example of how nursing students can become involved in research. Recently, two of her undergraduate students won national awards for their pregnancy research by doing a secondary analysis of her data and presenting their own projects.

**These are just a sampling of the research projects faculty members from the UK College of Nursing are conducting across the Commonwealth, but the formula seems clear—one by one, researchers are making an exponential impact on the health of Kentucky's communities.** ■



WRITTEN BY:  
Sue FayPHOTOGRAPHS BY:  
Lee Thomas

# Meet the INTERNS

## Undergraduate Nursing Enrichment Opportunities

Last February, more than 500 of today's leading nurse scientists, and those studying to become tomorrow's, gathered in San Antonio, for the prestigious Southern Nursing Research Society (SNRS) conference. Nursing researchers from across the 14-state SNRS region came to participate in panel discussions, present scholarly papers and discuss their work with colleagues and peers.

Students in nursing research, primarily doctoral students, presented their own studies at the conference and were recognized with awards for their work.

Among the winners? Corinna Hughes, a second-semester junior at the University of Kentucky College of Nursing who earned the top Minority Health Student Poster Presentation Award for her study, "Exploring Racial Differences in Biomarkers, Stress, and Anxiety Throughout Pregnancy."

And the Distinguished Student Poster Award? That went to Christina Thompson, another undergraduate nursing student from UK working under noted nurse scientist and faculty mentor Kristin Ashford, PhD, APRN, associate professor, UK College of Nursing.

"They used to call it the doctoral student poster session," says Patricia Burkhart, PhD, RN, associate dean for undergraduate

studies at the College who coordinates the Undergraduate Research Interns program. "Now they just call it the student poster session because undergraduates were winning—our students!"

Three undergraduate nursing enrichment opportunities at UK are jumpstarting the next generation of nurse scientists, clinical nurse leaders and nursing educators—and just in time. A landmark report issued in 2010 by the Institutes on Medicine (IOM) called for doubling the number of nurses with doctorates by 2020 to fill anticipated shortages of nursing faculty.

"We need nurses prepared to take our places in practice, research and education nationwide," says Dr. Burkhart, who came up with the idea for the Undergraduate Research Interns program in 2002. "We know that the sooner students are engaged in research, the more likely they are to continue their educations," she says. In 2009, the American Association of Colleges of Nursing (AACN) honored the Undergraduate Research Interns program with an Innovations in Professional Nursing Education Award.

Two other undergraduate nursing enrichment opportunities at the College have enjoyed similar success at getting students into advanced studies earlier. The Undergraduate Nursing Practice Interns

program, formerly called Nurse Scholars, was established in 2000 for students interested in careers in clinical leadership. The Nursing Skills Lab Interns program, established in 2009, was actually inspired by students who were interested in becoming nursing educators one day. "It's remarkable what happens when you unleash student minds," says Dr. Burkhart of the College's enrichment opportunities and the students they attract.

Each nursing enrichment program has its own criteria and all recruit top nursing students, up to 20 in each program in a semester, for a hands-on, mentored experience in a specialty area. Selected students spend four hours a week for two (and up to six) semesters depending on the program and earn academic credit for their participation. They are paired with a senior nurse mentor who supervises the intern's final project. By graduation, many students will have contributed to scholarly papers, attended national nursing conferences and presented their projects to interested stakeholders thanks to their nursing enrichment experiences.

Hughes says she definitely plans to pursue her doctorate sooner rather than later. "I want to get a head start and build a foundation for myself." She is awed by the accomplishments of the College's nursing research faculty but even more impressed with their approachability.

CORINNA

An undergraduate nursing student doing hands-on *research*.

DAKOTA

A graduating senior whose insights led to a better way to implement evidence-based *practice* in the hospital.

LIZBETH

A second-degree student building clinical skills and her own future as a *nursing educator*.CORINNA  
Hughes

# research

grant proposals DATA Mayo Clinic

"They've incorporated me into so much, it's amazing," she says. "I've learned how a research team works, what goes into writing grant proposals, how to collect data in a clinical setting, what it's like to be part of an interprofessional collaboration—all of it. I see what they're doing, and I want to do the same."

Hughes was selected for a prestigious summer 2014 externship at the Mayo Clinic, one of 50 nursing students chosen out of 800 applicants nationwide. Now her mind is on her own research study and the manuscript she's preparing, hopefully for publication. She's already finished the literature review. "So far I haven't seen anything quite like what I'm doing," she says. You can feel her excitement.

The career options open to nurses today are wider and broader than ever, says Karen Stefaniak, PhD, RN, associate adjunct professor at the College of Nursing and coordinator of the Undergraduate Nursing Practice Interns program. Each semester, Dr. Stefaniak asks her undergraduate nursing practice interns what they'd like to know more about. Nine times out of 10 she knows what they'll say—nursing roles. "And they want to hear about them from nurses who are actually serving in those roles."

As a longtime nurse leader and former chief nursing officer for the University of Kentucky Albert B. Chandler Hospital, Dr. Stefaniak brought a lifetime of experience in nursing leadership to the College when she joined the faculty soon after retiring from her hospital position in 2008. She also brought with her a wealth of valuable contacts—friends, colleagues and senior nurse leaders at UK HealthCare and beyond. For the first seven weeks of each semester, Dr. Stefaniak calls on those contacts—and is quick to make new ones—for a weekly panel made up of advanced practice nurses in a specialty area. Students hear straight from the source what it's like to work in pediatrics, forensic nursing, home health, emergency care and the list goes on and on. Many students discover an interest in a branch of nursing practice they'd never even considered. Dr. Stefaniak says the majority of practice interns plan to continue their studies after graduation. "This week I'm having a panel where representatives from each of the college's DNP tracks will speak."

Corinna Hughes was selected for a *prestigious summer 2014 externship at the Mayo Clinic*, one of 50 nursing students chosen out of 800 applicants nationwide.





DAKOTA  
Lawler

educate  
Advanced Practice  
INFECTION CONTROL  
IMPROVE

Dakota Lawler, a May 2014 BSN graduate and undergraduate nursing practice intern, says the panel discussions were particularly valuable to him. "I was so indecisive about what kind of advanced practice I wanted, so it really helped clarify things for me," he says. "We got to talk to flight nurses, traveling nurses, doctorally prepared nurse practitioners—it gave us all a lot to think about."

With The Joint Commission's and Centers for Disease Control and Prevention's support and information, Lawler created a knowledge-based PowerPoint presentation to *educate staff nurses on CLABSI* and the evidence-based policies and practices to prevent it.

Lawler, a native of Paducah, Kentucky, and the first in his family to go to college, took advantage of every opportunity to lead and excel when he began as a BSN student at the College. He was president of his class, a student advocate on the Faculty Advisory Council, a member of the College's Undergraduate Practicum Committee, a peer tutor and part-time nursing tech—and all while serving in the National Guard, part of the officer commissioning school program. Still, when he learned about the College's nursing practice internship, an enrichment opportunity that would give him a chance to explore the world of nursing practice in even greater depth, he jumped at the chance.

For his final project, a requirement of all interns in the enrichment programs, Lawler thought he'd like to do something related to infection control, an area that had always interested him. Dr. Stefaniak had just the mentor: Kimberly Blanton, MHA, MSN, RN, NE-BC, enterprise director of Infection and Prevention Control/Safety at UK HealthCare.

Originally, Lawler planned to do a "secret shopper" study of hand hygiene compliance at Chandler but what he was learning about Central Line Associated Blood Stream Infections (CLABSI), intrigued him. Each episode of CLABSI—an infection easily prevented by practicing sterile technique and using a 15-second cleaning protocol—adds an average of two weeks to a patient's length of stay.

And the cost to the nation's hospitals? From \$4,000 to \$6,000 an episode in non-reimbursable costs. With The Joint Commission's and Centers for Disease Control and Prevention's support and information, Lawler created a knowledge-based PowerPoint presentation to educate staff nurses on CLABSI and the evidence-based policies and practices to prevent it. He also presented it to a group of UK HealthCare nurse managers and College faculty members who gave it high marks as a potential training tool in evidence-based practice for staff nurses across all units as well as in nurse orientation.

"Now if someone is unsure about how or when to change a dressing, for instance, they can look at the presentation instead of looking through policy books or having to search it out themselves," says Lawler.

Lizbeth Whipple already had a degree in psychology when she decided to go to nursing school. Now finishing her second year at the College, the 31-year-old mother hopes to get her practice doctorate and work in a clinical setting as well as teach. The Undergraduate Skills Lab Interns program is good preparation for both, says Jennifer Dent, MSN, RNC, lecturer for the College and coordinator of the program. "They're not only learning to teach the skills but staying fresh in their own at the same time."

As an intern in the Second Degree BSN lab course, Whipple assists students learning to conduct health assessments, calculate "med math" and practice an increasingly complex series of nursing skills—from how to give injections and insert nasogastric tubes to how to relate to and communicate with patients and families.

Now in her second semester as an intern, Whipple loves working with other students. She's also feeling more and more confident in her own clinical skills. "I'm really looking forward to the day when they become second nature," she says. "Nurses who have been in practice a long time don't even have to think about them anymore so they're free to concentrate on higher-level thinking and decision-making."

The clinical lab itself is an impressive place—roughly 10,000 square feet of dedicated space with rooms that look like patient rooms in a hospital and examining rooms in a clinic. High fidelity mannequins that can be programmed to speak, exhibit symptoms and even show pain are used in simulation exercises to help students practice clinical skills, as well as critical thinking skills.

Role-play exercises are also part of the mix. Last semester, Whipple participated in an exercise on patient interaction and communication. She played the role of a young woman recovering from cancer surgery who had just learned from doctors she wouldn't be able to have children. Lab students playing the nursing roles dealt with their patient in very different ways. "Some were nervous and stood back, all in a row with their hands behind their backs and didn't know what to say," says Ms. Whipple.

As an intern in the Second Degree BSN lab course, Whipple *assists students* learning to conduct health assessments, calculate "med math" and practice an increasingly complex series of nursing skills.

"Others would ask if they could sit down next to me or would put their hand on my arm and ask me questions or just listen." It was a powerful lesson on the importance of body language and communication cues, says Dent, and a safe way for students to experience a situation that could be overwhelming. "She really made it a great learning experience for them."

Preparing the next generation of nurse leaders is the goal of every major nursing program in the nation. As one of them, the College is keenly aware of the mission and grateful to be pursuing it in an environment where academia informs nursing practice and nursing practice informs academia.

Their students are grateful, too. "You don't get into UK unless you're a top student," says Lawler. "Everyone wants to succeed and to see each other succeed. That's the way it is here." ■



LIZBETH  
Whipple

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# Events

/2014-2015

## THROUGHOUT 2014-2015

### College of Nursing Phonathon

Thanks to all of you for supporting the College of Nursing through phonathon and direct mail this last year! We were able to award more than 100 scholarships to deserving nursing students because of your generosity. Calling and direct mail programs are conducted year-round to support our mission to envision, engage and empower nursing education, research, practice and service in an ever-changing health care environment. If you have already supported the College through the phonathon or direct mail—THANK YOU! If you have not, you will receive an opportunity soon. We hope you'll give generously to support future nurses!

### Continuing Education Opportunities

We offer many continuing education courses online, such as Pediatric Abusive Head Trauma, HIV/AIDS, and Advanced Pharmacology. Check out CE conferences and live events on our website—University of Kentucky College of Nursing Continuing Education: [www.ukconce.org](http://www.ukconce.org).

### DATE TBD—2015

#### Student Scholarship Showcase

Pavilion A, Albert B. Chandler Hospital

Join us for the Eleventh Annual Student Scholarship Showcase. Visit with undergraduate and graduate students who take classroom, clinical and research experiences and share these important scholarly works. Look for updated information on our website, [www.uknursing.uky.edu](http://www.uknursing.uky.edu).



## December 19

### BSN Pinning Ceremony

11 a.m., Singletary Center for the Arts  
Dean Janie Heath, faculty and staff invite you to attend the pinning ceremony in honor of the December 2014 BSN graduates. Please feel free to join us for this special event. Visit our news page at [www.uknursing.uky.edu](http://www.uknursing.uky.edu) this fall for parking information.

## May 8

### BSN Pinning Ceremony and Graduate Student Hooding Ceremony

Singletary Center for the Arts  
Dean Janie Heath, faculty and staff invite you to attend the BSN Pinning Ceremony and the Graduate Student Hooding Ceremony in honor of our May 2015 graduates. Visit our news page during spring 2015 for times and parking information.

### Student Scholarship Brunch

Dean Janie Heath, donor Forrest Calico, scholarship recipient Joshua Miller, donor Pat Calico and Provost Christine Riordan. **Watch for the date on the September 2015 event this coming summer.**



# You DID IT!

BSN PINNING  
DECEMBER 2013 & MAY 2014

RN-BSN PINNING  
AUGUST 2014

DNP & PhD HOODING  
MAY 2014

There's no happier time than graduation on a university campus. Congratulations to all of our graduates ... you've earned this with a lot of late nights and hard work. **We are so very proud of each one of you and can't wait to see what great things you do in this special profession.**





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## Love of History, Art and Family LEAD TO A Nursing Scholarship

LUCILLE HAMBLEN



Lucille Hamblen and Erin Baker

When you think of a nurse, the words “romance languages, ancient art and history” may not readily come to mind for today’s high tech and compassionate nurses. But they do for Lucille Hamblen, a non-nurse UK alum.

Lucille grew up in the Depression era in Oldham County near Louisville. She was raised by her paternal grandparents, who operated a general store. As a child, she enjoyed berry-picking in the woods, fishing and playing in a creek that fed into the Ohio River, canoeing with her brother and reading her sixth-grade ancient-history book.

Lucille shares, “When I was growing up my grandmother emphasized the importance of education and travel. I remember my great interest in my sixth-grade ancient-history book. ‘Mom,’ as I called her, encouraged that interest. From that time on, I knew I wanted to travel to see and learn about all those wonderful places. And I have!”

Lucille has made 22 round-trips across the Atlantic—21 visits to European countries and one trip to Egypt. She joined many study tours so that she could savor the art and history of the countries that she visited.

Before she began traveling, Lucille’s grandparents sent her in 1946 to the University of Kentucky, where she graduated with distinction with a bachelor’s degree in Romance languages in 1949. After college, she worked for the National Advisory Committee for Aeronautics in Hampton, Virginia, and then moved to England, where she lived for three years. Upon her return to the United States, she worked 16 years for U.S. Sen. Clinton P. Anderson of New Mexico, the chief architect of Medicare, until his retirement in 1973. She later worked at the Smithsonian Institution in Washington and retired from there in 1988.

Lucille returned to Kentucky in 2011. Her lifelong ties to her alma mater led her to make a special gift to benefit its students.

“I decided to establish a scholarship for nursing students and name it for my grandmother, who has given me so much. She always wanted to become a nurse but was never able to accomplish that dream,” Lucille said.

She consulted with gift and estate planning officers at the University of Kentucky to craft the Ann Ashbrook Hamblen Scholarship to benefit undergraduate students in the College of Nursing who have financial need, giving preference to Kentucky residents. She says, “Nurses are in demand, and education and good health are among the most important things in life. I wanted to begin a scholarship to help many worthy nursing students realize their ambitions.”

“The College and I are delighted with the scholarship Lucille is establishing for our students,” says Dr. Janie Heath, new dean of the College of Nursing. “Her generosity will advance nursing education and patient care for decades to come in the Commonwealth and beyond. We are very grateful to Lucille for her visionary philanthropy.”

### Would you BE Interested?

There are many ways to honor and remember loved ones while helping young men and women achieve their education and career goals at the UK College of Nursing. With a bequest, a gift annuity or charitable trust, you can leave a lasting legacy that helps others. For more information on giving opportunities in the College of Nursing, please contact Aimeé Baston at (859) 323-6635 or by email at [abaston@uky.edu](mailto:abaston@uky.edu).

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Special thanks to the following alumni, friends, foundations and companies that have given at the \$10,000 level and above and become members of the University of Kentucky Fellows Society.

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