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Community Care

Addressing top health care
needs in varied — and
unexpected — ways



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SCHOOL OF NURSING
VANDERBILT UNIVERSITY

MISSION AND VALUES
STATEMENT

We value excellence and innovation in preserving and advancing the art and science of nursing in the scholarly domains of education, research, practice and informatics. These values are pursued through the integration of information technology and faculty-student interactions and transactions, while embracing cultural and academic diversity.



Community Care 10

The School of Nursing impacts generations, lives and communities across the region.

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make connections@vusn

Log on to *Vanderbilt Nurse* online to learn more and make comments on any of the stories in this issue at vanderbilt.edu/vanderbiltnurse

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Dear alumni, colleagues and supporters,

How do you define a community? Is it the people you interact with day to day? Is it your physical building or the neighborhoods surrounding the place you live and work? Is it a town, a city, a region or even a state? The Vanderbilt University School of Nursing defines its community as all of those — and as those we educate, care for and serve.

When we decided we wanted to take a thorough look at all the people, places and ways that Vanderbilt University School of Nursing is involved in helping and supporting our community, we were awed. Our students, faculty, staff and alumni are involved in so many organizations that it is difficult to identify them all. As you'll see, the School of Nursing's reach extends beyond the classroom and clinical sites.

Rather than overwhelm you with volume, we decided to focus on the top four health care needs in Middle Tennessee as determined by the 2016 Community Health Needs Assessment carried out by our partner, Vanderbilt University Medical Center. Those needs were identified by stakeholders across the region to be: access to care/coordination of care; mental and emotional health/substance abuse; social determinants; and wellness and disease prevention.

Our cover article, "Community Care," spotlights four individual cases of how the students, faculty and alumni of Vanderbilt University School of Nursing are contributing solutions and service in meeting those four key needs. You'll also learn about an innovative program run by two VUSN faculty designed to increase our students' (and faculty's) understanding of how social determinants like poverty can impact patient health.

You'll find other examples of community interaction woven throughout the rest of this issue. It will also introduce you to our new senior associate dean for research, Mariann Piano, who sketches her direction for the research and scholarship function of the school. This issue also contains "Making an Impact," our annual report on scholarly activity, grants, awards and new faculty.

Finally, you'll also see an update on the construction of our new building, which will open this fall. It's an exciting time to be at Vanderbilt University School of Nursing — I look forward to telling you more about our new building in the next issue.



A handwritten signature in black ink that reads "Linda Norman".

Linda Norman, DSN, RN, FAAN
Valere Potter Menefee Professor of Nursing
Dean of the Vanderbilt University School of Nursing
linda.norman@vanderbilt.edu

Vanderbilt's Clinic at Mercury Courts

Five years ago, the School of Nursing opened the Clinic at Mercury Courts as clinical outreach to some of Nashville's most vulnerable.

5-year totals



4,500+
patients



182
students (clinical rotations)



12
participating colleges, schools
and universities



15,000
office visits



90%

live 200 percent below the
federal poverty line



70%

live in public housing



30%

homeless or recently
homeless



4X

substance abuse
problems over the
national average



56%

uninsured

Health Improvement Milestones



61%

increase in patients
controlling
hypertension



30%

increase in patients
controlling blood
glucose; up from
15%



82%

patients with chronic
disease with self-
management goals

The Clinic at Mercury Courts interprofessional team



2 Family and 1 Psychiatric-Mental Health
Nurse Practitioners, 1 licensed social worker,
1 medical assistant, 1 part-time clinical
pharmacist & 2 collaborating physicians

ANNE RAYNER



Social worker Jessica Pemberton, LMSW, (right) talks with a client at the Clinic at Mercury Courts, which has used a new HRSA grant to add social work and mental health providers.

VUSN receives nearly \$1 million grant to add mental and behavioral health providers to community clinic

The Clinic at Mercury Courts has added psychiatric-mental health care to its primary care clinical services, thanks to a \$999,101 grant from the U.S. Health and Human Services Administration (HRSA) to Vanderbilt University School of Nursing. The two-year grant allows the nurse-managed clinic to add a psychiatric-mental health nurse practitioner, social worker and psychiatrist to its existing primary care team.

The Mercury Courts clinic opened five years ago as clinical outreach by the Vanderbilt University School of Nursing (VUSN). It operates in one of Nashville's most economically depressed areas and serves homeless, recently homeless and low-income patients.

The clinic was the brainchild of Professor of Nursing Emerita Bonnie Pilon, PhD, NEA-BC, FAAN, who obtained HRSA funding to establish the clinic. She is also the principal investigator on the new federal grant.

"The new project's patient goals are to add and incorporate mental health services into primary care at the Mercury Courts clinic," Pilon said. "By providing integrated care, we hope to reduce emergency department visits and hospitalizations and provide one convenient site for behavioral health and primary care. On the education, practice and quality side, our objectives include long-term sustainability of the behavioral and primary care model and successful integration of health professions trainees into the clinical work flow."

The Clinic at Mercury Courts operates with an interprofessional, nurse-led, team-based model integrating nursing, pharmacy, social work and medicine. It draws providers from Vanderbilt University Medical Center, Vanderbilt University School of Medicine, VUSN, Lipscomb University and Trevecca Nazarene University.

It also serves as a clinical site for nursing, medical, pharmacy, social work and physician assistant students from those schools, and others, including Tennessee State University, University of Tennessee, and Vanderbilt's College of Arts and Science, Owen Graduate School of Management, Peabody College and Schools of Divinity and Law. Adding behavioral care allows VUSN's psychiatric-mental health nurse practitioner students to participate in the trainee groups that rotate through the clinic.

The Clinic at Mercury Courts accepts all patients regardless of ability to pay for services. Approximately 90 percent of its patients live below 200 percent of federal poverty guidelines and 70 percent live in public housing. More than 30 percent are either homeless or have experienced homelessness within the past 12 months. The majority of patients do not have health insurance; many who do struggle to afford premiums, co-pays and deductibles.

Since 2012, the clinic's interdisciplinary practitioners have seen notable changes in the health of its patient population. From 2012–2016, the clinic improved blood pressure control in patients with hypertension from 18 to 61 percent, increased the number of patients with established self-management goals for their chronic disease (diabetes, hypertension or heart disease) by 82 percent, and improved blood glucose control in diabetic patients from 15 to 30 percent. It sees approximately 900 patients a year and trains more than 30 interprofessional students annually.

The Behavioral Health-Primary Care Integration: The Mercury Courts Model initiative is funded by Nurse Education, Practice, Quality and Retention — Interprofessional Collaborative Practice project UD7HP30932 of the HRSA Bureau of Health Workforce.

Excitement builds during construction progress

Students, alumni, faculty, staff and friends of the Vanderbilt University School of Nursing (VUSN) participated in a groundbreaking ceremony June 20, 2017, that marked the start of construction on the nursing school's new \$26.3 million expansion. Vanderbilt Chancellor Nicholas S. Zeppos, Provost and Vice Chancellor for Academic Affairs Susan R. Wentz, Board of Trust Trustee Emeritus Dennis Bottorff and School of Nursing Dean Linda Norman spoke at the ceremony, which was held in front of the School of Nursing's Godchaux and Patricia Champion Frist Halls. The new structure is being built on the land where the two buildings intersect. "In the past 10 years, our student enrollment has increased by nearly 50 percent," said Norman, who also holds the Valere Potter Menefee Chair in Nursing. "The new building will accommodate the increased number of students, faculty and staff and ensure the school continues to attract and recruit the best students and faculty."

The building will feature a five-story atrium that will serve as the school's new main entrance and lobby. It will connect to Frist and Godchaux, whose living room and Gothic architecture will remain untouched. The new structure will include technologically advanced classrooms, conference and seminar rooms, student services offices, faculty offices and a state-of-the-art simulation teaching lab that will allow complex skills development and real-time feedback on students' clinical nursing skills. Construction is set to be completed in August. To see live construction updates, take a virtual tour or learn about naming opportunities, visit vu.edu/vusngrows.



JOHN RUSSELL

VUSN groundbreaking participants, from left: D.F. Chase President Dennis Gregory, Hastings Architecture Associate Principal Mark Zook, Vanderbilt University Architect Keith Loiseau, School of Nursing Dean Linda Norman, Vanderbilt University Chancellor Nicholas S. Zeppos, Vanderbilt University Provost and Vice Chancellor for Academic Affairs Susan R. Wentz, Vanderbilt University Board of Trust Emeritus Trustee Dennis Bottorff, and School of Nursing Alumni Board President Tiffany Street.

Faculty and alumni selected as Fellows in the American Academy of Nursing



Akard, PhD'08, MSN'01

Associate Professor and alumna Terrah Foster Akard, PhD, CPNP, Assistant Professor and alumna

Catherine Ivory, PhD, RN-BC, and alumna Melissa Willmarth Stec, DNP, CNM, were inducted as Fellows in the American Academy of Nursing in recognition of their accomplishments and leadership in the profession of nursing. Akard teaches in VUSN's doctoral program and is the primary investigator on a \$1.8 million grant from the National Institute of



Ivory, PhD'11

Nursing Research. Akard earned her MSN from Vanderbilt in 2001 and her PhD in 2008.

Ivory, who also continues to teach at VUSN, is an adjunct professor at Indiana University School of Nursing and vice president for professional practice and



Stec, MSN'05, DNP'10

care transformation of Indiana University Health. She earned her PhD from Vanderbilt in 2011.

Stec earned her MSN in 2005 and obtained a DNP in 2010. She is an associate professor at the University of Cincinnati.

Incoming class includes the school's first Executive Leadership DNP students

The School of Nursing welcomed nearly 500 new Master of Nursing Science, Doctor of Nursing Practice (DNP) and PhD students in the class entering in fall 2017. The new class included the school's first cohort of eight executive leadership track DNP students.

The incoming MSN class included 187 students who hold Bachelor of Science in Nursing degrees and are beginning their master's studies. These students concentrate on specific health care specialties such as adult-gerontology acute care, neonatal and women's health. Also pursuing specific specialties are 32 students who have already earned MSNs, but wish to add

further specialization with Post-Master's Certificates.

An additional 171 students entered the MSN program with degrees in fields other than nursing; these PreSpecialty students spend three semesters in intense, full-time foundational prelicensure studies before continuing to the three-semester specialty component and the completion of their MSN degrees. The incoming class also includes 12 students in the school's ASN to MSN program for registered nurses who already have associate degrees in nursing.

The DNP program welcomed 65 new students, eight of whom are enrolled in VUSN's



TERESA MONTGOMERY

From left, Jill Seys, Norine Watson and Jane Mericle are three of eight students in the inaugural Executive Leadership DNP class. Watson and Mericle are both in leadership with Nemours/Al duPont Hospital for Children. Seys is a transplant professional at St. Louis Children's Hospital.

new Executive Leadership DNP. The executive leadership track has recently been established for nurses in top organizational roles. Doctoral work includes studies in lean methodology, advanced health care economics and evidence-based man-

agement, as well as the development of a comprehensive DNP scholarly project.

The PhD in Nursing Science Program admitted seven first-year PhD students, bringing the number of PhD students at VUSN to 29.

Professor inducted into International Nurse Researcher Hall of Fame

Sheila H. Ridner, PhD'03, MSN'00, FAAN, the Martha Rivers Ingram Professor of Nursing at Vanderbilt University School of Nursing, joined an exclusive group of acclaimed researchers in July when she was inducted into the Sigma Theta Tau International (STTI) International Nurse Researcher Hall of Fame.

Induction into the International Nurse Researcher Hall of Fame is considered one of the highest honors in nursing. It recognizes nurse researchers who are deemed particularly esteemed by colleagues and the profession and is awarded to those who have achieved significant and sustained national or international recognition for research that has improved the profession and the people it serves.

Ridner's pioneering work on lymphedema — painful and sometimes

dangerous swelling caused by retained fluid in the lymphatic system after cancer treatment — has led to worldwide standards of care for the more than 140 million lymphedema patients across the globe. Her research and development of potential treatments focus on early detection and self-care, and have the potential to improve quality of life for cancer survivors diagnosed with lymphedema. She is internationally known as a scientist and expert on lymphedema and lymphatic research.

The principal investigator on several active studies, Ridner has received more than \$14 million in research grants from the National Institutes of Health, American Cancer Society and Vanderbilt University, and Tactile Medical and ImpediMed, medical device manufacturers.



Sigma Theta Tau International President Cathy Catrambone, PhD, FAAN, left, with Sheila Ridner at the International Nurse Researcher Hall of Fame induction ceremony.

Ridner serves as the director of VUSN's PhD in Nursing Science program and is known for her mentorship of other nurse-researchers. She is also a member of the Vanderbilt-Ingram Cancer Center Scientific Review Committee.

GROWTH PLANS

New senior associate dean seeks to increase research from inside and out

BY NANCY WISE

Despite saying that she's not completely settled in, there are no unpacked boxes cluttering Mariann R. Piano's new office on the fourth floor of Godchaux Hall. Her desk displays photos of her husband and two sons. Framed prints of iconic South Shore Line railway posters adorn the walls. The most intriguing decor, however, might be the weathered metal sign touting tobacco and a print of Maxfield Parrish's 1896 No-To-Bac gum ad.

Piano, the new senior associate dean for research at the Vanderbilt University School of Nursing (VUSN), explains that they represent some of her early research. "Today I'm very focused on alcohol, but I've studied the effects of smoking on the heart," she said. "I've been on Capitol Hill lobbying against tobacco. Some of my recent policy work has been working with American Heart Association, summarizing evidence related to the adverse effects of alternative tobacco products like smokeless tobacco and e-cigarettes."

Piano, PhD, FAAN, FAHA, has investigated the effects of alcohol and smoking on cardiovascular health for most of her career. Currently, she is co-investigator on a two-year National Institute of Alcohol Abuse and Alcoholism R21 grant looking at whether binge drinking contributes to cardiovascular disease in young adults not predisposed to it.

It is other researchers' work, however, that interests her most as head of the School of Nursing's research program. Piano, who holds the Nancy and Hilliard Travis Chair in Nursing, is charged with supporting faculty



JOE HOWELL

As a lifelong Chicago resident, Mariann Piano was used to walking to and from campus. Her home near Vanderbilt allows her to continue the practice.

scholarly endeavors, expanding the school's research function, increasing trans-institutional collaborations and directing efforts to increase external funding. Her responsibilities include directing VUSN's Center for Research Development and Scholarship, which supports faculty in research scholarly activity. She is also the school's postdoctoral program director.

"Discovery and dissemination of knowledge are central to the mission of the School of Nursing," said VUSN Dean Linda D. Norman, DSN, FAAN, the Valere Potter Menefee Professor in Nursing. "As we look ahead at our strategic plan, we want to grow our research footprint and infrastructure. Mariann has the right academic background, research experience and vision to move us to the next level of excellence."

FIRST DAYS

Piano came to Vanderbilt in September from the University of Illinois College of Nursing in Chicago, where she was Nursing Collegiate Professor and head of the

Department of Biobehavioral Health Science. As department head, she was closely involved with her faculty's research endeavors: mentoring, providing resources, encouraging educational opportunities and assisting with grant applications.

Those are all part of Piano's job at Vanderbilt. "My role is to facilitate faculty research. It's also to help build current faculty research programs," she said. "Dean Norman wants to recruit and grow research faculty, so helping recruit is part of my role." To do that strategically, she wants to examine existing research strengths and determine VUSN's signature research areas.

"Understanding the latter as well as aligning VUSN's research portfolio with national health priorities will drive who we recruit and hire. It will also be important to consider future faculty expertise in areas such as data science and genetics. As we grow the VUSN research program, another important consideration will be the partnerships between our research and clinical practice colleagues," she said.

One of Piano's first steps as senior associate dean was to get to know the 12 current research faculty members. She's met with all the assistant professor tenure-track faculty individually to learn about them and their research, goals and needs. "I also met over lunch with the professors and associate professors and was able to discuss some initiatives with them," she said. "The goal of all these meetings is to figure out what's going to be helpful to the faculty at their specific career stages. I'm definitely getting a good sense of that."

She's also learning about the Center for Research Development and Scholarship staff. "Staff implement the day-to-day work flow, but they are also critical for advancing the CRDS's mission," she said. "I plan to partner with the staff to strengthen the CRDS structure for research and scholarship support. The staff provide assistance with grant preparation and management; support manuscript, paper and poster preparation; assist with statistics and much more.

"This office is here to facilitate research,



(Vanderbilt) allows me to do two things that I'm really passionate about: mentoring and being involved in research."

which means being involved at the outset of the research idea. We support both pre- and post-award activities," Piano said. "Faculty need to know we are more than a center where you send us the grant and we just submit it. We're here to provide direction, help faculty formulate their research trajectory and receive constructive feedback."

If that sounds very personal and career building, it is. Piano regards mentoring as a key element of her role as senior associate dean of research.

"As department chair at UIC, I did a lot of research and career mentoring," she said. "I knew what everyone was doing. I'm a very hands-on mentor. My faculty joked that I edit everything — don't give me anything unless you want to see a lot of comments and red ink."

She views the mentor role as also helping the faculty member determine if they need additional support. "This support may require assistance with data analysis or something as simple as editing the manuscript. Often my role was simply to ask 'How can I help?' This is why I was very excited to come to Vanderbilt — it allows me to do two things that I'm really passionate about: mentoring and being involved in research."

CLINICAL SCHOLARSHIP

When Piano was considering the move to Vanderbilt, she sought feedback from a friend in Chicago. That friend, Ruth Kleinpell, PhD, FAAN, FAANP, FCCM, had been a visiting professor at Vanderbilt for several years. She encouraged Piano to join VUSN, saying that it would be a wonderful place for her.

Fast forward a few months, and Kleinpell, too, joined the School of Nursing full time. She's now the assistant dean for

clinical scholarship, charged with directing VUSN's Scholarly Practice Program. That program supports clinical teaching faculty in scholarship initiatives and scholarly clinical excellence. In some institutions, clinical teaching faculty are not expected or encouraged to do scholarship. No so at Vanderbilt, where the university wants all its faculty to pursue inquiry.

Piano said that she and Kleinpell are working on plans to forge new collaboration between clinical practice and research faculty. "I think if we're going to adopt a culture that research is important for advancing clinical practice, discovery and improving outcomes, then we need strong partnerships," Piano said. Ideas for developing collaboration include brown bag lunches with opportunities for discussion or programs that might interest both groups. "I am thinking more broadly about how to support research and scholarship for a wider community of nurse scholars. I see the need to do that so that we're all connected and fostering everyone's potential," she said.

OUTSIDE THE SCHOOL

During her first week at Vanderbilt, Piano found herself outside the School of Nursing several times, attending university-based committee meetings. "Which was good because I immediately connected with my counterparts in other areas," she said. One of those meetings was with other center heads and a second was with the Vanderbilt University Research Council, a group of 10 Vanderbilt leaders charged with providing input and overseeing strategic planning for research. She's also been assigned to a university-wide taskforce looking into data science.

She considers those meetings and

committees vital to increasing opportunities for the school to participate in the trans-institutional initiatives that are part of Vanderbilt's Academic Strategic Plan.

"I feel like I'm establishing interdisciplinary connections. There are a lot of things on the university side that we could naturally tie in with," Piano said. She's also felt very welcomed by her counterparts at Vanderbilt University Medical Center. "When I'm in these meetings and they're talking about initiatives, they see nursing as involved," she said. "Overall, being part of these groups is a good opportunity to hit the ground running, quickly be submerged and know what's happening on campus."

Piano said she knows that School of Nursing faculty and students are already involved in interprofessional and trans-institutional projects, but wants to confirm everything is being tracked. "I'd like to do

a SWOT analysis and find the percent of VUSN people who are collaborating with other Vanderbilt schools and then determine if that's high enough," she said. "I just think nursing has so much to offer."

FOCUS ON FUNDING

Another of Piano's goals also ties in with Vanderbilt's: to increase research funding for the school.

"Of course, the bottom line would be absolutely to bring in more NIH (National Institutes of Health) research dollars, but we've got to think beyond NIH," Piano said. "There are other sources: corporate, foundation, federal and philanthropic. We need to look at all sources and figure out how to target our grant submissions."

She pointed to the U.S. Health and Human Services Administration (HRSA), which supports educational projects, including some at VUSN, as a source of

funding that could be further explored and tapped. "They've funded many simulation projects recently," she noted. "They've also funded large educational projects that are interdisciplinary."

She considers raising both VUSN's visibility and that of its faculty as laying the groundwork for more funding. "We need to have more people be American Academy of Nursing Fellows, or the equivalent in other organizations. I want us to promote our faculty, to nominate them for awards. Awards beget awards," Piano said. "This is a way of positioning our faculty for future honors." She also plans to encourage faculty to present at national multidisciplinary meetings. "That's important because in today's funding environment, your science is often reviewed by colleagues in other disciplines," she noted.

Tobacco, alcohol and the heart

After graduating from Loyola University with a Bachelor of Science in Nursing, Mariann Piano worked in a coronary care unit as a cardiovascular nurse. The constant stream of patients as well as a new era in understanding contributing factors to heart disease drew the Chicago native to seek more education and the scientific premise behind some of the nursing interventions then employed. She obtained both her master's and doctoral degrees from the University of Illinois Chicago, and began to study the effects of alcohol on the cardiovascular system during her dissertation work.

After working with animal models and investigating the cardiovascular effects of long-term alcohol consumption, she started examining the relationship between premature cardiovascular disease and binge drinking, particularly in young adults ages 18-30.

"It's not particularly news that binge drinking impacts the cardiovascular system, but almost all previous studies only included middle-age to older adults," Piano said. "Young adults, who actually consume the most alcohol and have the highest rates of binge drinking, have been excluded or underrepresented in these studies."

Binge drinking rates are at an all-time high: One in five students reports three or more binge drinking episodes in the prior two weeks. More students drink to get drunk, then black out. They consume six to seven drinks per binge drinking episode. Compared to previous generations, the pervasiveness, regularity and intensity of binge drinking may place today's youth at greater risk for alcohol-related harm.

Piano's R21 project compares young adult binge drinkers, moderate drinkers and abstainers and will examine

whether binge drinkers experience vascular dysfunction (i.e., abnormalities) in the body's blood vessels. The study also will consider if binge drinkers have increased blood pressure and other markers during physical exertion, all of which can be indicative of premature cardiovascular disease.

Despite her area of research, Piano isn't anti-alcohol. "I'm not against drinking. My mantra is that everyone needs to think about what they drink every week and drink at levels that constitute low-risk drinking," she said. "For men, low-risk drinking levels are no more than four drinks on any single day and no more than 14 drinks per week, and for women, low-risk drinking levels are no more than three drinks on any single day and no more than seven drinks per week."

— Nancy Wise



Our services
healthy aging
living well
for a
with
long life
support
in chronic
and needs
the indivi
first
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elder
health
care
suppor
of fallen

COMMUNITY CARE

*Addressing top health care needs in varied —
and unexpected — ways*

There's no shortage of need regarding health care in America today. Whether it's finding a provider, having health insurance, preventing premature birth or helping someone with hypertension manage their disease, health issues are extensive and in the news.

From its founding more than 100 years ago, Vanderbilt University School of Nursing (VUSN) has had a commitment to improving the health of individuals, families and communities. It does that by educating students, contributing knowledge to

the profession and serving through many methods, disciplines and communities.

This issue of *Vanderbilt Nurse* spotlights only a handful of programs, classes and ways that the School of Nursing works to address the health challenges of many. We have chosen to highlight four programs tackling the top four health care needs of the Middle Tennessee communities surrounding Nashville. Those needs, as determined by stakeholders across the region, are: access to care/coordination of care; mental and emo-

tional health/substance abuse; social determinants; and wellness and disease prevention.

By the very nature of their profession, nurses serve and provide care. It's inherent in the work they do and the people they are. So it comes as no surprise that the people of Vanderbilt University School of Nursing are actively involved in care and service throughout Middle Tennessee and beyond. What might be surprising is the breadth and depth of that care, where it is given and how it produces results.

Centerstone's LaTisha Pike, MSN'13, left, a psychiatric-mental health nurse practitioner, serves as preceptor for PMHNP student Christine Matthews. Matthews, who graduated from Peabody College in 2016, receives the School of Nursing Alumni Scholarship in recognition of her deep commitment to volunteerism.



JOE HOWELL



MENTAL AND EMOTIONAL HEALTH/SUBSTANCE ABUSE

It's estimated that more than 1.1 million Tennesseans over the age of 18 have mental illness or substance abuse problems. The state leads the nation in the number of opioid prescriptions per person and has a five-year overdose death toll that has climbed to 6,036 people. Yet in spring 2017, there were only 922 licensed behavioral health providers in the state of Tennessee. The need for more psychiatric-mental health nurse practitioners is stronger than ever.

PROVIDERS IN DEMAND

Mental health organizations embrace VUSN students – and vice versa

BY NANCY HUMPHREY

Matthew Hardy, PhD, regional vice president of Centerstone, one of the nation's largest behavioral health care organizations, recently hired six psychiatric-mental health nurse practitioners (PMHNP) to serve the rapidly expanding need for mental health and addiction services in the northern area of Middle Tennessee that he oversees.

He said he could have hired six more the very next day. The demand is that critical. "There's more demand, and the number of providers hasn't kept up with the demand," Hardy said. "Some of the reason is population growth. Many cities are growing rapidly. But we're also finding that we, as a culture or society, are more open to discussion

(about mental health). There's been a reduction of the stigma of mental illness and it's easier for people to go and get help."

According to the National Alliance on Mental Illness, about one in four people experience symptoms of a mental illness in a given year, and one in 17 struggle with serious mental illness. About 70-90 percent of individuals with mental illness saw improvement in their symptoms and quality of life after participating in some form of treatment.

The not-for-profit Centerstone has had a partnership with Vanderbilt University School of Nursing for more than a decade, providing an opportunity for students in the program to gain clinical experience. The graduates of VUSN's PMHNP program are so uniquely qualified that Hardy's hired several graduates and would like to hire more, he said.

"We value our partnership with the School of Nursing," Hardy said. "It's mutually beneficial. Our ongoing relationship has always been a win/win. We get to know the students very well, and it's a great learning experience for both of us."

HOLISTIC AND COLLABORATIVE

VUSN's PMHNP program integrates the biological, psychological, social and spiritual elements of mental health care in a holistic manner, preparing its graduates to work collaboratively with all members of the mental health team and coordinate care with primary care providers.

Evidence has shown that mental disorders are strongly related to the occurrence of many chronic diseases including diabetes, cancer, cardiovascular disease, asthma and obesity and many risk behaviors for chronic disease, such as physical inactivity, smoking, excessive drinking and insufficient sleep, according to the Centers for Disease Control and Prevention.

A PMHNP can treat patients of all ages — from 'womb to tomb' — in a variety of practice settings, including community mental health care centers,

correctional facilities, integrated care settings, residential treatment facilities, and inpatient psychiatric facilities, along with many other settings including private practice, said Dawn Vanderhoef, PhD, MSN'00, DNP, director of VUSN's PMHNP program.

VUSN students graduate prepared to expertly assess a patient's mental health symptoms, diagnose and treat common acute and chronic psychiatric conditions. Often treatment includes prescribing medications and individual and group psychotherapy. PMHNPs also coordinate and integrate multidisciplinary services for patients with complex mental health issues and physical health care problems, referring for specialized medical treatment as needed.

The PMHNP program at VUSN is offered full-time over three semesters, or part-time over two years. Fourteen full-time faculty are devoted to the program, which combines classroom learning, simulated experiences and clinical training. All PMHNP faculty actively practice and engage in weekly supervision with students, providing a unique experience for the students to hear from psychiatric-mental health experts.

The program's modified distance learning format allows students to stay

and work in their communities, coming together at VUSN three times in the fall and spring, and twice in the summer for intensive sessions. About half of the 60 students currently enrolled live outside Middle Tennessee.

For more than five years, students graduating from the program have had a 100 percent pass rate on their board certification. VUSN graduates, Vanderhoef said, leave the program as practice-ready clinicians who are well educated with clinical experience providing care in the full scope of the PMHNP role.

PARTNERSHIP IN PRACTICE

Placing students in the best clinical experiences is key to the program's success and one of the reasons that it is ranked second in the nation by *U.S. News & World Report*, Vanderhoef said. Students in the program must complete a minimum of 620 clinical hours to graduate, but most far exceed that, she said.

"Our students are exposed to thought leaders through their academic and clinical work, ready to meet the workforce shortage demands. We have a strong partnership with multiple organizations that care for not just people with mental illnesses, but for the whole person," she said.

■ PMHNP student Will Siegal is one of five students currently based at Centerstone. He and his preceptor, Brittany Haemmerlien, MSN'09, BA'06, see patients ranging in age from 5 to 50-plus.



JOE HOWELL

The partnerships have been selected because of the variety of mental health care provided and that the organizations are imbedded in the community, treating people near where they live, Vanderhoef said.

Many offer a full range of mental health services, including substance abuse treatment, intellectual and developmental disability services, housing, educational services and community support for people of all ages who suffer from myriad behavioral health challenges.

Centerstone, for example, has 21 outpatient clinics throughout Middle Tennessee, with five in Nashville and Davidson County. Its patients include those on state-supported plans and those with fixed incomes.

The organization's more than 35 full-time nurse practitioners evaluate and diagnose patients, and provide therapy and medication management supervised by a psychiatrist. The majority of the nurse practitioners are VUSN graduates, Hardy said.

"As part of a team, they manage a group of patients assigned to a team of providers. They are co-leaders of the team, along with a case manager. These very cohesive teams meet several times a week and treat our consumers over time," he said. Vanderbilt PMHNP students are incorporated into the teams and work with Centerstone providers as their preceptors.

"As the student gets more comfortable, and the preceptor is more comfortable working with the student, the student begins to do more and more, eventually doing the entire initial assessment with a provider in the room. It's a real collaborative effort," Hardy said.

COMPLEX BUT NOT IMPOSSIBLE

Another site that both employs VUSN graduates and provides PMHNP clinical rotations is The Next Door, a nonprofit organization that helps women in crisis, those who are impacted by addiction, mental illness, trauma and/or incarceration, and their families.

Two nurse practitioners (both of whom graduated from VUSN) join physicians, counselors and case managers to provide comprehensive care to patients of The Next Door.

The Next Door helped about 1,000 women and their families in 2017. In addition to addiction, most often with opioids, many have co-occurring mental illnesses and physical issues such as diabetes, said Cindy Sneed, NCC, LPC-MHSP, and chief clinical officer of The Next Door.

"It takes a true team approach to treat our patients," she said. "Their needs are complex, but not impossible, to handle, and they affect their daughters, mothers, sisters, grandmothers. Their addiction can cause devastation and hurt to the entire

family. The patients want help, they want to stop using, but their bodies don't agree.

"This (the opioid epidemic) is not going to go away, and it's important that new practitioners get education to understand how opioids affect a person. They need real world experience where the rubber meets the road."

VUSN graduate and Julia Hereford Society scholar Hannah Nolte, BA'15, MSN'17, did a clinical rotation at The Next Door as a student, and said the hands-on experience was invaluable in preparing her for her current job at an outpatient hospital practice.

Nolte, who worked as an EMT in Connecticut before pursuing her undergraduate degree in psychology at Vanderbilt,

■ Jennifer Wilson, MSN'07, is one of two VUSN alumni working at The Next Door. She also serves as a preceptor to Vanderbilt students.



JOHN RUSSELL

Mental disorders are strongly related to the occurrence of many chronic diseases . . . and many risk behaviors for chronic disease.

said she had already been exposed to many different types of patients in emergency situations by the time she enrolled at VUSN. She was drawn to patients with mental health needs.

“Mental health supports and mediates how we’re able to function and relate to other people and how healthy we really are,” she said. “I realized I wanted to focus on that with a nursing degree and with the patients I was going to work with.”

What she didn’t fully understand before her clinical experience was the extent of mental illness in a community and the havoc that it wreaks upon both the patient and their family.

“There are so many challenges that go along with mental illness that extend to all parts of a person’s life — their physical health as well as all of their social relationships, how they feel about themselves, what they can accomplish and how independent they’re able to be,” Nolte said.

“There’s still a lot of stigma with mental illness and when someone is seeking care and recovery and improvement, they’re recognizing in themselves something that society has said you need to get over on your own,” she said.

“Seeing someone who lacks hope and who is having a difficult time and then to see them improve over the course of one month, six months, a year . . . it’s really powerful to see that change in someone and to be able to point it out.”

MENTAL ILLNESS COMPOUNDED BY POVERTY

VUSN students also gain clinical experience with the Mental Health Cooperative (MHC) in Nashville, an organization that combines community-based behavioral health services, primary health care and pharmacy resources for adult, children and adolescent patients in

need. With satellite offices in Cookeville and Chattanooga, Tennessee, MHC reaches 42 counties in Middle Tennessee and Chattanooga through nine offices.

MHC also provides mental health services to Nashville’s homeless population and has 24-hour emergency psychiatric services. Five to seven VUSN students receive clinical experience each year through the organization.

“The patients they interact with are children and adults who have serious

mental illness and who are also struggling with the effects of living in poverty. The students come to understand the barriers this population faces every day,” said Pamela Womack, chief executive officer of MHC.

“The partnership (with VUSN) has proven invaluable,” Womack said. “MHC is able to hire new graduates from the student population who have had their clinical experience with us. We know them through their student rotation and they already know what it’s like to work at MHC with our patient population. For VUSN, their students have a valuable learning experience and good prospects of having a job with MHC when they graduate.”

MORE MENTAL HEALTH PROVIDERS NEEDED

Susie Adams, PhD, FAANP, FAAN, who directed the PMHNP program for 17 years, until 2014, said there’s an increasing need for mental health services, especially for geriatric patients and those suffering from addiction, most often to opioids.

She believes the reason for the increase is threefold.

- More public awareness of mental health problems and treatment options
- The 2008 Mental Health and Addiction Parity Act which requires equal health insurance coverage for mental health and substance use disorders
- Media coverage of celebrities and professional athletes talking openly about their mental health and substance use disorders

“Though the stigma regarding mental health and substance abuse disorders remains the No. 1 barrier to people seeking treatment, we’ve made some headway,” Adams said.

But along with the increasing need for services, a shortage of mental health nurse practitioners is also sure to follow, she said, referring to a 2016 study in the *Journal of the American Psychiatric Nurses Association*.

“As the number of individuals in need of mental health care grows, the number of individuals without mental health care will also increase...the resulting strain on mental health care resources will be exacerbated by the lack of providers who are educated and licensed to provide the full scope of psychiatric services including prescribing,” the study said.

“Community partnerships with VUSN and agencies where our students obtain clinical experience are critical to the success of our PMHNP program and the level of expertise and clinical judgments that our students are able to achieve through their educational experience,” Adams said.

■ The STEPP Clinic provided the bridge to prenatal care — and peace of mind that Blossom Olmos needed when she first moved to Tennessee. She delivered her son, Aiden Kai, in mid-December, attended by a nurse-midwife at Vanderbilt University Adult Hospital.



JOE HOWELL



ACCESS TO CARE/ COORDINATION OF CARE

Does your neighbor have a health care provider? Almost 1 in 4 Americans don't. Do they have medical insurance? Can they afford co-payments and deductibles? Can they get routine or preventive services that keep them healthy? Do they have health conditions that need multiple medications, services and health care providers? All these factors are challenges when patients don't have access to health care — or when their needs are complex and involve multiple providers.

COVERED

Student-run clinic closes the insurance gap for pregnant women

BY JILL CLENDENING

When 24-year-old Blossom Olmos learned she was pregnant with her first child, her primary care physician referred her to an obstetrician, but there was just one problem. The insurance provided through her employer didn't cover maternity care and childbirth.

She and her boyfriend, John Haro, were living in California, but they had just decided to buy her parents' home in Hermitage, Tennessee. As they planned their big move, Olmos worried about the health of her unborn child.

"I think every mother is anxious about problems that might happen," she said. "I was freaking out because new things were going on with my body, and I had no idea of what to expect."

Through an internet search for prenatal care options in the Nashville area, she discovered the Shade Tree Early Pregnancy Program (STEPP), a free health clinic jointly

“If we take a step back and look at this globally, the health of a community begins with the health of women and children.”

– *Claudia Cornejo*

operated by the Vanderbilt University School of Nursing (VUSN) and Vanderbilt University School of Medicine (VUSM). STEPP is located at the student-run Shade Tree Clinic in North Nashville, which has provided comprehensive, free medical care to the uninsured since 2004. The STEPP clinic began in 2009 when the clinicians realized there was a growing, unmet need for early pregnancy care for uninsured women.

“Before STEPP, most pregnant women presenting to Shade Tree did not know how to access available insurance plans and did not know who would provide their prenatal care,” said Shade Tree Medical Clinic Director Robert Miller, MD. “STEPP helped them sign up for insurance and made arrangements for them to be seen in established prenatal clinics. The STEPP program was established to put resource with need.”

Now, a STEPP clinic is held one Saturday each month for uninsured women who are pregnant or who believe they might be. The clinic is run by VUSN nurse-midwifery students and VUSM students. It uses a serviced-based, collaborative model in which students work and learn in interprofessional teams while providing evidence-based prenatal care. The students are supervised by certified nurse-midwives who are VUSN faculty. The STEPP clinic is designed to be an access point to care for women, with referrals provided to other Vanderbilt Health providers for continued care beyond the first clinic visit.

“This is an awesome and exceptional program the Medical School and the School of Nursing have undertaken,” said STEPP co-director and nurse-midwifery student Roxanne Crittenden. “Shade Tree is certainly not the only student-run clinic in the country, but I believe we’re the

only student-run free clinic that provides prenatal care. All of the students and our attendings volunteer their time on Saturdays so the students can learn and the patients can receive much-needed prenatal care.”

“The stereotype is that the women who come here can’t afford medical care or they are unemployed so they don’t have access to insurance through an employer,” said STEPP co-director Mary Flanigan, a dual nurse-midwifery and family nurse practitioner student. “That is the case sometimes, but we also see many patients who are doing fine financially but for whatever reason don’t have insurance. Many times there’s some loophole, like they have a new job, their insurance doesn’t click in until two months later and they just found out they’re pregnant. It’s people who, for whatever reason, have

fallen through the cracks of the main insurance coverage options in our country. It’s nice to be a safety net for these women.”

EMPOWERED AND CARED FOR

Soon after Olmos and Haro moved to Middle Tennessee, the couple met the clinical volunteers at STEPP, including nurse-midwifery student and Valere Blair Potter Scholar Claudia Cornejo and medical student Shilpa Mokshagundam, BS’14, who serves as co-director for the clinic. The Vanderbilt students completed a comprehensive health history for Olmos and established her electronic health record. They completed a physical exam and ran a panel of standard prenatal lab tests that screen for and diagnose any problems that could affect the mother’s or baby’s health. In addition, because Olmos was concerned about some heredity issues that

■ *Left, medical students Shilpa Mokshagundam and Joshua Latner and nurse-midwifery student Roxanne Crittenden work on records for the STEPP clinic.*



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might be passed to her child, additional genetic testing was done.

Cornejo said volunteering at the clinic fits with both her professional and personal goals. She was born in Houston, Texas, to an immigrant mother who did not speak English and who had very little family support nearby. Cornejo speaks Spanish proficiently, and she recognizes a great need to provide access to prenatal care for women just like her own mother.

“There’s still a lot of work to do in this country in terms of reaching the medically, economically and geographically vulnerable,” Cornejo said. “If we take a step back and look at this globally, the health of a community begins with the health of women and children. At STEPP, I saw that those women were walking out feeling empowered, respected and cared for. That has positive consequences that we can’t begin to understand.

“Nashville’s growing, and I hope that people who arrive here — whether they’re coming from a different part of the United States or whether they’re coming from another country — know that the community at large cares for them. When we make an investment in them, they likewise will make an investment in the health of Nashville.”

Mokshagundam, whose parents immigrated to America from India, became involved with the Shade Tree Clinic during her first year of medical school. Now, as she’s entering her fourth year with a planned specialty of obstetrics/gynecology, she’s volunteering at the STEPP clinic. In addition to caring for women in need, the teamwork aspect of the clinic’s care model has proven invaluable, she said.

“Medical students work with the nurse-midwifery students, as well as with social work students who volunteer,” Mokshagundam said. “Eventually, we’re all going to be practicing together, but our educational systems are so siloed. The nursing students do such a great job of taking a complete social history and understanding the supports and barriers

for a patient. We’re not trained in that as much in medical school. I’ve loved working with them and seeing how even first-year nursing students are able to open up the conversation so easily.”

BEYOND ACCESS TO CARE

In 2016, the students created a new position, STEPP outreach coordinator, to better reach both potential patients and volunteers. Future plans include compiling data on outcomes to validate the clinic’s impact on the health of women and their children in the Middle Tennessee area.

“Hearing stories from the women and getting out in the community has really opened my eyes to that fact that giving people access to prenatal care isn’t just about being a care provider,” said STEPP Outreach Coordinator and nurse-midwifery student Piper Hays, BA’17. “There’s so much more than that. As a future provider, I hope to incorporate things I’ve learned here and make sure I fill other needs that women might have that could be obstacles to them getting the prenatal care they need.” Hays, who holds the VUSN La Juan Furgason Memorial Scholarship, says she’s learned that transportation, language barriers and partnership issues can be such obstacles.

After her medical appointment was complete, Olmos met with a social worker who also volunteers at the clinic. Together, they completed the required paperwork for insurance coverage through Medicaid/TennCare and CoverKids for Olmos and her baby. Then Olmos’ future obstetric visits were scheduled with a Vanderbilt certified nurse-midwife at another clinical location. She delivered a son, Aiden Kai, in mid-December, attended by a nurse-midwife at Vanderbilt University Adult Hospital.

“I hadn’t actually told my parents yet that I didn’t have insurance that would cover my pregnancy,” Olmos said. “After my clinic visit, I called and told them, ‘Don’t worry. I found this awesome place that’s taking care of me!’ I can’t say enough about the clinic. They connected me to so many new resources and got me set up with insurance. They answered all my questions and calmed me down completely.”

■ Before patients arrive, STEPP clinic volunteers gather for a huddle to go over the day’s plans. Sitting, from left, are Certified Nurse-Midwife Kameron Brainard, MSN’12, nurse-midwifery student Claudia Cornejo and medical student Shilpa Mokshagundam. Standing, from left, are nurse-midwifery students Megan Lewis, Hannah Grogan, Roxanne Crittenden and Mary Flanigan.



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■ First-year PreSpecialty students Abby Smith (center) and Ankith Donthi (right) help second grader Saray Caravajal Hernandez identify and manage her asthma symptoms.



SUSAN URMV



SOCIAL DETERMINANTS

The neighborhood where you grew up and the stability of your home life impact your health. So does whether you are poor or well-off, own a car or have to walk, or go to a struggling school or a high-achieving one. These social determinants of health – the social, economic and physical conditions in the environments in which people live, learn, work, play, worship and age – create challenges for health care providers. Sometimes providers can help change the conditions. Sometimes they need to find creative, judgment-free and compassionate solutions that allow them to provide care.

ASTHMA AND ABSENTEEISM

A new model of asthma care for school children gives fresh insight to juvenile court

BY JESSICA PASLEY

During the past school year, Napier Enhanced Option Elementary School in Nashville had the second largest population of elementary school-aged children with asthma in the district.

The ranking is one that Vanderbilt University School of Nursing (VUSN) Assistant Professor Natasha McClure, MSN'11, DNP, CPNP, knows she cannot change. So she wants to do the next best thing — provide knowledge to initiate asthma care at an earlier stage.

In 2015, an estimated 6.2 million children in the United States had asthma and nearly half reported having one or more asthma attacks a year, according to the U.S. Centers for Disease Control and Prevention's 2015 National Health Interview Survey.

Asthma continues to be a serious public health concern and a leading cause of school absenteeism, McClure said. It accounts for about 14 million absences each school year, or one-third of all days of missed instruction.

Armed with national and local asthma-related data, McClure developed a pilot asthma

Asthma continues to be a serious public health concern and a leading cause of school absenteeism. It accounts for about 14 million absences each school year, or one-third of all days of missed instruction.

education program at Napier, a metropolitan public school where 98 percent of its students are considered economically disadvantaged based on household income and the surrounding neighborhood struggles with crime, unemployment and poverty.

She enlisted students enrolled in VUSN's Enhancing Community and Population Health Nursing course to help. In 2014 Green Means Go was launched in hopes of reducing the number of asthma-related absences.

Now in its fourth year, the program has seen a host of changes — both in outcomes and how the program functions.

ADAPT AND RETOOL

"I had thought that the best way to implement the program was to do what school nurses do — provide direct care to students. We envisioned coming into the school and being able to manage a child's asthma by screening for symptoms and intervening with a referral for either medication administration or reaching out to parents to alert them of the need for medicines," McClure said. But it didn't work that way.

"What we soon discovered was that Napier, like most schools across the nation, doesn't have a full-time school nurse, and only 12 out of 91 students had inhalers at school. That was a huge barrier."

She redirected the program's approach.

"Napier school has about twice the national and twice the state average of kids with asthma. The school doesn't have the resources to manage this so we needed to figure out how best to help these students," she said. The solution: engage VUSN nursing students to teach Napier students how to evaluate their own asthma health.

"Now we have a multi-tiered approach that not only educates but empowers chil-

dren and we are seeing considerable progress," McClure said.

'MY CHEST FEELS TIGHT'

The first objective of Green Means Go is education.

Nursing students engage with first-through fourth-grade students to teach them how to self-assess, self-monitor and self-report.

Every child enrolled in the program, currently about 60, has a folder that includes a list of self-assessment questions, a journal to record symptoms and an action plan card that provides clear directions on how to proceed based on the symptoms they are experiencing.

"We teach children to do a daily symptom check and to report their symptoms to an adult," McClure said. "We hope that by initiating care earlier at school, it will reduce the number of asthma-related school absences."

Teachers and other school personnel are also included in the education and received training to be prepared to assist the students.

Green Means Go uses a simple stop light model for assessments: Green is good — go ahead with activities. Yellow is hold on — slow down and assess.

Red means alert — stop and take necessary measures. Criteria for assessment are easily understood by the children. "I can run and play" is a green response. "My chest feels tight" or "I wake up at night coughing" are yellow responses. "I can't sing Happy

Birthday" or "It feels hard to breathe" are red — and triggers to go to the Napier office, where an adult will determine the appropriate action for that child.

"I think that schools are the biggest opportunity for improving a child's health, but in Middle Tennessee we are not making the most of those opportunities because our school nurse-to-student ratio is one to 3,000," she said. Because of that reality, health care for school children has to adapt, sometimes creatively.

"We have to recognize that sometimes our system of health care does not work for the people who need it the most," said McClure. "It is important to keep thinking of how we can deliver care to vulnerable patients living in underserved communities in ways that might not match our traditional models."

That lesson is one McClure and other VUSN faculty want nursing students to take to heart. Circumstances in the places or culture where people are born, live, learn and work have an impact on health just as surely as heredity and behavior do. Poverty, unsafe neighborhoods, limited access to healthy food, lack of transportation and unemployment all contribute to health problems and are all negative social determinants of health.

"Our nursing students may or may not have experience with poverty or other social determinants but in the course of their careers they will meet and care for

Assistant Professor Natasha McClure helps J'Brein Crawford evaluate his asthma. He's one of approximately 60 children at Napier who participate in the asthma assessment program.



SUSAN URMAY

people who have,” McClure says. “It’s important that these future providers learn to look at the whole person and their entire circumstances when determining care, and then adapt or find solutions that meet that person’s needs.”

A NOTICEABLE CHANGE IN ABSENTEEISM

The nontraditional route to asthma care works for Napier’s students — and it’s caught the eye of the local juvenile court magistrate whose court is filled with the truancy, educational neglect and loitering cases of Davidson County students.

Juvenile Court Magistrate Jennifer Wade oversees the Metro Student Attendance Center, a partnership between the Davidson County Juvenile Court, Metro Nashville Police Department and Metro Nashville Public Schools. Her caseload teeters between 1,600 to 2,500 petitions a school year.

“This program has brought a great awareness to the courts and has educated us on the nature of asthma issues,” Wade said. “Green Means Go has had a great impact on my court. This program has given me an additional tool in making decisions about truancy. Having it as a resource has been so beneficial.”

The magistrate reached out to McClure after seeing improvements in truancy at Napier. Since meeting with McClure, Wade has learned how asthma affects students and the role it has played in student absenteeism. Her newfound knowledge has influenced how Wade interacts with petitioners in her court.

“Prior to learning about this program, I was asking the wrong questions to my students and families,” admitted Wade. “In the past I’d ask if they had gone to the doctor and if so, did they get a doctor’s note for school to explain why they were absent.

“Now I am asking if they are getting the appropriate treatment on a daily basis and maintaining the treatment protocol or if they have an inhaler and medications to manage their illness. I feel like I am



Juvenile Court Magistrate Jennifer Wade on the bench at the Metro Student Attendance Center, where she works on truancy, educational neglect and loitering cases for Metro Nashville Public School students. She says the Green Means Go program has made a positive impact on her court.

able to ask the right questions to help the students and empower the parents.”

Wade commends VUSN for partnering with Napier. “Green Means Go is innovative,” she said. “I wish every school had a program like this. It just might keep some of these cases from getting this far. That would be a big win.”

PARENTS ON BOARD

The program is making a difference at Napier, according to Chelsey Reardon, the Napier site manager for Community Achieves, a Metro Nashville Public School initiative that provides resources and support to parents, students and the community.

“Green Means Go has been very well received at Napier,” Reardon said. “The beauty of this program is that it allows the child to be more knowledgeable and more familiar with their own body and aware of when they are at risk for something more serious.”

Not only are the students being educated, but the parents have begun to advocate and talk to their providers regarding medications for the child to be given at school, Reardon said. “That’s a shift and an important piece of the whole program because then they are on board and taking

the next steps necessary to improve their child’s health.”

McClure is pleased with how the program is progressing, but said there is still much work to be done.

“Because there are barriers to health care access, we still need to keep asking questions — how do we make health care more accessible? How can we do a better job of bringing health care to the people who need it the most?”

“Napier is full of people who show up every day and want to make change happen. They are innovators. They are willing to try new things,” she said. “You have to have that if you are ever going to change the paradigm.

“I love being a part of what is going on there. It’s not easy work, but it is important work.”

Since launching Green Means Go at Napier, McClure has been working with MNPS and Jennifer David, MSN’14, a new Community Health faculty member at VUSN, to initiate a second Green Means Go site with the largest population of elementary-age children with asthma in Nashville.

A NEW PERSPECTIVE

Simulation exercise provides view of patient poverty

Sometimes the realities our patients face are far from what we ourselves have experienced.

A senior may need medication but not have transportation to get to the pharmacy.

Children might live in a neighborhood where shootings are common. A single parent may regularly run out of food to feed her family well before the next payday.

Health care providers, community leaders and students and faculty from Vanderbilt University School of Nursing (VUSN) and other area universities learned to see life through their patients' eyes with an innovative poverty simulation program facilitated by two VUSN faculty members and staffed by volunteers from a nearby low-income neighborhood.

The experience was so profound that VUSN has made it a requirement that all first-year students go through the simulation; eventually, all VUSN students and faculty will experience the exercise.

Faculty member Jannyse Starks, DNP'11, MSN'09, FNP-BC, and Tamika Hudson, MSN'12, APRN, FNP-C, CLC, facilitated the simulation. "We believe it is important to provide our students with a firsthand view of what it is like to live in poverty," Starks said. "Our hope is that it will provide a sense of acknowledgment, awareness and empathy that will better prepare students to be competent and compassionate providers."

Hudson sees immediate value in the program. "The patients we serve are rep-

resentations of the evolving country we live in," Hudson said. "It is imperative that students develop sound knowledge regarding social determinants of health and key predictors of health outcomes. Sensitization to patient scenarios that differ from students' culture and customs is essential to providing culturally competent care."

Starks and Hudson brought the simulation to Vanderbilt after attending a conference on the impact of poverty in 2016. They conducted their first Community Action Poverty Simulation in June 2017.

In it, they asked participants to take on the roles of low-income family members living on a limited budget and dealing with various true-life scenarios. During the

three-hour exercise, the participants had to provide for their families, maintain their residences and interact with various agencies and businesses for the equivalent of a month. They also had to deal with unexpected challenges like missed rent payments, evictions, visits from truant officers, crime and lack of transportation.

To make interactions more realistic, the roles of employers, pawnbrokers, social service workers, health care professionals, police officers and other resource providers were played by community residents who have experienced poverty and could respond as real-life providers do – and not always helpfully.

The simulation wrapped up with a feedback session with all participants.

■ *Edgehill Family Resource Center Director Brenda Morrow recruited community volunteers to participate in the simulation. Afterward, she spoke about the value of seeing through others' eyes.*



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Students, faculty and community leaders related how difficult they'd found their roles, concurring that the exercise had given them a new perspective on the challenges facing many of their patients and neighbors. The community residents reported that the exercise gave them feelings of empowerment. Many mentioned the benefit of being able to tell their stories and thanked the group for wanting to educate people about the complexity of poverty.

"Living in poverty is so hard to imagine for us who've never struggled in the same way," one student wrote on a feedback form. "The perspective I gained is truly invaluable and has certainly changed my understanding of daily life for many people. I especially appreciated having the Edgehill community members there to run the stations and share their reflections – while heartbreaking to see the struggles they face, hearing their perspectives was definitely a highlight of the afternoon."

Natasha McClure, DNP, MSN'11, was a participant. The assistant professor co-coordinates Vanderbilt's Community and Population Health course series for first-year students and also runs an asthma education program in a local school. It reminded her how important it is to look beyond her own viewpoint.

"When we learn parents miss a clinic appointment for their child's asthma care, I usually don't think it is due to lack of concern," McClure said. "Parents living in poverty are struggling to meet basic needs for their children: a place to live, keeping them physically safe, providing food and clothing. It is living in a constant crisis, which results in chronic stress and degrades emotional resilience. Asthma can't be the top priority when a family is struggling with becoming homeless."

"One family we have worked with had a really difficult time even keeping home visit appointments," she continued. "It is



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■ During the poverty simulation exercise, School of Nursing faculty portrayed family members struggling to make ends meet. From left, Assistant Professor Carol Ziegler, DNP'12, MSN'06, Professor Tom Christenbery, PhD'04, MSN'87, and Assistant Professor Natasha McClure.

a single mom raising 11 children – several of whom she is caring for due to other family members being incarcerated. She is keeping those kids out of foster care. I understand her priorities and need to do what I can to make caring for her child's asthma easier on her. We earned her trust by treating her with dignity and respect."

McClure said that the most important takeaway from the simulation was stripping away the unconscious bias that can exist when we don't understand people's choices and how they set priorities. "The simulation helped everyone to see that none of the choices are really choices at all for families living in poverty," she said. "It can quickly become a cycle of chaos for families when a child has an asthma exacerbation and has to be hospitalized."

The simulation was co-sponsored by

the School of Nursing and the Vanderbilt University Office for Equity, Diversity and Inclusion.

In addition to students and faculty from the School of Nursing, participants included representatives from the College of Pharmacy at Lipscomb University, Fisk University, Meharry-Vanderbilt Alliance, Mercury Court Clinic, Metro Nashville Public Schools, Middle Tennessee State University, Peabody College and Vanderbilt School of Medicine.

– Nancy Wise

"Parents living in poverty are struggling to meet basic needs for their children: a place to live, keeping them physically safe, providing food and clothing." – Natasha McClure

School of Nursing faculty-led programs teach seniors like Debbra Lynn Cherry (center) to use what they learn to improve their health and know what to discuss with their health providers.



DANIEL DUBOIS



WELLNESS AND DISEASE PREVENTION

Obesity, health education, prevention of chronic disease, access to healthy food and exercising – all are in the broad category of wellness and disease prevention. In the 2016 Community Health Needs Assessment carried out by our partner, Vanderbilt University Medical Center, Middle Tennessee residents said the community's priority for wellness should be health education, preferably by building on existing knowledge and partnerships.

FRAILTY? TAI CHI? CONSTIPATION?

No topic is off-limits at Senior Medical University 101

BY MATT BATCHELDOR

This wasn't the kind of library they remembered from their childhood. The group of 14 older adults were enjoying a meal of seafood cannelloni, salad and cupcakes as sunshine beamed on the stacks of books just outside the room. Speaking above a whisper and asking questions was encouraged.

They came to the Edmondson Pike Library in South Nashville for Senior Medical University 101, a monthly series of medical topics presented by the Vanderbilt University School of Nursing (VUSN) Center for Gerontological Nursing Excellence. The seniors themselves pick the topics; past ones have included "Diabetes Self Care," "Reversible Causes of Memory Loss," "Constipation" and "Benefits of Tai Chi."

VUSN faculty take turns directing the class, addressing some of the top medical needs for Middle Tennessee: promoting wellness and preventing disease. The free program is a partnership between VUSN, the Nashville Public Library, which provides space, and Elmcroft of Brentwood Senior Living, which provides lunch each month.

In October 2017, the topic was “Aging and Frailty,” presented by Cathy Maxwell, PhD’12, RN, assistant professor of Nursing, who researches outcome trajectories of older adults after physical injury, often caused by a fall. She would like to prevent that from happening. Her research benefits from the seniors, and the seniors benefit from her research.

“My whole goal,” she told the group, “is to help people understand what’s happening in their bodies as they age so that they can be more informed and make better decisions to improve the quality of their lives.”

In her presentation, she demonstrated how the human body’s ability to make energy peaks around age 30 and begins to decline by about .5 percent to 1 percent per year until the end of life. “We call it frailty, physical frailty,” she said. “It’s the slow loss of strength and energy over time. It occurs in every aging adult. It eventually occurs in everyone. It leads to falls and other problems over time.”

To illustrate how frailty can have life-altering consequences, Maxwell shared the results of a study that followed 188 people age 65 and older who were admitted to Vanderbilt University Medical Center for an injury. The research tracked the outcomes of the adults for one year. For non-frail patients, 6.5 out of 10 people returned to the health they were before injury. For frail patients, however, only two out of 10 people returned to their baseline health, and four out of 10 died.

“You can see from these results why it’s so important to prevent falls in the first place,” she said.

When people fall, their ability to bounce back is determined by their body’s ability to generate energy for recovery, along with other factors, Maxwell said. But frailty is not destiny. By incorporating physical activity and exercise into daily routines, seniors can live longer and retain a higher physical capacity until shortly before the end of life.

Maxwell’s talk was peppered with lots

“They tell me what to ask the doctor. ... ‘What is this? Why am I taking it? Will this drug interact with other drugs?’”

- *Debbra Cherry*

of questions from the audience. For example: “Is frailty the same thing as osteoporosis?” “No, not exactly,” Maxwell said.

“If I’m supposed to drink a lot of water, do other types of fluids count?”

“Yes, but watch caffeine and sugar intake,” Maxwell said.

The audience, which includes several “regulars,” is always appreciative.

“I think what I like most is that it’s in layman’s terms, that it’s not above your head,” said Claudette Laney, 71, of Nashville.

Debbra Cherry, 71, of Nashville, loves the instructors. “They tell me what to ask the doctor. I went through a bunch of operations and I never thought to ask my doctors one question. I know to ask, ‘What is this? Why am I taking it? Will this drug interact with other drugs?’”

“Everybody we’ve had has been so kind to us.”

Linda Beuscher, PhD, MSN’96, GNP, FNAP, who directs the program, said seniors are able to ask questions at the sessions that they might not ask their medical providers. “When older people come to the doctor’s office for a visit, they don’t have time to really ask a lot of questions,” said Beuscher, assistant professor of Nursing. “And they are very curious. They really want to know a lot about health and what to expect and have many, many questions. We’re able to provide that information through a series of topics.”

Senior Medical University 101 is important for several reasons, said Syreeta Washington, supervisor of Adult and Young Adult Services at the Edmondson Pike branch of the Nashville Public Library. “It fosters lasting partnerships between community organizations while focusing on the forgotten and taboo topics that affect aging seniors,” she said. “This program also offers a safe haven for seniors

to educate themselves amongst peers who have encountered or know someone who has faced issues, in a judgment-free zone. What I love the most about SMU 101 is the seniors leave feeling loved, appreciated and not forgotten in our community. That to me is the best expression of value.”

The monthly class is just one way the gerontology faculty increase health awareness while benefiting the community; faculty also reach out to senior centers, churches, low-income housing sites, and YMCA branches. “Collectively, we have probably presented 40 to 50 times in the past year,” Maxwell said. “We are so fortunate to have a core of faculty with such expertise.”

Senior Medical University 101 was the brainchild of Todd Monroe, PhD, FAAN, FNAP, FGSA, assistant professor of Nursing and Medicine. In 2013, he submitted an application for VUSN to become a Hartford Center of Gerontological Nursing Excellence. The application was successful and led to the eventual formation of the Vanderbilt Center for Gerontological Nursing Excellence, which allowed VUSN to increase community outreach.

He co-developed Senior Medical University 101 with Tina Lamaison, executive director of Elmcroft of Brentwood. “My partnership with Tina has led to five years of successful implementation of Senior Medical University 101,” he said. “With the tremendous growth of Nashville, we plan for increased advertisement and hope the program will continue to thrive.”

MAKING AN IMPACT

At Vanderbilt University School of Nursing, we educate lifelong learners with the knowledge and skills needed in rapidly changing environments. We establish and improve innovative scholarly advanced practice models that define and respond to health care trends and needs. We develop and innovate informatics solutions that advance health care. We improve the health of individuals, families and communities with the discovery and dissemination of knowledge. We are committed to making an impact on education, nursing, health care and people and communities across the U.S. and beyond. Here's a roundup of some of the research, scholarly works and new faculty contributing to that impact.



Currently Funded Grants and Contracts

Research Grants

Michelle Collins

Use of Nitrous Oxide During Labor and Birth & Perinatal Outcomes, Development of a U.S. Repository of Nitrous Use
Porter Instrument Division — Parker Hannifin Corporation
1/14–10/18
\$44,100

Michelle Collins

Use of Nitrous Oxide During Labor and Birth & Perinatal Outcomes, Development of a U.S. Repository of Nitrous Use
American College of Nurse Midwives
May 2017
\$1,000

Jie Deng

Establishing Lymphedema and Fibrosis Measures in Oral Cancer Patients
National Institutes of Health — National Institute of Dental and Craniofacial Research
3/1/2015–2/28/2019
\$2,408,422

Jie Deng

Self-Care for Head and Neck Cancer Survivors with Lymphedema and Fibrosis
Supported by the Research Scholar Grant Number, RSG-16-207-01-PCSM, from the American Cancer Society
1/1/2017–12/31/2020
\$789,000

Terrah Foster Akard

Impact of a Palliative Care Research Cooperative (PCRC)-Supported Legacy Interventions in Pediatric Palliative Care
National Institutes of

Health — National Institute of Nursing Research
9/26/2014–6/30/2018
\$1,857,880

Mary Jo Gilmer

Canines and Childhood Cancer: Examining the Effects of Therapy Dogs
American Humane Association
10/3/2013–12/31/17
\$120,000

Cathy Ivory

Quantifying the Impact of Health Information Technology on Intrapartum Nurses in the United States
Association of Women's Health, Obstetric and Neonatal Nurses
7/1/17–6/30/18
\$10,000

Ruth Kleinpell

Demonstrating the Outcomes of NP Care Using a National Collaborative
American Association of Nurse Practitioners
8/1/17–12/31/18
\$3,000

Todd Monroe

Brain Activation and Pain Reports in People with Alzheimer's Disease
K23 (Career Award) National Institutes of Health — National Institute on Aging
9/30/15–5/31/19
\$607,716

Todd Monroe

Differences in Pain Between Alzheimer's Disease and Vascular Dementia in Older Females
National Institutes of

Health — National Institute on Aging
9/30/16–4/30/18
\$431,750

Julia Phillippi

Interpersonal Perinatal Consults to Improve Communication Quality, Satisfaction and Team Cohesion
Health and Human Services Administration — Agency for Healthcare Research and Quality
4/1/17–3/31/18
\$140,341

Sheila Ridner

A Randomized Trial Evaluating Bioimpedance Spectroscopy Versus Tape Measurement in the Prevention of Lymphedema Following Locoregional Treatment for Breast Cancer
ImpediMed, Inc.
6/1/2015–5/31/2019
\$1,431,741

Deonni Stollendorf

Implementing and Sustaining Complex Interdisciplinary Healthcare Interventions: Learning from Medication Reconciliation
Health and Human Services Administration — Agency for Healthcare Research and Quality
9/30/2017–9/29/2018
\$138,059

Nonresearch

Linda Norman

Nurse Faculty Loan Program (EO1)
Health and Human Services Administration — Health Resources and Services Administration
7/1/17–6/30/18
\$1,221,359

Bonita Pilon

Interprofessional Collaborative Practice: Behavioral Health Integration into the Mercury Courts Model
Health and Human Services Administration — Health Resources and Services Administration
7/1/17–6/30/19
\$999,201

Mavis Schorn

Summer Professional Immersion in Nursing (SPIN)
Promise of Nursing Grant Program Foundation of the National Student Nurses' Association and Tennessee Hospital Association
12/14/17–12/31/18
\$20,000

Clinical-Community Partnerships Grants

Susie Adams

"Healthcare Trust" Scales for Use in Adult Women at The Next Door — a Community-Based Substance Abuse Treatment Program
Meharry-Vanderbilt Community Engaged Research Core
7/1/17–6/30/18
\$10,000

Leah Branam

Communities and Students Together for Learning-Enhanced Service (CASTLES) — *Metro Community Enhancement Fund, Metro Nashville & Davidson County*
7/1/2017–6/30/2018
\$31,900

Leah Branam

Collective Impact through Community Health Initiatives
United Way of Metro Nashville
7/1/2017–6/30/2018
\$89,500

Sharon Jones

Smoke-Free Trevecca Towers
Tennessee Department of Health
January 2017
\$10,000

Natasha McClure

Home Visits Using Academic Practice Partnerships to Enhance Pediatric Asthma Care Program
Cumberland Pediatric Foundation
7/1/2017–6/30/2018
\$1,754

Melanie Morris

Investigating the Relationship between Nurse-Navigated Mobile Messaging Support and Primiparous Women's Postpartum Symptom Experience
Tennessee Nurses Foundation — Nursing Research Grant Program
October 2017
\$3,459

Carrie Plummer

Medical-Legal Partnership: Counseling and Assistance to Seniors about Advance Care Plans and Powers of Attorney
West End Home Foundation
1/05/18–12/31/18
\$49,000

Welcome New Faculty

Key educators bring wealth of experience



**Jennifer David, DNP'17,
MSN'14, CPNP,
Instructor**

David is a pediatric primary care nurse practitioner who teaches in the PreSpecialty section of the MSN program. She has taught at the University of North Georgia, Berry College and Georgia State University and works in the anesthesia department at Children's Healthcare of Atlanta. David also has a background in early childhood education and earned her Master of Science in Nursing at Vanderbilt through the ASN to MSN program. A recent VUSN DNP graduate, David focused her scholarly project on the implementation of pediatric asthma protocols.



**Cristy DeGregory, PhD,
Assistant Professor**

DeGregory joined the School of Nursing from the University of South Carolina, Columbia, where she was a clinical assistant professor and associate graduate faculty. She specializes in gerontology and has interests in care for people with Alzheimer's disease and dementia, caregiver support and the use of simulation in nursing education. She utilizes positive psychology methodologies with caregivers and as an educator. DeGregory also publishes and presents on spiritual care, and is a member of the Health Care Chaplaincy Network. She teaches in the PreSpecialty program.



**Diane Folk, DNP, CNM,
NP, Instructor**

Folk comes to Vanderbilt from the State University of New York (SUNY) Upstate Medical University Department of Obstetrics

and Gynecology. She was a clinical faculty supervisor for residents, medical students, advance practice nursing students and BSN students and provided midwifery care for high-risk obstetrical patients at the SUNY Regional Perinatal Center. Folk also co-directed the Upstate College of Medicine's MIRACLE elective, which provides medical students with experience in continuity of care by pairing them with pregnant women pre- and post-birth for 15 months. Prior to teaching, Folk spent almost a decade providing primary and midwifery care to women in a rural, underserved area. Her research interests include postpartum hemorrhage and hypertensive disorders in pregnancy. She teaches in the Nurse-Midwifery specialty.

**Ruth Kleinpell, PhD, FAAN, FCCM,
Independence Foundation
Professor of Nursing
Education,
Assistant Dean for
Clinical Scholarship**



Kleinpell has conducted research in several areas of focus including roles of

acute care nurse practitioners, outcomes of advanced practice nurses, quality of life of critically ill elders, and use of telehealth to promote post-operative recovery. She has received funding for several clinical projects including a project targeting hypoglycemia prevention, funded by the American Association of Critical Care Nurses; a falls prevention initiative, funded by the American Organization of Nurse Executives; and a project focused on improving workplace morale for nurses, funded by the Prince Foundation, among others.



**Patricia Sengstack,
DNP'10, RN-BC,
CPHIMS, Associate
Professor**

Sengstack teaches informatics, with a focus on health information technology's impact on patient safety, and is also a nursing informatics executive at Vanderbilt University Medical Center. An experienced nursing and technology expert, she formerly worked for the National Institutes of Health, where she served as deputy chief information officer and chief of Clinical Informatics for nine years. Most recently, she was the chief nursing informatics officer for the Bon Secours Health System. She is a past president of the American Nursing Informatics Association and serves on the U.S. Department of Health and Human Services' Office of the National Coordinator for Health IT's (ONC) Standards Committee. She currently co-chairs ONC's consumer task force. Sengstack has published frequently and recently published an STTI book, "Mastering Informatics: A Healthcare Handbook for Success."



**Julia Steed, PhD(c)'17,
MSN'10, FNP-BC,
Assistant Professor of
Nursing**

Steed teaches health assessment and pharmacology in the Family Nurse Practitioner specialty. She practices in internal medicine/primary care, working with individuals with chronic diseases such as hypertension, diabetes and kidney disease. She is experienced in integrative and functional medicine and frequently recommends alternative treatment options such as nutritional supplements and dietary protocols to patients with gastrointestinal, metabolic and endocrine disorders. Her research interests include the effectiveness of health promotion/risk-reduction strategies and identifying the influence of health determinants on related behavioral outcomes.

Selected Works 2016

Our faculty are recognized for discovery, scholarship and leadership in higher education.
Here is some of their work, followed by a sampling of student accomplishments.

(This information is reported by most recent full calendar year. At press time, 2017 data was still being collected.)

JOURNALS

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ed. New York, NY: McGraw-Hill Education; 2016:Case 29:321-330.

King J. Anemia: Of chronic disease, OR Anemia: Of unknown etiology? In: Burns SM, Delgado SA, eds. *Acute and Critical Care Nurse Practitioner: Cases in Diagnostic Reasoning*. 1st ed. New York, NY: McGraw-Hill Education; 2016:Case 6:69-78.

Love R, **Vick R**. Anxiety Disorders. In: Buttaro TM, Trybulski J, Polgar-Bailey P, Sandberg-Cook J, eds. *Primary Care: A Collaborative Practice*. St. Louis, MO: Elsevier; 2017:1349-1353.

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Shifrin MM. Type A Aortic Dissection. In: Burns SM, Delgado SA, eds. *Acute and Critical Care Nursing: Cases in Diagnostic Reasoning*. 1st ed. New York, NY: McGraw-Hill; 2016:79-87.

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Wallston K. An autobiography of Rotter's Social Learning Theory applied to health. In: Reich JW, Infurna FJ, eds. *Perceived Control: Theory, Research, and Practice in the First 50 Years*. 1st ed. New York, NY: Oxford University Press; 2016:109-130

Widmar B. Pericarditis; Postoperative (CABG). In: Burns S, Delgado S, eds. *Acute and Critical Care Nurse Practitioner: Cases in Diagnostic Reasoning*. 1st

ed. New York, NY: McGraw-Hill; 2016:589-599.

BOOKS

Nizielski S, **Pope J**. *Nutrition for a Changing World*. 1st ed. New York, NY: Macmillan Learning and Scientific American; 2016.

Johnson K, **Vanderhoef D**. *Psychiatric Mental Health Nurse Practitioner Review and Resource Manual*. 4th ed. Silver Spring, MD: ANA Enterprise; 2016.

EDITORSHIPS AND APPOINTMENTS

Kim J. Editorship, *Nursing Clinics of North America*, Mar 2016-Sept 2017

Lutenbacher M. Member, March of Dimes National Advocacy Leaders Team, Dec 16-present

Maxwell C. Editorial Board member, *BMC Geriatrics*, 2016-present

Wilbeck J. Editorship, *Nursing Clinics of North America*, Nov 2015-May 2016

AWARDS

Beuscher L. National Academies of Practice, Distinguished Scholar and Fellow Nursing Academy, 2016

Busby S. Sarah K. Archer Excellence in Teaching Award, Family Nurse Practitioner Specialty, 2016

Collins M. American Society for Colposcopy and Cervical Pathology, Award of Merit, 2016

Collins M. American Academy of Nursing, Fellowship in the American Academy of Nursing, 2016

Collins M. University of Rochester, 10th annual Elizabeth Cooper Guest Lectureship, 2016

Deng J. American Academy of Nursing, Fellowship in the American Academy of Nursing, 2016

Dietrich M, Katherine Bennett, Nancy Wells, Elizabeth (Bette) Moore. 2016 Professional Research Recognition Award, 2016

Hande K. National Organization of Nurse Practitioner Faculty, National Organization of Nurse Practitioner Faculty Leadership Mentoring Program Fellow, 2016

Hensley J. Sarah K. Archer Excellence in Teaching Award, Women's Health Specialty, 2016

Holley S. Sarah K. Archer Excellence in Teaching Award, Nurse-Midwifery Specialty 2016

King J. Sarah K. Archer Excellence in Teaching Award, Adult–Gerontology Acute Care Nurse Practitioner Specialty, 2016

Leming-Lee S. Vanderbilt University School of Nursing's Dean Colleen Conway-Welch Award, 2016

Lutenbacher M. Nurses for Newborns Tennessee, Miller Award, 2016

Maxwell C. Southern Nursing Research Society, Rising Investigator Award in Aging Research, 2016

McClure N. March of Dimes, Nurse of the Year for Nursing Education, 2016

Minnick A. Vanderbilt University School of Nursing's Dean Colleen Conway-Welch Award, 2016

Moore E. American Academy of Nursing, American Academy of Nursing Fellowship, 2016

Moore G. Tennessee Nurses Association, TNA Nursing Excellence in Education Award, 2016

Moore-Davis T. Sarah K. Archer Excellence in Teaching Award, 2016

Morris M. University of Tennessee Knoxville, College of Nursing Office of Research Administration funding award, 2016

Nelson B. Sarah K. Archer Excellence in Teaching Award, Pediatric Nurse Practitioner–Primary Care Specialty, 2016

Parish A. Sarah K. Archer Excellence in Teaching Award, Adult–Gerontology Primary Care Nurse Practitioner Specialty, 2016

Phillippi J. Burroughs Wellcome Fund, Burroughs Wellcome Fund Trainee Travel Award, 2016

Phillippi J. March of Dimes, Nurse of the Year for Research, 2016

Read A. NLN, Certified Nurse Educator (CNE), 2016

Schroer M. Sarah K. Archer Excellence in Teaching Award, Psychiatric-Mental Health Nurse Practitioner Specialty, 2016

Scott P. Sarah K. Archer Excellence in Teaching Award, Neonatal Nurse Practitioner Specialty, 2016

Stanson K. Sarah K. Archer Excellence in Teaching Award, Pediatric Nurse Practitioner – Acute Care Specialty, 2016

Wells N, Mary Dietrich, Bette Moore, Kathryn Bennett. Child

Life Council, 2016 Professional Research Recognition Award, 2016

APPOINTMENTS

Adams S. American Psychiatric Nurses Association, Chair APNA Minimal Education Evaluation Data Set of APNA Education Activities, July 2016–July 2017

Adams S. American Psychiatric Nurses Association, APNA Representative to the National Competency-Based Education Work Group for APRNs — convened by American Association of Colleges of Nursing (AACN), Mar 2016–2017

Adams S. American Psychiatric Nurses Association, Chair of APNA Task Force on Motivational Interviewing, June 2016–2018

Adams S. American Psychiatric Nurses Association, APNA Representative on the National Task Force Criteria for Evaluation of Nurse Practitioner Programs, Mar 2015–2016

Adams S. American Psychiatric Nurses Organization, APNA and ANA at PCORI meeting 3/7/2016 in Washington, DC on Preventing Opioid Misuse in the Management of Pain: A Stakeholder Workshop, Mar 2016

Adams S. FUNDISA-PLUME Project — South Africa, Faculty Research Mentor for PLUME Project, Nov 2016–present

Collins M. ACOG/HRSA Women's Preventive Services Initiative, Representative for American College of Nurse-Midwives, Mar 2016–June 2017

Hande K. Tennessee Board of Nursing, Safe Prescribing Screening Panel member, Sept 2016–present

Maxwell C. American College of Surgeons Trauma Quality Improvement Program, Expert Panel for Best Practice Guidelines for End-of-Life, 2016

Phillippi J. American College of Obstetricians and Gynecologists Committee on Practice Bulletins — Obstetrics, member, Mar 2016–present

STUDENT PUBLICATIONS

Bahreman Swoboda SM. Honoring diversity: Developing culturally competent communication skills through simulation. *Journal of Nursing Education.* Feb 2016;55(2):105-108.

Graf MD. Superfoods for picky eaters. *Ready, Set, Grow: Raising Healthy Kids.* June/July 2016;(2):24-28.

Hittle Gigli K, Creaden JA, Manion A. Position statement on reimbursement for nurse practitioner services. *Journal of Pediatric Health Care.* May 2016;30(3):17A-18A.

Hittle Gigli K, Heuer B, Manion A, Rankin A. Position statement on nurse practitioner prescriptive privileges. *Journal of Pediatric Health Care.* May 2016;30(3):15A-16A.

Wenner A, **Hittle Gigli K,** Opioid addiction in adolescents: A background and policy brief. *Journal of Pediatric Health Care.* Sept 2016;30(6):606-609.

Howe-Heyman A. Lutenbacher M. The Baby-Friendly Hospital Initiative as an intervention to improve breastfeeding rates: A review of the literature. *Journal of Midwifery & Women's Health.* Jan 2016;61(1):77-102.

Mickelson RS, Unertl KM, Holden RJ. Medication management: The macrocognitive workflow of older adults with heart failure. *JMIR Human Factors*. Sept 2016;3(2):e27.

Hasslinger J, Sirviö S, Berggren S, **Myers L**, Flygare O, Tammimies K, Bölte S. A comparative randomized controlled pragmatic trial of neurofeedback and working memory training for children with attention-deficit/hyperactivity disorder: Protocol. *Translation Developmental Psychiatry*. Mar 2016;4(1):30556.

Skeens MA, McArthur J, Ira M, Cheifetz, CD, Randolph AG, Stanek J, Lehman L, Bajwa R. High variability in the reported management of Hepatic Venous-Occlusive Disease in children after hematopoietic stem cell transplantation. *Biology of Blood and Marrow Transplantation*. Oct 2016;22(10):1823-1828.

Haugen MS, Landier W, Mandrell BN, Sullivan J, Schwartz C, **Skeens MA**, Hockenberry M. Educating families of children newly diagnosed with cancer: Insights of a Delphi Panel of Expert Clinicians from the Children's Oncology Group. *Journal of Pediatric Oncology Nursing*. Nov 2016;33(6):405-413.

STUDENT BOOK CHAPTERS

Bahreman N, Foronda C, Swoboda S. Cultural competence, safety, and humility in simulation. In: Foronda C, Swoboda S, **Bahreman N**, Foisy-Doll C, eds. *Simulation champions: Fostering courage, caring, and connection*. Philadelphia, PA: Wolters Kluwer; 2016

Pisa M, **Saucier J**, Martin N. Decompressive laparotomy. In: Taylor D, Sherry A, Sing R, eds.

Interventional Critical Care: A Manual for Advanced Care Practitioners. 1st ed. Cham, Switzerland: Springer International Publishing; 2016:327-338.

STUDENT AWARDS

Archer N. VUSN Amy Frances Brown Prize for Excellence in Writing. 2016

Beckmann N. Jonas Center for Nursing and Veterans Healthcare, Jonas Nurse Leader Scholar, 2016

Drummond M. VUSN Outstanding Family Nurse Practitioner Student, 2016

Gabele C. Patricia Labbe Award for Clinical Excellence, 2016

Howe-Heyman A. PhD Student Research Award, 2016

Miller E. VUSN Outstanding Nursing Informatics Student, 2016

Myers L. National Institutes of Health, National Institute of Nursing Research, Extramural Training Research Award, 2016

Myers L. Sigma Theta Tau International, Chi At-Large Research Scholarship, 2016

Neczyppor J. March of Dimes, Nurse of the Year, Graduate Student Nurse, 2016

Neczyppor J. Outstanding Nurse-Midwifery Student, 2016

Nicholls D. VUSN Outstanding Pediatric Nurse Practitioner-Primary Care Student, 2016

Noori H. VUSN Outstanding Pediatric Nurse Practitioner-Acute Care Student, 2016

Rasa A. VUSN Outstanding Women's Health Nurse Practitioner Student, 2016

Savage K. VUSN Outstanding Psychiatric-Mental Health Nurse Practitioner (Lifespan) Student, 2016

Skeens M. Nationwide Children's Hospital, Excellence in Innovation Award, 2016

Skeens M. Nationwide Children's Hospital, Innovator of the Year, 2016

Skeens M. Children's Oncology Group, Nursing Discipline Merit Award, 2016

Smith K. VUSN Alumni Association Award for Student Excellence in Service and Leadership to School and Community, 2016

Villarreal B. American Nursing Informatics Association, 2016 ANIA Scholarship, 2016

Walton R. VUSN Outstanding Adult-Gerontology Primary Care Nurse Practitioner Student, 2016

Weaver M. Outstanding Adult-Gerontology Acute Care Nurse Practitioner Student, 2016

White S. Outstanding Neonatal Nurse Practitioner Student, 2016

STUDENT APPOINTMENTS

Fusillo N. Episcopal Diocese of Southwest Florida, Facilitator-Mourner's Path Grief Recovery Group, Sept 2016-Present

Hill C. ACHE, Diversity Chairman, Aug 2016-Aug 2018

Hill C. Arkansas chapter of ACHE, President, Aug 2016-Sept 2018

Hittle K. American Association of Critical-Care Nurses, Advanced Practice Institute Planning Committee member, June 2016-May 2017

Hittle K. National Association of Pediatric Nurse Practitioners, Health Policy Committee member, July 2016-July 2019

McFarland M. Emory Health Care, lead APP in Division of Hospital Medicine, Sept 2016-Present

Skeens M. Children's Oncology Group, appointed, Sept 2016-Sept 2021

STUDENT EDITORSHIPS

Hill C. Editorship, AHEF monthly newsletter, Dec 2016-Dec 2018

Myers L. Editorial Board member, *The Nurse Practitioner*, Fall 2016-Present

Class Notes

50s

Ruth Bishop Limehouse, BSN'56, celebrated her 90th birthday in her hometown of Harleyville, South Carolina, in May 2017.

60s

Susan Applegarth Murphy, BSN'69, is a keynote speaker, author and business consultant living in Rancho Mirage, California.

70s

Adrienne Ames, MSN'75, received the Elizabeth Jacobs Service Award from the Council on Aging in Nashville, December 2016.

Joan Furman, MSN'75, is a nurse practitioner and clinical experiential therapist offering counseling, experiential therapy and a variety of healing services in her private practice in Nashville.

Anne Atkinson Moore, BSN'76, MSN'81, is senior medical science liaison for AMAG Pharmaceuticals.

Susie Welden Caro, BSN'77, MSN'82, is director/nurse practitioner at Family Cancer Risk



Rumay Harrell Alexander, MSN'77, spoke about

"Equity of Opportunity: Beyond the Rhetoric" at Vanderbilt in May 2017. She is a professor and the director of the Office of Inclusive Excellence at the University of North Carolina at Chapel Hill School of Nursing.

Services in Nashville.

Diane Lauver, BSN'75, organized and presented at Vanderbilt's Student Health Coalition event, "Looking Back, Looking Forward" in May 2017. She is a professor at the University of Wisconsin-Madison School of Nursing.

Judy Stone, BSN'76, works with children ages 3 to 22 at the Tennessee School for the Blind in Nashville.

Brenda Wilmoth Lerner, N'78, is co-founder and senior adviser of LernerMedia Global, which has offices in London, Paris and Cambridge, Massachusetts.

Alice Howze Martin, BSN'78, joined Alabama's Department of Examiners of Public Accounts and is running for attorney general of Alabama.

80s

Kerry Meyer, MSN'81, is a nurse practitioner at the University of Washington's neighborhood clinic in Issaquah.

Elizabeth Gardner Rudolph, BSN'82, MSN'85, presented a two-day professional legal nurse consultant certification course in Nashville in May 2017.

Mary Wuertenbaecher Petersen, BSN'83, is heart valve team coordinator at St. Luke's Hospital in Chesterfield, Missouri.

Suzanne McMurtry Baird, BSN'84, MSN'95, and **Betsy Babb Kennedy**, BSN'89, MSN'93, edited "Intrapartum Management Modules," 5th ed., the runner-up in the *American Journal of Nursing's* Book of the Year for the Maternal-Child Health category.



Velinda Youngner Block, MSN'89, was appointed chief nursing executive at HCA's TriStar Division in Nashville.

Suzanne McMurtry Baird, BSN'84, MSN'95, received the Association of Women's Health, Obstetric and Neonatal Nurses Excellence in Clinical Education Award in June 2017.

Julia Sawyers Triplett, BSN'86, co-authored "Integrating a Pharmacy Student into the Home Healthcare Setting" in the June 2016 issue of *Home Healthcare Now*.

Laura Reaves, BSN'87, MSN'88, is co-founder and president of Wellness Solutions in Nashville.

90s

Renee Lassinger, MSN'90, is a principal at Advanced Cardiothoracic Consultants in Indianapolis.

Nancy Sinclair Brook, MSN'91, is adjunct faculty at Stanford University in California and a nurse practitioner working with adults and children in the Sarcoma Center.

Kathie Krause, MSN'92, was named to the board of directors of Ronald McDonald House Charities of Nashville. She is chief nursing officer for Monroe Carell Jr. Children's Hospital at Vanderbilt.

Amy Lee Bull, MSN'94, is on faculty at Georgetown University School of Nursing and Health Studies in Washington, D.C.

Ellen Tosh Benneworth Brown, MSN'95, married Dan Brown in December 2016, and is the proud grandmother of three.

Valerie Griffin, MSN'95, was named a 2017 Fellow of the American Academy of Nurse Practitioners. She is assistant clinical professor of Family Health and Community Health Nursing at Southern Illinois University in Edwardsville.

Jan Coughlan Stables, MSN'95, is a nurse practitioner and head of ANP Family Care in Fairbanks, Alaska.

Stephanie DeVane-Johnson, MSN'97, received her PhD in Nursing from the University of North Carolina at Chapel Hill in May 2016. She teaches maternal/child nursing at Duke University in Durham, North Carolina.

Tammy Jackson McKay, MSN'97, retired after working as an oncology nurse/nurse practitioner, primarily at Tennessee Oncology in Nashville. She married in 2008.

Rebecca Isley Miller, MSN'97, is a pediatric visit nurse at Vanderbilt Home Health.

Angela Wilson-Liverman, MSN'99, presented at the American College of Nurse-Midwives conference in May 2017. She's an associate professor and director of the Division of Midwifery and Advanced Practice Nursing at Vanderbilt University Medical Center.

00s

Aimee Chism Holland, MSN'02, was named a 2017 Fellow of the American Academy of Nurse Practitioners. She is assistant professor of Nursing at the



Josh Squiers, MSN'01, PhD'12, is director of the acute care nurse practitioner program and assistant professor at the Oregon Health and Science University School of Nursing, and assistant professor of Anesthesiology and Perioperative Medicine in the School of Medicine, in Portland.

University of Alabama at Birmingham.

Liz Sharpe, MSN'02, was named a 2017 Fellow of the American Academy of Nurse Practitioners.

Emily Lee Durbin Edwards, MSN'03, was named chief nursing officer at North Mississippi Medical Center—West Point in January 2017.

Tina Hodges, MSN'03, was featured as one of the *Nashville Business Journal's* Women of Influence in April 2017.

Krista Koleas, MSN'03, was named to the board of Siloam Health in Nashville in January 2017. She is a nurse manager at Nashville Skin and Cancer.

Nichole Berglund-Clark, MSN'04, and her husband, Jeremy, welcomed their second child, Carolina Lily, in fall 2016. Nichole's rural health clinic, Hope Medical Clinic in Clinton, Arkansas, has expanded to four nurse practitioners and a doctor of osteopathy; it celebrated its eighth anniversary in July 2017.

Judy Hoffman, MSN'04, is on a team that provides care in the field with the Community Treatment Unit of Clayton County Fire and Emergency Services in Georgia. Nurse practitioners partner with paramedics to treat patients and arrange appropriate follow-up, reducing unnecessary hospital transports.

Johnny Wyatt, MSN'04, is a diabetologist working with

endocrinologists in a Kaiser Permanente clinic in Portland, Oregon.

Bette Moore, PhD'05, was quoted about her research on mothers' and newborns' skin-to-skin contact in the *Huffington Post* and other media. She is a technical adviser for the World Health Organization Guideline Development Group Nutrition Actions sub-committee.

Mia Pelt, MSN'05, is a certified nurse-midwife in Seattle at Swedish Midwifery Ballard.

Dot Dunn, MSN'06, was promoted to associate professor with tenure at Northern Arizona University in Flagstaff.

Nikole Gettings, MSN'06, received the American College of Nurse-Midwives Outstanding Preceptor Award in May 2017.

Paul Kadetz, MSN'06, co-edited "The Handbook of Welfare in China" and "Creating Katrina, Rebuilding Resilience." He is now the Robert Fisher Oxnam Professor of Science and Society at Drew University, Madison, New Jersey.

Emily Wachs Kane, MSN'06, published an article in the January/February 2017 issue of *San Francisco Medicine* titled "Allergic Rhinitis: Updates in Diagnosis and Management."

A poster by **Christy Miller Rummel** and **Megan Shifrin**, both MSN'06, received the

National Conference for Nurse Practitioners spring 2017 poster award.

Priscilla Simms-Roberson, MSN'06, is an assistant professor and Kay Chitty Professor at the University of Tennessee at Chattanooga MSN program, and nursing coordinator at Partnership Rape Crisis Center.

Jill Nelson, MSN'07, received the 2016 Tennessee March of Dimes Hospice and Palliative Care Nurse of the Year award.

Allison Wells Trierweiler, MSN'07, and her husband, John, announced the birth of their second child, Sloane Elizabeth, in November 2016. They live in Denver.

Leanne Boehm, MSN'09, PhD'16, earned the Best Poster Award from the American Delirium Society in June 2017.

Meegan Jones, MSN'09, is a nurse practitioner at San Diego Cardiac Center, an outpatient cardiology practice with specialization in advanced heart failure and electrophysiology.

10s

Hope Kieft, MSN'10, is a pediatric nurse practitioner at PATHS Community Medical Center in Danville, Virginia.

Pamela Finley Kubal, MSN'10, is an acute care nurse practitioner at the Moffitt Cancer Center in Tampa.

Cathy Ivory, PhD'11, is associate chief nurse executive for Practice and Care Transformation at Indiana University Health System in Indianapolis.

Kim Kuebler, DNP'11, is the director and founder of the Multiple Chronic Conditions



Brian Widmar, PhD'12, was inducted as a 2017 Fellow in the American Association of Nurse Practitioners.

Resource Center, a resource for interdisciplinary professionals providing evidence-based care and management.

Yetunde Elizabeth Ogunnaike, MSN'11, is a nurse practitioner at Southern Coos Hospital and Health Center in Bandon, Oregon.

Richard Clews, MSN'12, is the structural heart clinical coordinator at IHA in Ypsilanti, Michigan.

Cathy Maxwell, PhD'12, was elected a professional member of the National Academy of Practice in Nursing.

Melissa Chaney Clift, MSN'13, married Charles Clift; she works at Scottish Rite Hospital in Dallas.

Jasmyne Lyons, MSN'13, is a psychiatric-mental health nurse practitioner at Psychiatric Consultants of Tennessee in Clarksville. She also practices at Pennyroyal Community Mental Health Center in Hopkinsville, Kentucky.



Rachelle Burleson, DNP'14, was named chief

nursing officer of St. Mary's Regional Medical Center, Enid, Oklahoma, in December 2016.



Carole Weddington-Hunt, Post-Masters'15, received the 2016 St. Louis March of Dimes Behavioral Health Nurse of the Year award.

Jacqueline Renner-Bangura, DNP'13, and her husband, Lamin, own and practice at Cape Sierra Family Clinic in Murfreesboro, Tennessee.

Kelsey Skillas Hunger, MSN'14, is a nurse practitioner at CHI St Luke Hospital in Houston. She cares for patients who have undergone heart transplant or left ventricular assist device surgery.

Van Lam, MSN'14, is a nurse practitioner at Middle Tennessee Family Care in Mount Juliet.

Barbara Wadsworth, DNP'14, was named to the Class of 2017 Distinguished Fellows of the National Academies of Practice. She is senior vice president of patient services and the chief nursing officer of Main Line Health in the Greater Philadelphia area.

Vania Brown-Small, DNP'15, is the associate director of behavioral services and psychiatric nursing at Stony Brook University Hospital in New York.

Melissa Kalensky, DNP'15, was featured in a *Chicago Tribune* story about her leadership in encouraging the Illinois state legislature to accept full-practice authority.

Kaitlin Kinney, MSN'15, is a pediatric nurse practitioner in Rockwall, Texas, at Lake Ray Hubbard Pediatrics.

Flora Ziliak, MSN'15, is a nurse practitioner at Renaissance Health and Surgical Associates in South Pittsburg, Tennessee, where she provides gynecological and primary care services. She rounds at Parkridge and Erlanger hospitals and lives in Chattanooga.

Anna Armistead, MSN'16, is a family nurse practitioner at the University of North Carolina, Chapel Hill, where she recently started the Orthopaedic Nurse Practitioner Fellowship Program.

Daniel Burke, MSN'16, is a nurse practitioner at the Lackland U.S. Air Force in San Antonio.

Aubrey Mowery, MSN'16, is a pediatric primary care nurse at Elbowoods Memorial Health Center on the Fort Berthold Indian Reservation in New Town, North Dakota, where she provides care for the Mandan, Hidatsa and Arikara nations.

Christine Shoaf, MSN'16, is a family nurse practitioner at Rockbridge Area Health Center in Lexington, Virginia.

Shelby Smith, MSN'16, is an orthopaedic trauma nurse practitioner at George Washington Medical Faculty Associates in Washington, D.C., a predominantly inpatient hospital setting where she manages acutely and critically ill orthopaedic trauma patients, both on the floor and in the operating room.

Nancy Wilfong Tucker, MSN'16, manages high-risk pregnancies at Tennessee Maternal Fetal Medicine in Nashville and makes rounds on inpatients at Saint Thomas Midtown, Centennial and Saint Thomas Rutherford. She married Jackson Tucker in August 2016.

Shantel White, MSN'16, is a neonatal nurse practitioner at Rady Children's Hospital in San Diego.

IN MEMORIAM

Frances Jones Haase, BSN'46, February 2017, Indian Harbour Beach, Florida.

Connie Carter Sundermann, BSN'50, February 2017, Little Rock, Arkansas.

Martha Bishop Anderson, BSN'51, February 2017, Athens, Georgia.

Phyllis Hayes Coker, BSN'53, February 2017, Henryville, Indiana.

Ann Bliedung Brown, BSN'60, MSN'63, March 2017, San Antonio, Texas.

Carol Kersting Spalding, BSN'69, January 2017, Sarasota, Florida.

Mary Stephenson Stilson, MSN'72, April 2017, Davenport, Iowa.

Keary Palmer Dryden, BSN'74, April 2017, Brentwood, Tennessee.

Margaret McAvoy Trimpey, MSN'79, December 2016, Chattanooga, Tennessee.

Jerita Payne, MSN'90, March 2017, Nashville.

Amanda McGraw, MSN'97, February 2017, Hobbs, New Mexico.

Peter Richards, MSN'01, November 2016, Rock Island, Illinois.

Kelly Brown, MSN'09, December 2016, Little Rock, Arkansas.

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Outreach far and wide

Middle Tennesseans' needs go well beyond the four addressed in this issue of *Vanderbilt Nurse* — so the School of Nursing's care stretches far and wide as well. Here's a sample of other VUSN projects.

1. PreSpecialty students like LaToya Hopkins, MSN'16, conduct health assessments and help homeless individuals create portable health history cards at Room in the Inn.
2. Then-student Stephenie Plowden, MSN'14, holds medications collected at one of several drug disposal events organized by Instructor Carrie Plummer, MSN'05.
3. VUSN's Maternal Infant Health Outreach Worker (MIHOW) program supports health and child development among economically disadvantaged and geographically or socially isolated communities. This mom participated in MIHOW's home visit program.
4. College students in VUSN's Communities and Students Together for Learning-Enhanced Service (CASTLES) project ran three after-school programs in 2017, reaching over 400 youth and families.
5. VUSN students and faculty conducted blood pressure checks, determined participants' risk for diabetes, administered flu shots and talked with seniors about their health status and health-promoting behaviors during a health fair.



DANIEL DUBOIS



CARRIE PLUMMER



ABBY HANNIFAN



SUSAN URMY



DANIEL DUBOIS

Vanderbilt University School of Nursing

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