In December 2007, we graduated 75 baccalaureate-prepared nurses, including 16 Bringing the Best to Nursing students and 15 online RN-BS students; 3 Post-Master’s students; and 6 Exercise and Health Sciences students. It is not a surprise that our College is a major source of nurses and exercise and health sciences professionals for health care institutions, with 92% of our graduates staying in Massachusetts after graduation. We thank our graduating students for ensuring that when we need nursing care or physical fitness assistance, there will be outstanding professionals who are there for us.

In the spirit of the season, at graduation I decided to share the wisdom of a book by Deborah Norville that I had just read called Thank You Power. Her message is quite simple: If you want to be happy, focus on what you’ve got—not what you don’t have. Or as Charles Dickens wrote: Reflect on your present blessings—of which every man has many—not on your past misfortunes, of which all men have some. Norville cites that research has shown that subjects who are consciously grateful: feel better about their lives as a whole; are more optimistic; are more energetic; are more determined; are more interested; are more joyful; feel stronger about handling challenges; exercise.

The success of the design for the new Center for Clinical Education and Research (CCER) is revealed in the comments of the construction workers, faculty, and students who have remarked, “It looks just like a hospital!” As the finishing work progressed, there was growing enthusiasm when faculty viewed the realism, sophistication, attractiveness, and functionality of the center’s learning environment. By early January, the construction and installation of headwalls, power columns, patient lifts, privacy curtains, diagnostic sets, and all audiovisual (A/V) components were complete. During January the exam tables, beds, simulators, stationary bikes, treadmill, mobile metabolic cart, furniture, and furnishings arrived. The initial training in A/V management and simulation techniques was also held during this time.

As we began the spring semester, we were thrilled to finally be in a learning lab environment that truly reflects the quality of our students, faculty, and curriculum. Our initial focus was orienting students and faculty to the new space, the medical equipment, and the advanced teaching technology. Through the collaborative effort of the CCER staff, graduate nursing students, and clinical faculty, simulation activities from basic to advanced will be progressively integrated throughout the curriculum. Beginning in the fundamentals, med-surg and pediatric courses, we will be piloting a clinical simulation day (replaces one day of clinical per semester) this semester. Through the use of our advanced technology we are able to record lectures, demonstrations, and orientations to equipment and procedures. These recordings can be broadcasted through WebCT or downloaded to a CD and distributed, allowing students and faculty to access this information at home and as often as needed.

It was a historic moment moving from the crowded, antiquated, and waterless nursing and EHS labs to the spacious, well-designed, and well-equipped (including seven sinks!) CCER, which combines both the nursing and EHS labs. This close proximity will allow nursing and EHS students to interact more easily, to work on interdisciplinary projects, and to learn from each other. They will be able to collaborate in offering health education and health promotion activities to the UMass Boston community and outside neighbors, which is one of our future goals. Other future goals include offering interactive...
The University of Massachusetts Boston and the Metro West YMCA hosted the Association of YMCA Professionals (AYP) Chapter IV Fall Program on October 19. Dr. Kyle McInnis, professor and chair of the CNHS Department of Exercise and Health Sciences and Research Director of GoKids Boston, presented “Walk the Talk,” which addressed strategies to evaluate and create an exemplary YMCA culture of physical activity and health. As role models for living healthy lifestyles, YMCA professionals have the opportunity to demonstrate positive behaviors for children, teens, and adults of all ages.

Dr. McInnis is a fellow of the prestigious American College of Sports Medicine (ACSM), the highest honor for outstanding leadership in the field of exercise science. He is a leading researcher on physical activity, fitness, and health, and has published numerous research articles in leading journals and books. His work on automated external defibrillators and sudden cardiac arrest while exercising at health clubs has been used by the American Heart Association, American Diabetes Association, and legal experts in cases involving exercise-related deaths. Among his many professional activities, Dr. McInnis has a distinguished history contributing to the YMCA movement. He serves on the Medical Advisory Board, which sets policies for over 1,000 YMCA’s in the United States. He is currently working with the Metro West YMCA on their Youth Obesity Initiative and also serves as Wellness Advisor to the YMCA of Greater Worcester, Massachusetts, where he has helped secure over $500,000 in grant funding for community wellness programs to increase physical activity and nutritious eating in middle-school-aged girls and boys.


Kathleen Kafel, Jolene Mulready-Shick, and Judith Healy Walsh, left to right head to Chicago for the Quality and Safety Education for Nurses national collaborative, October 10-13, 2007.

For more information, please contact Kathleen Kafel, kafel@nursing.bu.edu, 617-353-8124.

CNHS Undergrad Nursing Program’s Quality and Safety Education for Nurse Grant Funded by the Robert Wood Johnson Foundation

Massachusetts College of Nursing and Health Sciences is excited to announce the acceptance of the undergraduate nursing program’s proposal for participating in a Robert Wood Johnson Foundation-funded pilot school learning collaborative with fourteen other colleges and universities across the country. The College of Nursing and Health Sciences’ vision for this $25,000 project focuses on implementing curricular change to close the education-practice gap by creating systems for delivering safe, high-quality, patient-centered care, in full collaboration with our agency partners at Partners HealthCare at Massachusetts General Hospital and Brigham and Women’s Hospital.

Undergraduate Program Director Jackie Mulready-Shick is the Project Director. She and Judith Healy Walsh, Director of the Center for Clinical Education and Research, Kathleen Kafel, Susan DeSanto-Madley, along with faculty members work collaboratively with our practice partners over the next year, planning and implementing innovations across the clinical, skills/simulation lab, and classroom settings.

Dedicated Education Units (DEUs) at the clinical agencies will serve as the demonstration site for integrating Quality and Safety education for Nurses (QSEN) competencies into new teaching and learning experiences for students and clinical faculty.

Particular emphasis is on an incorporation of technology, standardization, communication strategies, and new evidence-based teaching materials. This project also includes the active role of students in shaping learning experiences for integrating competencies in patient-centered care, quality improvement, safety, teamwork and collaboration, informatics, and evidence-based practice.

CNHS Undergrad Nursing Program’s Quality and Safety Education for Nurse Grant Funded by the Robert Wood Johnson Foundation

Dean’s Message

Continued from page 1

Uncertainty is a way of life. We can’t control what happens, but we can control our response to it. And we can control what we do moving forward.

We are very grateful for the generous, awe-inspiring, hardworking, dedicated students who come from 22 countries: Haiti, Cambodia, Cape Verde, England, Nigeria, Uganda, Somalia, Yemen, Morocco, Kenya, Liberia, Uganda, Somalia, USA, China, Trinidad and Tobago, Sierra Leone, Grenada, the Dominican Republic, Peru, Korea, and India, because their diversity is critical to meeting the health care needs of our city’s residents.

If you are a student, faculty, or staff member, please be sure to read the fall issue of the CNHS Newsletter, which featured an article on the March of Dimes Walk. For more information on the March of Dimes, please visit www.marchofdimes.org.

For more information, please contact Kathleen Kafel, kafel@nursing.bu.edu, 617-353-8124.

Kathleen Kafel, Jolene Mulready-Shick, and Judith Healy Walsh, left to right head to Chicago for the Quality and Safety Education for Nurses national collaborative, October 10-13, 2007.


Kathleen Kafel, Jolene Mulready-Shick, and Judith Healy Walsh, left to right head to Chicago for the Quality and Safety Education for Nurses national collaborative, October 10-13, 2007.
Celebrating Research and Scholarship at the College of Nursing and Health Sciences

The University of Massachusetts Boston (UMB) and Harvard School of Public Health (HSPH) recently received a P20 Center grant from the National Institutes of Health (NIH) entitled, "Health Options, Research, Interventions, and Community Organizing (HORIZON)." A major goal of this transdisciplinary Center and its Research, Community Engagement and Training Cores is to reduce health disparities in the greater Boston community. College of Nursing and Health Sciences faculty had two major projects funded as part of this Center grant: Dr. Eileen Stuart-Shor's project, "Community-Based Multiple Risk Reduction in African Americans: Heart and Sole," with collaborators Dr. Brian Gibbs and Dr. David Ludwig of this Center grant; and Dr. Eileen Stuart-Shor, "Gender and Race Differences in Acute Stroke Symptoms," with collaborators Dr. Kyle McInnis and Dr. David Ludwig (Children's Hospital-Boston/Harvard Medical School).

The Dean's Faculty Research Incentive Grants, initiated by Dean Greg Glazer, are designed to provide support for College of Nursing and Health Sciences faculty pilot projects that will ultimately lead to external applications and funding. Recipients of the 2007-2008 Awards and their projects are:

- Dr. Thomas W. Connelly: "Measuring Hope in School-Age Children"
- Dr. Scott F. Crouse: "Feasibility of Using Active Gaming for Obtaining the Recommended Amount of Moderate-to-Vigorous Physical Activity in Children"
- Dr. Esther Seibolt: "Organizational Analysis of School Health Services in Public Schools in the Greater Boston Area"
- Dr. Eileen Stuart-Shor: "Gender and Race Differences in Acute Stroke Symptoms"

Dean Greg Glazer and Associate Dean for Research Laura Hayman hosted a special celebration of faculty research and scholarship at the College of Nursing and Health Sciences on November 7, 2007. The event was designed to acknowledge and celebrate the fall 2007 grant awards and other scholarly accomplishments.

Presentation in Belgium September 18-20, 2007

Joan Garity, Associate Professor, College of Nursing and Health Sciences, presented a paper on "Ethical Decision Making Models" at the inaugural conference for "Interventions, and Community Organizing (HORIZON)". Her presentation focused on the need for students and nurses to understand and be able to use several different ethical decision-making models when assisting patients and their families in resolving ethical dilemmas that relate to cultural differences in health promotion. For example, early research with some Hispanic individuals has demonstrated that they may value a little plumpness in their culture which in turn may not be helpful in better controlling their weight and lowering the associated risks of hypertension and diabetes.

On September 18, 2007, Dean Greg Glazer personally recognized—with scopes of cream—undergraduate students in the College of Nursing and Health Sciences who achieved the Dean's List. Other CNHS faculty and support staff were present to applaud the students for their hard work and dedication. This was the first such event to honor the students; similar celebrations to honor student achievement will be held each semester. This semester there were 21 undergraduate Dean's List recipients; 65 were able to take part in the congratulatory scoop and each received a certificate from Dean Glazer and Dr. Deborah Mahony, Director of Student Affairs. Delaida Bailey, undergraduate nursing student, remarked, "It was great. It was definitely a good way to praise the students. Having such an event makes us students feel very rewarded for hard working. Maintaining our GPA and being on the Dean's List is hard, but this kind of event just shows us how much people care.

Students working to achieve this goal in the future, one must either be enrolled in nine credits as an EHS student and one must either be enrolled in nine credits as a nursing student or twelve credits as an EHS student and six credits as a nursing student. Having such an event makes us students feel very rewarded for hard working. Students working to achieve this goal in the future, one must either be enrolled in nine credits as an EHS student and one must either be enrolled in nine credits as a nursing student or twelve credits as an EHS student and six credits as a nursing student. The Nursing Scholars program is designed to increase the diversity of the underserved populations of Boston by recruiting and retaining nursing students from disadvantaged backgrounds. Another element of the Nursing Scholars program, the Health Careers Opportunity program, introduces nursing as a career to minority high school and middle school students and their families through Boston Public Schools. Through the Nursing Scholars program, UMass hopes to increase culturally responsive health care by training diverse nurses to work with diverse populations.
**Laura L. Hayman, PhD, RN, FAAN, is Associate Dean for Research and Professor of Nursing in the College of Nursing and Health Sciences. She earned her BSN, MSN, and PhD at the University of Pennsylvania. Dr. Hayman’s work as a nurse researcher and scholar focuses on primary prevention of obesity and cardiovascular disease (CVD) in children, adolescents, and families. Her research, in collaboration with colleagues from several disciplines, has been funded by the National Institutes of Health and includes clinical, school, and population-based studies of biobehavioral risk factors for CVD. Dr. Hayman has served on numerous national and international interdisciplinary advisory and expert panels relevant to primary prevention of obesity and CVD in childhood and adolescence. Dr. Hayman serves on the editorial boards of Annals of Behavioral Medicine, Journal of Cardiovascular Nursing, and MOY: The American Journal of Maternal-Child Nursing. She is a past president of the Society of Behavioral Medicine (SBM) and a member of the Society’s Health Policy Committee. Dr. Hayman has also served in leadership roles in the American Heart Association (AHA); currently, she is a member of the Committee on Atherosclerosis, Hypertension and Obesity in the Young for AHA. Dr. Hayman is also a member of the Expert Panel on Children’s Obesity. She holds fellowships in SBM, AHA, and the American Academy of Nursing. Recently, she has added the Academy of Behavioral Medicine Research.**

**Dr. Thomas W. Connelly, Jr., PhD, RN, is a new assistant professor, received an AAS from St. Elizabeth Hospital School of Nursing (Utica, NY), BS, MS, and CAS (Nursing Education) degrees from Syracuse University College of Nursing (Syracuse, NY), and completed his PhD at the University of Massachusetts School of Nursing (Amherst/Worcester, MA). His dissertation topic was: “Family Functioning, Hope and Quality of Life in School-Age Children with Juvenile Rheumatoid Arthritis.”

Dr. Connelly’s areas of classroom instruction include: health assessment, pediatrics (undergraduate and graduate), ethics (undergraduate and graduate), and nursing theory. His areas of clinical instruction include: care of the child and family experiencing an acute or chronic illness; and community-based care of children. Dr. Connelly’s research interests include the development of hope in children; development, testing, and dissemination of nursing interventions to enhance hopefulness and quality of life in children with a chronic illness, and family functioning with children experiencing a chronic illness.

Dr. Connelly has served on a variety of institutional review boards and has worked with organizations in creating and bringing to fruition their mission and vision statements. He is the immediate past president of the National Association of Catholic Nurses and is a resource to nurses and organizations regarding the moral foundations of nursing practice and ethical decision making. Other areas of community outreach include working with vulnerable populations locally, nationally, and internationally. Dr. Connelly is also active in many professional organizations, including Sigma Theta Tau International and the Eastern Nursing Research Society.

Dr. Connelly came to the University of Massachusetts Boston’s CNHS because of his commitment to student formation, preparing the future nursing workforce to meet the needs of the Boston area, opportunities to collaborate with nurse scholars within the CNHS, the university community and other academic and health care settings, and the support available to further his program of research.

**Dr. Haark Lee, DNSc, joined CNHS as an associate professor in January 2010. Dr. Lee was born in Korea and received her basic medical education training. She came to the United States for her advanced education, receiving a doctoral degree from the Physiology Department at the School of Nursing at University of California San Francisco. Dr. Lee’s research interests have always focused on health and particularly health disparities, and her research hopes to move into the area of quality of healthcare.

I am very excited to join the CNHS to work with such excellent faculty colleagues, students, and staff in an environment that nurtures teaching, learning, and research. At the same time, Dr. Lee's research seeks to understand the relationship between iron status, physical activity, and physical performance in U.S. and Mexican females. She currently works on an NIH R21 grant to develop new techniques for monitoring physical performance among young adults and is also beginning work on developing new approaches for physical activity measurement in children.

Those UMass Boston for several reasons, including the freedom I have to create an independent research program and its welcoming faculty, staff, and student body. In addition, the recent opening of GoodKids Boston is an exciting opportunity to perform research on children to combat chronic diseases such as obesity, using a state-of-the-art facility.**

**Dr. Sherry Furnarme, BA, is the first department research assistant of the CNHS. She supports the faculty with pre-award and post-award needs. She is available to assist in identifying external funding opportunities; helping with pre-award activities, reviewing, and submitting proposals and budgets, and assists in administering grant funds once they reach the university. Dr. Furnarme’s first goal at UMass Boston was to assist and contacts administrator for Partners Healthcare System, Inc., a sponsored research facilitator in Dana-Farber Cancer Institute, and a program coordinator at the Cambridge Hospital. She is very excited to join the CNHS and hopes to help bring more research dollars into the College.**

**Dr. Thomas W. Connelly, Jr., PhD, RN, is a new assistant professor, received an AAS from St. Elizabeth Hospital School of Nursing (Utica, NY), BS, MS, and CAS (Nursing Education) degrees from Syracuse University College of Nursing (Syracuse, NY), and completed his PhD at the University of Massachusetts School of Nursing (Amherst/Worcester, MA). His dissertation topic was: “Family Functioning, Hope and Quality of Life in School-Age Children with Juvenile Rheumatoid Arthritis.”

Dr. Connelly’s areas of classroom instruction include: health assessment, pediatrics (undergraduate and graduate), ethics (undergraduate and graduate), and nursing theory. His areas of clinical instruction include: care of the child and family experiencing an acute or chronic illness; and community-based care of children. Dr. Connelly’s research interests include the development of hope in children; development, testing, and dissemination of nursing interventions to enhance hopefulness and quality of life in children with a chronic illness, and family functioning with children experiencing a chronic illness.

Dr. Connelly has served on a variety of institutional review boards and has worked with organizations in creating and bringing to fruition their mission and vision statements. He is the immediate past president of the National Association of Catholic Nurses and is a resource to nurses and organizations regarding the moral foundations of nursing practice and ethical decision making. Other areas of community outreach include working with vulnerable populations locally, nationally, and internationally. Dr. Connelly is also active in many professional organizations, including Sigma Theta Tau International and the Eastern Nursing Research Society.

Dr. Connelly came to the University of Massachusetts Boston’s CNHS because of his commitment to student formation, preparing the future nursing workforce to meet the needs of the Boston area, opportunities to collaborate with nurse scholars within the CNHS, the university community and other academic and health care settings, and the support available to further his program of research.

**Dr. Haark Lee, DNSc, joined CNHS as an associate professor in January 2010. Dr. Lee was born in Korea and received her basic medical education training. She came to the United States for her advanced education, receiving a doctoral degree from the Physiology Department at the School of Nursing at University of California San Francisco. Dr. Lee’s research interests have always focused on health and particularly health disparities, and her research hopes to move into the area of quality of healthcare.

I am very excited to join the CNHS to work with such excellent faculty colleagues, students, and staff in an environment that nurtures teaching, learning, and research. At the same time, Dr. Lee's research seeks to understand the relationship between iron status, physical activity, and physical performance in U.S. and Mexican females. She currently works on an NIH R21 grant to develop new techniques for monitoring physical performance among young adults and is also beginning work on developing new approaches for physical activity measurement in children.

Those UMass Boston for several reasons, including the freedom I have to create an independent research program and its welcoming faculty, staff, and student body. In addition, the recent opening of GoodKids Boston is an exciting opportunity to perform research on children to combat chronic diseases such as obesity, using a state-of-the-art facility.**

**Scott Crouse, PhD, a new assistant professor, graduated from the University of Tennessee in 2005 and recently completed a post-doctoral position at Cornell University, where he worked on projects examining the relationship between iron status, physical activity, and physical performance in U.S. and Mexican females. He currently works on an NIH R21 grant to develop new techniques for monitoring physical performance among adults and is also beginning work on developing new approaches for physical activity measurement in children.

Those UMass Boston for several reasons, including the freedom I have to develop an independent research program and its welcoming faculty, staff, and student body. In addition, the recent opening of GoodKids Boston is an exciting opportunity to perform research on children to combat chronic diseases such as obesity, using a state-of-the-art facility.**
The College of Nursing and Health Sciences at UMass Boston welcomes and is grateful for donations from alumni, non-alumni, and funding organizations. 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, Alumni/Development Office, 100 Morrissey Blvd., Administration Building, Boston, MA 02125.

Want to see your news and ideas in the next Harbor Reflections? Email news and ideas to huan.zhang@umb.edu.

The CNHS 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. We are proud to be the only publicly supported PhD Nursing Program in the greater Boston area and to graduate the highest number of racially and ethnically diverse baccalaureate-prepared nurses in Massachusetts, most of whom remain in the area to work and live.