From the Dean

In this issue of Harbor Reflections, published during my inaugural year as dean of the College of Nursing and Health Sciences (CNHS), I want to thank you for the honor and privilege of serving as your dean. The UMass Boston College of Nursing and Sciences is indeed a wonderful place. Everyone whom I have met within the college and university—faculty, staff, students, and administrators—is hardworking, committed to the urban mission, and dedicated to moving our college and university to the next level. CNHS is moving toward greatness. Our 2004–2005 accomplishments in teaching, research, and community service (described on the following pages) are impressive in a number of areas. The enthusiasm and excitement are palpable as we go forward in our quest this 2004–2005 academic year.

Our mutual goal is to ensure that this very good college becomes truly great. How will we move toward greatness? Borrowing from Jim Collins’s book, Good to Great, which I gave to each full-time faculty and staff member, we will proceed through six phases:

I. Find a profession that truly feels right may lead a person to try to “reinvent” himself. Consider the career path of Spc. Seth Katz, a resident of Duxbury, Massachusetts.

“I gave up a successful career in high tech to pursue a lifelong interest in medicine,” Katz says. Soon after he enrolled in UMass Boston’s College of Nursing and Health Sciences (CNHS), his passion for medicine led him to enlist as a medic with the Massachusetts Army National Guard’s Company 1188th Medical ASMB (Area Support Medical Battalion) in Concord. “I wanted to become a part of the Guard because I believe its training and mission overlap with my interest in emergency medicine,” Katz explains. “Also, the Guard strongly promotes and supports education.”

Katz proudly served our nation in a vital role with Operation Iraqi Freedom. He was a member of an aid station at a coalition camp near Baghdad, assisting with the day-to-day medical treatment of soldiers and staff. “Most of what we did there involved giving inoculations, treating minor illnesses, and assisting with any type of medical crisis,” he says.

In April, Katz, a member of Sigma Theta Tau (Theta Alpha Chapter)—a prestigious, academic international honor society for nursing—received a teaching tool that allows students to document their clinical assignments online.

Spc. Katz plans to continue pursuing his interest in medical applications of technology as he completes his final semester of study toward a B.S. degree in nursing. “Military nursing will further his nursing career—keeping in mind both the need of the National Guard and his own professional ambitions.”

CNHS Student Finds His Niche While Serving as a Massachusetts Army National Guard Medic

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Honor a Nurse or Health Fitness Professional in your life! Our Vision is to improve the health-related quality of life of diverse urban populations through the integration of teaching, targeted research, service, practice, and health policy in partnership with others.

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The College of Nursing and Health Sciences at UMass Boston welcomes and is grateful for donations from alumni, non-alumni, and funding organizations alike. All contributions are tax-deductible to the extent allowed by law. Checks should be made payable to the University of Massachusetts Boston with notation specifying “CNHS” and mailed to: University of Massachusetts Boston, Development Office, 100 Morrissey Blvd., Administration Building, Boston, MA 02125.

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From the Dean
(Continued from Page 1)

1. The first phase, First Who, Then What, involves using our human resources wisely. Collins uses the metaphor of a bus to describe an institution that aspires to greatness. A bus (in our case the college) is a conveyance for great people who have great ideas that lead to great accomplishments. First Who, then What, requires us to get the right people on the bus before figuring out where we will drive it. It is important to determine if people are in the wrong seats before concluding that we have the wrong people on the bus. Once the right people are in the right seats, we will figure out where to drive the bus.

2. Next, we’ll Confront the Brutal Facts while never losing faith that we will ultimately achieve greatness. My goal is to create a climate where the truth is heard and the brutal facts are confronted, no matter how difficult that is. This will be done by engaging in dialogue and debate, dealing with all information rather than ignoring unflattering, negative information, and examining mistakes post facto without blaming people or circumstances.

3. In the third phase we’ll find our Hedgehog Concept, a term Collins uses to describe how institutions identify areas in which they can be the best in the world. Hedgehogs are described as “knowing one big thing” as opposed to foxes, who “know many things.” Applied to CNHS, this means that rather than spending our resources doing too many things in an adequate or good manner, we will use them in a way that will have maximum impact. As our October retreat, we considered what we, as an academic community, care deeply about. Based on our most passionately held values, we’ve identified areas in which CNHS can be not just successful, but the best in the world. That will be our “hedgehog concept,” and it will be the beacon to drive the bus.

4. CNHS will do all of the above within a Culture of Discipline that involves an entrepreneurial ethic leading to superior performance. We will be disciplined, rigorous, determined, systematic, consistent, and focused in fulfilling our responsibilities for teaching, research, and service.

5. Technology will be a supporting rather than a primary factor in the transition from good to great. As we develop and embrace only technologies that support our hedgehog concept, we will never lose faith that we will ultimately achieve greatness. We’ll develop and embrace only technology that supports our hedgehog concept. Our goal is to create a climate where the truth is heard and the brutal facts are confronted, no matter how difficult that is. This will be done by engaging in dialogue and debate, dealing with all information rather than ignoring unflattering, negative information, and examining mistakes post facto without blaming people or circumstances.

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Rachael Sargent has been chosen to be a Boston Schweitzer Fellow. Rachael runs a health clinic for migrant workers at the Rockingham Park horse racing track in Salem, New Hampshire. She plans to expand the project by providing health care screening and preventative care more widely. When Boston Fellows have completed a year of service, they join a network of more than 1,200 Schweitzer “Fellows for Life” across the United States and abroad, supporting and inspiring one another through a sustained commitment to lives of service.


Linda Samia, RN, MS, presented a poster at the Eastern Nursing Research Society (ENRS) in New York on April 8, 2005, and co-presented with Dr. Carol Ellenbecker at two conferences in May. Linda recently received recognition for “Outstanding Student Leadership” at UMass Boston.

Prof. Laura Davis, RNP-C, has been appointed as an Editorial Board Member of the Western Journal of Nursing Research. Dr. Davis is a recipient of the 2004 American Academy of Nurse Practitioners’ (AANP) Award for Excellence in Research and the 2005 AANP Researcher of the Year Award. The AANP Researcher of the Year Award was presented at the AANP 2005 National Conference in Las Vegas.

Dr. Richard E. LeBlanc: I plan to use my coursework in Dialogue to improve working relationships and communication among team members in the surgical setting. The pilot program will begin midfall in the ortho trauma service and will be directed at facilitating positive patient outcomes, reducing stress for team members, and improving efficiency of surgical rounds. Being a new operating room had been a goal of mine since nursing school, and I feel fortunate to be living the career I envisioned.

Patricia A. Poirier is a recipient of the Award for Academic Excellence in Nursing. Patricia, who attained the highest grade point average (3.94) of any student in the program, will be presented with her award during the Commencement Exercises. Patricia has also been appointed to the editorial board of the journal Critical Care Nursing. Patricia has co-authored six articles and has completed one grant submission.

Prof. Heidi Stanish has had an article accepted for publication in the Journal of Sport and Exercise Psychology. The article, “Walking Habits of Adults with Mental Retardation,” will be presented twice in July at the International Symposium of Adapted Physical Activity in Verona, Italy.

Dr. Brooke Harrow has recently co-published “The Variation in Cost of Informal Caregiving and Formal Service Use for People with Alzheimer’s Disease” in American Journal of Alzheimer’s Disease and Other Dementias 19:5 (September/October 2004).

Kyle Mc ninis has published “Physical Activity Compared with Coronary Stenting in Stable CAD,” in Journal of Physical Activity and Health (Nov/Dec), 219-220. He has also co-edited the third edition of the textbook Health and Fitness Facility Standards and Guidelines. This book is the most widely used reference on this topic among health clubs, college/universities, and legal experts.

Dr. Carol Ellenbecker has recently co-published “Refinement and Psychometric Testing of the Home Healthcare Nurse Job Satisfaction Scale” in Journal of Advanced Nursing. She has also presented, with Linda Samia and Margaret Cushman, on “Exploring Work Environment Characteristics That Make a Difference in Home Healthcare Nurses’ Level of Job Satisfaction,” at the 27th Annual Northern New England Home Care & Hospice Conference and at the Home & Health Care Association of MA 2005 Annual Spring Conference and Trade Show in May 2005.

Prof. Laurel E. Radwin, continuing her work as Principal Investigator of a major KOB grant study, has published “Development and Pilot Testing of Four Desired Health Outcomes Scales” in Oncology Nursing Forum, the official journal of the Oncology Nursing Society. Coauthors include Michelle Washko, doctoral candidate in the Department of Oncology, and Kathryn A. Suchy, RN, and Kerri Tyman, RN, who worked with Dr. Radwin as CNHS undergraduate students.

Additional faculty accomplishments:

- Dr. Marjorie Milliken of the Exercise Health Sciences Department co-authored “Exercise and Osteoporosis Prevention” in Menopause Management, 2(1), 73-80.
- Dr. JoAnn Fauber has been invited to the editorial board of the Journal of Advanced Nursing 2005-2007. Dr. Susan Haussler was appointed associate editor of The Journal of Continuing Education in Nursing and editor of the journals’ “Resource Reviews” column.

Ed Campanaro, RN, BSN

Dr. Richard E. LeBlanc: After leaving UMass Boston in 1983, Ric went to Cal State University for the MSN and Pediatric Nurse Practitioner Programs. He earned certification as a case manager and in 1994 earned a PhD with a major in health care administration from Pacific Western University Los Angeles. Ric now lives in Las Vegas, Nevada, where he is a charge nurse and nursing educator with a pediatric hospice focus at Nathan Adelson Hospice. In 1996, he was appointed to the Donation Committee by the Nevada Board of Nursing. Dr. LeBlanc can be contacted at RCLB@uhs.net.

Barbara L. DiTullio, RN, BSN
Class of 1997 Assistant Nurse Manager, Operating Room, Brigham & Women’s Hospital, Boston.

Working in a level 1 trauma facility in a large metropolitan teaching hospital has given me tremendous professional experience in a challenging, fast-paced, and complex patient care environment. I presently cover the Neurosurgery, Orthopedic, and Plastic/Reconstructive services and I am part of a dynamic and cohesive leadership team that coordinates the nursing care for approximately 27,000 cases per year. UMass Boston provides what I believe to be excellent preparation for a career in nursing. We have just established a collaborative relationship with UMass to encourage students interested in perioperative nursing to complete their senior elective in our operating room. In this reciprocal relationship, representatives from our nursing team will provide instruction to nursing students at UMass regarding the perioperative role and opportunities for careers in this setting.

I am presently pursuing a graduate degree in Critical & Creative Thinking at UMass as well. I plan to use my coursework in Dialogue to improve working relationships and communication among team members in the surgical setting. The pilot program will begin midfall in the ortho trauma service and will be directed at facilitating positive patient outcomes, reducing stress for team members, and improving efficiency of surgical rounds. Being a new operating room had been a goal of mine since nursing school, and I feel fortunate to be living the career I envisioned.

Faculty, Research & Grants

Nursing Chair Cindy Worten reports: This has been an extremely busy year for the faculty in the Nursing Department. Among the many activities within our walls and beyond is addition to their commitment to teaching tomorrow’s nurses and the accompanying clinical responsibilities, our full-time and part-time faculty have been very attentive to their research and scholarly activities. Our faculty continue to distinguish themselves at all levels—local, regional, national, and international! The following are highlights of some of their contributions and projects of interest:

Prof. Joan Garity continues to be a major player in Alzheimer Disease/Caregiver research. She is an active participant in The Alzheimer’s Partnership with several Massachusetts Counties, an alliance of healthcare, human service providers, as well as other concerned professionals advocating for individuals with dementia and their families. The interdisciplinary team offers conferences to enable the community to use their professional identity to identify strategies to deal with ethical choices in the care of individuals with Alzheimer’s disease and related disorders.

Prof. Karen Dick has assumed the leadership role of Graduate Program Director and is completing her co-authored book. Clinical Management of Patients in Sub-acute and Long-Term Care Settings. Other projects include giving the keynote address, working as a Gerontological Nurse Practitioner for Orchard Cove Community of HRC, and being an Associate at the Institute for Nursing Health Care Leadership.

Prof. Katie Kafel, one of our own alumni, continues to develop and grow in her role as teacher, mentor, and facilitator, and her energy inspires us and students alike. She is the Coordinator of the Adult Health 1 course and received the Excellence in Nursing Practice Maurer OH&G Award as a recipient of the Sigma Theta Alpha Chapter of Sigma Theta Tau. She assisted in the development and organization of a “Fun fitness” camp for elementary school kids, enabling them to learn concepts of health, fitness, and overall well being at an early age.

Prof. Diana Newman’s perseverance is evident, as she has cleared a major hurdle in her research agenda, obtaining IRB clearance to begin collecting data on her study at the Children’s Hospital Medical Center. This effort encompassed a two-year struggle for IRB approval for this study. Diana is an Associate Research Scientist at Dana-Farber Cancer Center and continues data collection.

Prof. Margherite Matteis, Coordinator of the Psychiatric Mental Health Nursing course in the CHNs, is an active member of the Family Loss Project, a group of specialists in bereavement focused on providing education and professional development to health care providers. The group co-sponsors with the Massachusetts Nurses School of Professional Psychology yearly educational programs on bereavement. Online Peer Education Program, Peer Reviewer for Sigma Theta Tau International, she reviews case studies related to fluid intoxication in psychiatric patients and childhood sexual abuse.

Prof. Deborah Mahony serves as Faculty Coordinator of the IBN Grant, Pediatric Nursing (BSN), and Primary Care of the Family practicum (MSN) courses. Debbie is committed to her role as a Pediatric Nurse Practitioner at the MGH Chelsea Health Center Pediatric Clinic. Her research activities includes a study called “Children Facing Domestic Violence: Primary Care Health Provider’s Perspective,” using the Taguchi method for evaluation Duffy; a large grant from Pediatric Nursing, Janet Corporation. She presented at the Eastern Nursing Research Society in Atlantic.

Prof. Laurel E. Radwin, continuing her work as Principal Investigator of a major KOB grant study, has published “Development and Pilot Testing of Four Desired Health Outcomes Scales” in Oncology Nursing Forum, the official journal of the Oncology Nursing Society. Coauthors include Michelle Washko, doctoral candidate in the Department of Oncology, and Kathryn A. Suchy, RN, and Kerri Tyman, RN, who worked with Dr. Radwin as CNHS undergraduate students.

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NEWS OF OUR STUDENTS’ (BOTH PAST AND PRESENT) ACCOMPLISHMENTS

CNHS Alumni, Save the Date!

1ST ANNUAL CNHS ALUMNI RECEPTION

FRIDAY JULY 8!

Your presence is requested by Dean Greer Glazer and the faculty and staff of CNHS—we would like to honor your hard work, success and contribution to health care Please join us, your classmates, and friends in our new Campus Center, Friday, July 8, 2005. Invitations to RSVP will be sent soon.

Join us to celebrate the CNHS Alumni; Save the Date! This is an event you do not want to miss. Alumni are invited to reconnect with old friends, meet new classmates and friends, and enjoy light refreshments. We will have a variety of events, including a panel discussion, a book signing, and a silent auction.

Come soon: CNHS Alumni Association! Alumni: we want to hear from you! Please contact elizabeth.garcia@umb.edu with details for future issues.
Harbor Reflections  May 2005

Nursing Undergraduate Program Director  Dr. Sherry Merrow:

Nursing PhD Program Director  Dr. Carol Ellenbecker:

The PhD in Health Policy program has developed a record number of applications and a record number of graduate students—5 graduates. The PhD program completed a formal evaluation, the UMass Boston mandated Academic Quality Assessment and Development (AQUAD). The AQUAD guided us in the process of an informative assessment, and modifications that culminate in summative self-assessment and review by external experts and administrators. The Indicators of Quality in Research-Focused Doctoral Programs in Nursing (American Association of Colleges of Nursing [AACN], November 2001) were used as a guide in preparation for the evaluation. The review is an opportunity to examine program strengths, identify program challenges, and set a course for the future.

The AQUAD reviewers, Dr. Ada Sue Hinshaw, Dean, University of Michigan School of Nursing, and Dr. Charlene Harrington, Director, UCSF Health Policy Department, conducted their visit on April 26. Preliminary results suggest that we are meeting many of the program goals and providing an excellent education for the preparation of doctoral prepared nurses in health policy. The program has many identified strengths, including the curriculum, the policy focus, the balance of nursing and health policy, the interdisciplinary offerings and extramural activities, and the enthusiasm and support of students and faculty. Supported by reviewers’ recommendations, the program will continue to develop and evolve.

Spring 2005 saw three PhD candidates successfully defend dissertations:


2. Patricia Poirier: “The Relation of Social Support, Employment Patterns, and Individual Characteristics to Radiation Therapy-Related Fatigue”

3. Anna Yoder: “Variation in Clinical Practice: The Impact of Age and Gender on Clinical Decisions for Coronary Heart Disease”

In addition, two dissertation proposal hearings were held.

1. Marie-Eileen Onieal, “Hospital Closures in Massachusetts: A Case Study of the Waltham Hospital Closure”

2. Hong Tao, “Impact of Social Environmental Factors on Re-hospitalization of Home Healthcare Elderly Patients”

Our alumni are making waves! Cathy Sanuik (December 2001), one of our ACC/CNS graduates, is teaching NURSING 614, the new united Pathophysiology course, in addition to her full-time Advanced Practice Nurse role at Brigham and Women’s Hospital. Mary Fenning (December 2002), another former Critical Care Clinical Nurse Specialist student, was selected as Nurse of the Year in 2003 at Brigham and Women’s Hospital.

The Graduate Nursing Organization has been very active under the leadership of Susan Frazer. Susan was also selected to receive a scholarship from the American Academy of Nurse Practitioners, the first UMass Boston student to be honored this way. The presentation of the Graduate Masters Practitioner (GMP) CM at the end of the year, sponsored by the GNP, was an event that highlighted scholarship for clinical effectiveness.

Our thanks to all students who presented their CMFs.

From the Dean  (Continued from Page 3)

1. What are the CNHS strengths?
2. What are the CNHS weaknesses?
3. In what areas should CNHS aspire to be the best in the world?

Dr. Kyle McInnis:

“Physically active lifestyle improves chances of winning the lottery—story at 11.”

Well, maybe that might not be the direction you were thinking of, but scientific evidence continues to mount demonstrating that regular exercise provides just about every benefit imaginable, so maybe improving your chances of winning the lottery is not that far-fetched. The problem is that many Americans—70%, to be specific—are not heeding the advice of the Centers for Disease Control and Prevention and the American College of Sports Medicine to incorporate even modest amounts of physical activity into their lives. Unfortunately, our modern lifestyle is characterized by technological conveniences, hours behind the wheel or on public transportation, and eating too much processed and energy dense fast food.

This, of course, is taking a hefty toll on the health of millions of Americans of all ages, from youth through older adulthood. The burden is financial as well, with sedentary lifestyle, poor nutrition, and obesity driving up unnecessary health care expenditures—estimated to be over $100 billion annually, a cost that even exceeds the impact of cigarette smoking. The problems of inactivity and its impact on health are being tackled by faculty and student researchers in the Department of Exercise and Health Sciences.

Innovative research by our faculty has been recognized within our own profession and has contributed to raising the level of recognition and reputation of UMass Boston. As our research paves the way for furthering our mission of improving the health of individuals and communities, we continue to stay grounded in our core mission of excellence in teaching. We remain committed to revising our curriculum to best reflect the rapid advancements in exercise science and physical education research.

I will look forward to meeting you on curriculum advancements in future correspondence.

Before closing, I want to acknowledge the admirable work that is being done by our many alumni working in schools, hospitals, community wellness programs, workforce and public fitness centers, and many other areas. We want to hear about the fantastic work you are doing, and we are committed to establishing an effective means for communicating with you.

On behalf of the current EHS faculty members, I want to pay tribute to those faculty who have built the foundation for current and future success and have recently retired.

In particular, we are grateful for the numerous contributions and lifelong dedication of Dr. Carmen Balzan, Dr. Maryjane Halett, Alford Roncarati, Gordon Webb, Margaret Moxon-Pappalardo—and, of course, Dr. Jacqueline Arnold, who was Chair of the Department for 25 years and retired in December 2003. There are very few people of whom we are more proud, but, of course, we all so miss inappropriately, but it certainly applies to Gal. We wish her all the very best for a happy and healthy retirement.

Maybe winning the lottery will someday be added to the growing list of why people should exercise. In the meantime, you can count on faculty, students, and alumni to continue their work to promote physical activity and health for youth, adults, families, and communities across Massachusetts and beyond for many years to come.

NEWS FROM DEPARTMENT CHAIRS AND DIRECTORS