Children’s Hospital and Good Samaritan Host Celebrations for the Opening of New CNHS Dedicated Education Units

The College of Nursing and Health Sciences (CNHS) opened two new dedicated education units (DEUs) in early 2011. In January and February, celebrations were held at Children’s Hospital in Boston and Good Samaritan Medical Center Brockton, as one unit at each agency became an exclusive clinical learning site for CNHS students.

At Good Samaritan Medical Center, the celebration provided an opportunity for students to meet staff nurses from 3AB who will enhance their clinical education. “Everyone at Good Samaritan made us feel really welcomed,” noted junior Bethany Borrowman, who will be one of the first DEU students at Good Samaritan. CNHS alum Linda Curtin, director of education and research at Good Samaritan, is leading its DEU program.

At Children’s Hospital, administrators and clinical instructors were equally excited about the new DEU educational model and their partnership with CNHS. “On behalf of the staff on 10 Northwest and our dedicated education unit at Children’s Hospital Boston, we are thrilled to have the opportunity to provide an educational experience to the students of UMass Boston,” said Marcie Brostoff, director of education and staff development at Children’s Hospital. “The students seem to be quite eager to learn and will be a great addition to our nursing staff while providing family centered care.”

From the Dean

Everyone at CNHS is relieved that the Department of Nursing’s Commission on Collegiate Nursing Education (CCNE) accreditation visit is over. We will be informed about our accreditation status this fall, and we are expecting a positive outcome based on the report of the visiting team prior to their departure. Almost all of the Nursing Department’s faculty and staff, as well as the chancellor and provost, attended the accreditation team’s report. Hearing the visitors consistently cite the outstanding work of our faculty, staff, and students confirmed my belief that we are indeed one of the finest nursing schools in the United States. Our physical surroundings were transformed by new paint, cleanup, poster boards depicting CNHS achievements, and 10 new pieces of original artwork obtained through grant funding from the Art Connection. We celebrated our CCNE visit with a party for all those in the university community who contributed to our success, led by Associate Dean Marion Winfrey. This was a true bonding experience, as everyone felt connected by the individual efforts that make CNHS at the University of Massachusetts Boston great.

The EHS department has also seen their efforts from the past few years come to fruition. They have submitted their preliminary proposal for a master of science degree and doctor of philosophy degree to the provost. Graduate programs in the area of exercise and health sciences will provide a wonderful opportunity for advanced study at...

(Con’t on page 6)
Exercise and Health Sciences Faculty Hold Key Positions in New England Chapter of the American College of Sports Medicine

In the fields of exercise and health sciences, there is no more authoritative professional organization than the American College of Sports Medicine. One of the most involved regional organizations is the New England chapter (NEACSM), which promotes scientific research, education, and practical applications of sports medicine and exercise to maintain and enhance physical performance, fitness, health, and quality of life.

NEACSM hosts a wide variety of educational and professional events, including its annual meeting, symposia, workshops, and lectures that help to provide a forum for the dissemination of current information and research. The organization also sponsors lecture tours that bring both nationally and internationally known researchers in the field to New England. These help to promote advances in medical, educational, and scientific studies dealing with the effects of sports and physical activity on the health of a variety of populations. The Exercise and Health Sciences Department at UMass Boston has been increasingly involved with leadership positions in NEACSM. Chair and Associate Professor Laurie Milliken, PhD FACSM; Assistant Professor Scott Crouter, PhD FACSM, director of the Exercise Science Lab; and Professor Mario Munoz, MS, BA, are currently members of the Executive Committee, playing crucial roles in the advancement of the organization.

Dr. Milliken was elected president of the New England chapter of the American College of Sports Medicine in November 2009 for a three-year term. Dr. Milliken has been a member of the national organization since 1994 and joined the New England chapter in 1998. “It’s both an honor and a privilege to serve as the NEACSM president,” states Dr. Milliken. “This organization is one of the most active chapters of ACSM, providing members and students with many wonderful opportunities to engage in the field. The opportunities for networking, professional development, and advocacy are second to none.”

Dr. Crouter was elected member-at-large for a two-year term this past November. In this Executive Committee position, Dr. Crouter reviews the scientific and research abstracts submitted for inclusion in the proceedings of the fall Annual Meeting. Dr. Crouter has been very active in his time with NEACSM as a participant and research mentor of students involved with the organization.

Professor Munoz also serves on the NEACSM Executive Committee, in the position of Massachusetts State Representative, and was elected this past November for a two-year term. He concentrates on state-related issues on behalf of the New England Chapter, such as having the month of May designated "Exercise Is Medicine" month, a signature program of ACSM that is designed to promote exercise for the prevention and treatment of chronic diseases. Professor Munoz will be working with Deval Patrick’s administration on this proclamation.

The fall 2011 Annual Meeting will take place on November 3 and 4 in Providence, RI.

New Preparatory Studies for Electronic Health Record Underway

Courtney Gilmore and Enoch Anyanwu work with a facsimile of the Electronic Health Record.

All major nursing education, professional nursing and safety organizations, along with accrediting bodies, have identified informatics as an essential component of prelicensure nursing education. Learning to efficiently navigate the Electronic Health Record (EHR) is a vital skill for promoting safe, quality-based patient care. However, during clinical experiences some hospitals only allow the instructor to access and document in the EHR, with students writing out their documentations for their instructor to input. When these students are hired as novice nurses, common criticism from hospitals cites a lack of preparation for electronic documentation and its learning curve.

In a study that assessed the opinions of new graduates on their prelicensure preparation for essential competencies, over 75% of the graduates surveyed felt unprepared to effectively utilize the EHR. As a result, the CNHS faculty identified integration of electronic documentation into the curriculum as a priority and through grant funding obtained a three-year contract to evaluate an educational software product that mimics the EHR.

Use of the software was piloted in Introduction to Nursing Practice, nursing students' initial clinical course. Following product training, students were assigned three increasingly challenging clinical documentation assignments using patient data from their clinical site. Student evaluations from the pilot revealed the following: 87% agreed that it was a useful teaching tool, 98% agreed that the program improved their understanding of and ability to document electronically, 95% agreed that its use will prepare them for navigating an EHR as a clinician, and 80% gave the software an overall product rating of good to excellent.

Beyond the pilot, this teaching tool has also been integrated into the accelerated nursing program's clinical labs and in simulation activities in students' first medical-surgical nursing course. As with any technology, there have been challenges in implementation, but this mirrors the experience of practicing nurses and prepares CNHS students to adapt to the more technologically sophisticated current and future health care environment.
Recent Faculty Research

Janice B. Foust, PhD, RN
Dr. Foust is an assistant professor in the Department of Nursing. Much of her research focuses on improving the care of chronically ill older adults between settings, also known as transitional care. This work is especially important for older adults, who are more likely to have poor health care experiences during transitional phases. Dr. Foust has extensive expertise in transitional care, and her recent focus has been on improving post-hospital medication management for older adults at home. Medication problems occurring during transitions, such as hospital discharges, illustrate many transition-related issues, such as fragmented communication between professionals and the challenges of preparing older adults and their families to safely resume responsibility for managing their own medication at home.

Dr. Foust is currently a co-investigator on a study to improve medication management among home health patients through the use of technology, based at the Center for Home Care Policy and Research at the Visiting Nurse Service of New York. She is collaborating with the Visiting Nurse Association of Boston to lead a project to describe strategies that home health nurses can use to prevent problems and help clients manage their medication. Medication management is a complex, interdisciplinary, and time-consuming process, and nurses have a vital role in helping older adults and their families manage their medication more effectively.

Jessica Whiteley, PhD
Dr. Whiteley’s training is in clinical health psychology, with research interests in health-related behavior change through physical activity, healthy eating, and smoking cessation, with an emphasis on technology-based interventions and their dissemination.

Among the projects she is currently conducting is iTeen, one of the lead research studies on the National Institutes of Health HORIZON center P-20 grant aimed at eliminating health disparities. Dr. Whiteley is the principal investigator for iTeen (Interlinking Technology, Exercise, Education and Nutrition), which focuses on teaching young girls and their guardians about fun physical activity and enjoyable healthy foods that are culturally relevant. This ongoing study has now entered a new phase where the girls and their guardians come in twice a week to exercise at the Reggie Lewis Track and Athletic Center in Roxbury. Dr. Whiteley believes in the importance of exposing CNHS students to research; some 15 students have been involved with iTeen over the course of the study.

Dr. Whiteley is also currently a co-investigator on two studies that were developed from her collaborations with Dr. Bennett and Dr. Quintiliani, both Dana-Farber/Harvard Cancer Center U-56 colleagues. Both of these studies are examining the efficacy of using motivational interviewing (MI) over the telephone to increase physical activity and healthy eating among diverse groups.
**A Successful Year in Research for Undergraduate Nursing Students at CNHS**

Margaret Caudill-Slosberg, Mercy Kamau, Alia MacPherson, Erica Miranda, Brenda Manso, Natalie King, Georges Chick, Sarah Foreman, Irene Ndigirigi, and Mary Muchendu presented “Characterizing Cardiovascular Risk in Central Kenya: Kenya Heart and Sole: The Afya Njema Project” at the Global Health Conference at Yale in April. With the guidance of Eileen Stuart-Shor, PhD, FAHA, FAAN, ANP BC, the students were able to expand their previous work, which reported high rates of hypertension and diabetes in Central Kenya, to assess the explicit behavioral risk factors associated with the emerging crisis of cardiovascular disease. The students also presented "Musculoskeletal Pain in Developing Countries: Kenya" at the Global Health Conference.

Undergraduate Sandra Morones presented her poster “Challenges Associated with Recruitment and Enrollment of Lung Cancer Patients and Their Family Members in a Behavioral Health Pilot Study” at the Emerging Researchers National Conference in Science, Technology and Engineering in Washington, D.C., this past February. Her poster won first place in the Social and Behavioral Sciences category. She also presented this poster at the New England Science Symposium in April. Sandra’s presentations are based on work conducted during her research assistantship with Laura L. Hayman, PhD, RN, FAAN, and Mary Cooley, PhD, RN, co–principal investigators of a National Cancer Institute pilot study funded by the U-56 UMass Boston/Dana-Farber Harvard Cancer Center Partnership Program.

Undergraduate Georges Chick also presented “Characterizing Cardiovascular Risk in Central Kenya; Kenya Heart and Sole: The Afya Njema Project” at the New England Science Symposium in April.

Graduate student Joelle Chateauneuf presented "Kenya Heart and Sole Quick Look Guide for Cardiovascular Disease Patient Evaluation" at the Preventive Cardiovascular Nurses Association’s National Conference in March. Joelle worked closely with Eileen Stuart-Shor on the Kenya Heart and Sole Project, which includes clinicians and students from the United States and Kenya working to develop a tool to improve prevention and management of cardiovascular disease in Kenya.

Undergraduate Kristen L. Winn presented "Patient-Clinician Communication of Self-Reported Pain Intensity in an Oncology Setting" at the Annual Biomedical Research Conference for Minority Students this past November. Kristen was mentored by Donna L. Berry, RN PhD, during her summer in the Dana-Farber/Harvard Cancer Center Continuing Umbrella of Research Experiences (CURE) Program.
Data Is Power! Chosun University Honors CNHS Professor Dr. Haeok Lee

Nursing professor Dr. Haeok Lee, RN, BSN, MA, DNSc, was recently awarded the Distinguished Alumni Award from Chosun University, the highest honor bestowed on individuals by the school’s Nursing Alumni Association. Chosun’s International Symposium on Health Disparities, which took place on the ninth of last October and also coincided with the South Korean university’s 40th anniversary, included a Homecoming Day ceremony in addition to an international conference.

Dean Greer Glazer was in attendance as a keynote speaker, touching on the symposium’s primary focus of health disparities in addition to showing support for her colleague Dr. Lee and celebrating the university’s anniversary with its alumni. Dr. Lee served as a keynote speaker for the evening as well.

Dr. Lee’s work, which has helped to raise awareness of the disparities in health among socioeconomically disadvantaged populations, prompted Chosun to present her with the Distinguished Alumni Award. Much of her research has focused on the disproportionate number of Asian-American Pacific Islanders (AAPIs) afflicted with the Hepatitis B virus and liver cancer; 47%–70% of the 1.4 to 2 million Americans with chronic HBV are believed to have been born in other countries, and nearly 50% of these sufferers are Asian American Pacific Islanders.

Because of a lack of data on the health-related behaviors of AAPIs, many Western scientists have concluded that these health disparities do not exist. Dr. Lee’s research, which includes community-based participatory studies focused on developing data on the incidence of HBV and liver cancer in the AAPI community, has helped to shed light on this problem.

Dr. Lee is currently working on research, funded by the R21 grant from the National Institutes of Health, centered on measuring behaviors linked to the human papillomavirus and HBV among Cambodian-Americans in Massachusetts.

FOCUS ON NEW FACULTY AND STAFF

Faculty

Dr. Joyce Edmonds, Department of Nursing assistant professor, obtained her PhD from Emory University, MPH from Oregon Health Science, and BSN from Florida State University. She holds an advanced practice board certification in public health nursing and has worked in state and local health departments. She has a background in maternal and child health, and her research interests include maternal health, health-seeking behavior, and social networks. For her dissertation, she partnered with the International Center for Diarrheal Disease Research, Bangladesh, and the Matlab Health Service Area; one focus of her study was uncovering information on social network members’ involvement in women’s decision-making processes. She is currently interested in the factors that are influencing the rising rates of cesarean sections among first-time pregnant women at low risk for obstetric intervention.

Staff

Phara Boyer joined the College of Nursing and Health Sciences in January 2011 as the clinical placement specialist. Phara graduated with a master of arts in organizational psychology degree from the Massachusetts School of Professional Psychology in 2009. She has extensive experience in placement development, recruitment, and advising in the nonprofit sector and higher education. She comes to CNHS from Actions for Boston Community Development Inc. (ABCD Inc.), where she served as the Career Development Specialist for the Community Health Workers Initiative of Boston Program.

Clarisa Williams works as program assistant for the Online Post-Master’s Certification Program under the direction of Dr. Margaret McAllister, PhD, RN, FNP-C, FAANP. Clarisa is an alumnus of Newbury College in Brookline, Massachusetts, and Emmanuel College in Boston, where she obtained an associate’s degree in business management and a bachelor’s in business administration. Clarisa collaborates with the university attorney and associate dean to process the working agreements with various agencies across the country where students are planning to do their clinical internships. Her role involves assisting faculty with the review of new student admissions, developing student program plans and processing requests for online course registration, as well as planning for student graduation. For the last 10 years, Clarisa has worked in the legal industry with a focus in client accounting and finance.

Linda Wynn joins CNHS as an administrative intern to Associate Dean Marion Winfrey. She has a great deal of experience in fields involving effective customer service and financial expertise, such as her previous position as operation specialist at the Dorchester Sovereign Bank. Linda has also served as an insurance agent for Timothy Murphy Insurance and supervisor of the Caddie Scholar Program for Boston Parks and Recreation.
Nursing Student Alia MacPherson Does It All

When Alia MacPherson is asked when she sleeps, she responds, laughing, with “I don’t.” When you get to know her, you realize she’s not kidding. The amount of work and activities she packs into her day is astounding. As one of the most familiar and active nursing students, Alia balances full-time school and full-time bartending in the evenings. Most of us would stop there, but she manages to add on time serving as president of the undergraduate nursing class of 2011 and as a member of the CNHS Student Affairs Committee. Last May, she helped raise $7,000 as a member of the CNHS Walk for Breast Cancer Team. Alia was also awarded the first annual Dr. and Mrs. Michael Foley Scholarship last December.

“I really don’t know how I do it,” she says, but you can tell it comes naturally to her. The 29-year-old Marblehead native was born ready to take on a challenge. That’s why in June 2009 she seized the opportunity to travel to Africa as part of Kenya: Heart and Sole, a cardiovascular research project in sub-Saharan Africa.

“We’re seeing hypertension [in Kenya], diabetes, heart disease,” she says. “A lot of times it’s blamed on westernization of the culture, but that’s not what we found. They’re not drinking soda, [and] they walk everywhere, so they’re getting exercise. There’s no McDonald’s.”

Working with nursing students from the Tumutumu and Kijabe Hospital Schools of Nursing, Alia and the rest of the team spent two weeks recording and analyzing data from local Kenyans. “We set up assessment sites in Kenya and took data, trying to figure out a sustainable, culturally friendly risk-reduction tool,” she says.

Alia decided to go back to Kenya the following June, ready for more. “As a culture, they were so welcoming, so warm,” she says. “It’s easy to put your own judgment [sic] and say ‘they need this, they need that’...but really they’re happy.”

Back here at UMass, Alia is happy to graduate in May, but she has decided to go back to Kenya for a third time this June, as she feels her work there is not done.

“These people you teach and work with [in Kenya], what could they grow up to be? You see all these kids running around...that kid is going to grow up and he could be something.”

Alia clearly has a “be happy no matter what” outlook, and her work both here at CNHS and in Kenya proves she is happy as a caretaker and a future nurse.

From the Dean
(Con’t from page 1)

UMass Boston, creating a natural extension of the department’s extremely popular undergraduate bachelor of science degree. Graduate programs in this area will meet the needs of the Commonwealth and global community by preparing new researchers to address important health concerns related to physical activity, such as obesity and chronic disease, in addition to resolving critical health disparities that exist in economically and culturally diverse populations.

Enjoy the stories in Harbor Reflections, which highlight the difference that our students, staff, and faculty are making locally, regionally, nationally, and internationally. We could not do this work without our service partners, the rest of the university, our alumni, and friends.

—Greer Glazer, Dean
College of Nursing and Health Sciences

CNHS Ranked No. 50 in the Nation

The College of Nursing and Health Sciences (CNHS) at the University of Massachusetts Boston ranks among the nation’s best nursing schools, according to U.S. News & World Report’s “2012 Best Graduate Schools.” UMass Boston’s nursing college ranked No. 50 in a list of the country’s top institutions. The ranking places the College of Nursing and Health Sciences second in Massachusetts and third in the New England region.

With 801 baccalaureate and higher-degree nursing schools and colleges in the nation, at No. 50, UMass Boston’s college is in the top 7th percentile.

“This is a very exciting time for the College of Nursing and Health Sciences,” said CNHS Dean Greer Glazer. “We have worked hard to grow our programs and research, and to provide our students with the best education, clinical instruction, and services possible to becoming the future leaders in the nursing field. This ranking reflects that.”

To determine rankings, U.S. News & World Report gathered data from surveys of administrators at more than 1,200 programs and some 13,000 academics and professionals, conducted during the fall of 2010 and early 2011.

The College of Nursing and Health Sciences offers the only publicly supported BS, MS, DNP, PhD, and Post-Doctoral Fellowship nursing programs in the greater Boston area to graduate a significant number of racially and ethnically diverse baccalaureate-, master’s-, and doctorally prepared nurses in Massachusetts.
Kristen Carlson, program affairs specialist for CNHS’s online RN-BS program, with her framed Patriot Award from Employer Support of the Guard and Reserve.

Assistant Professors Lisa Kennedy Sheldon and Mary Cooley converse with students in their Clinical Knowledge for Cancer Nursing Research I course.

Nursing graduate student Inese Kudeja (second from the left) speaks with fellow students on Annual Research Day.

Kristen Carlson, program affairs specialist for CNHS’s online RN-BS program with her framed Patriot Award from Employer Support of the Guard and Reserve.

Associate Dean and Professor Marion Winfrey and student Duong Tran with her Dean’s List Certificate of Achievement.

Albert Kim, research coordinator at GoKids, receives a box of chocolates as a prize for wearing the most red from Assistant Professor Jessica Whiteley at CNHS’s annual GoRed Walking Challenge.

CNHS students flanking Lori Ehrlich and Mary McCormick-Gendzel at MARN Conference on Health Care Payment Reform (L-R: Moliere Constant, Katherine Hastings, Nichole Coyne, Ferenkhe Kumbiah, State Representative Lori Ehrlich, CNHS Clinical Instructor Mary McCormick-Gendzel, Annie Lam, Elizabeth Wilson, Sophia Celestin, Docia Akwaboah)
Dean Greer Glazer and Professor Jacqueline Fawcett with the 2010 recipients of the Helene Fuld Health Trust Scholarship (L-R: Jacqueline Fawcett, Doris Nabikajje, Brayan Teran, Maureen Bagggie, Julie Nickley, Kellie Olsen, Amy Julian, Alyson Karakouzian, Dean Katica, Greer Glazer)

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

For more information on CNHS programs, info sessions, events, alumni, accomplishments, and initiatives, go to: www.cnhs.umb.edu

For general questions about our program, call 617.287.7500.