Marion Winfrey at the July 2005 reception slated for June 2006.

Junior Nevins (Nursing R.N.-B.S., ’99) and Dr. Massachusetts, most of whom remain baccalaureate-prepared nurses in the greater Boston area supported B.S., M.S. and Ph.D. Nursing research, service, practice and health-related quality of life of diverse urban populations through 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 funded College of Nursing and Health Sciences in the nation.

For general questions about our program, call 617.287.7500. For more information on CNHS programs, info sessions, events, alumni, accomplishments and initiatives, go to: www.cnhs.umb.edu.

Stay tuned to www.cnhs.umb.edu for details!

From Albanian Labor Camp to the Nursing Profession: One CNHS/BBN Student’s Story

My name is Entela Topalli and I am a senior in the College of Nursing and Health Sciences. I was born and raised in Albania, a small nation in southeastern Europe, during a time when it was under communist rule. My family, strongly opposed to communism, was sent to live in labor camps, where conditions were unimaginably harsh. We worked long hours and were given only small rations of food—not enough to feed one person adequately, let alone a family of nine. We were always hungry, and sometimes the elders in the family would not eat so that there would be enough food for the young. We lived in constant fear; we knew that one day we could be imprisoned or killed for our beliefs. I was conditioned to think that it was futile to set goals for myself and pursue my dreams.

My family had seen no escape from this horrible life but to somehow leave the country. However, my grandfather believed that it would be safer if he defected alone, then returned for his family once communist rule in Albania had ended. He never imagined that the Communists would hold on to power for more than 40 years. In 1950, he left behind his 28-year-old pregnant wife and two young children; it was the hardest thing he ever had to do.

Moving to the United States six years ago and later attending UMass Boston has changed my life in crucial ways. Now I understand that with a lot of effort and a little luck, I can do just about anything I set my mind to. Life in this country has galvanized my ambition and strengthened my desire to take advantage of my opportunities.

I have learned that success in life is a direct result of hard work and the ability to rely on others for support. I have a unique ability to positively interact with people in my everyday life, and the support of my family has had a significant impact on me throughout my academic life. During discouraging times, my family helped me believe in myself.

In many ways, UMass Boston has helped me to achieve my goals and understand the world around me. Pursuing a degree in nurs-
New Articulation Agreements Support Registered Nurses’ Future Opportunities

Currently, only 16% of registered nurses with an associate’s degree continue with their education to receive their bachelor’s, which can limit job opportunities and growth within the profession. Always mindful of our urban mission, CNHS has collaborated with local community colleges since 1980 to offer 2+2 articulation agreements to facilitate the transition from a community college to completion of a baccalaureate degree. Fifteen years later, demands on nurses’ schedules require us to be innovative. In 2004, with a focus on flexibility and harnessing the advantages of technology, CNHS changed our RN-to-BS program to an online rather than on-campus offering. These changes necessitated an updating of our articulation agreements with the purpose of creating a seamless transition for licensed registered nurse graduates of the following seven associate’s degree programs: Bunker Hill Community College, Cape Cod Community College, Laborde Community College, Massachusetts Bay Community College, Massachusetts Community College, Quincy College, and Roxbury Community College.

The spirit of cooperation and future opportunities was the symbolic theme at the signing ceremony of the new agreements on September 14, which was attended by the community college presidents and nursing deans. Among those present were: Nursing Dean Dr. Cynthia Aber, Online RN-to-BS Program Director Kathleen Polley.

EHS Professor Stanish Receives $80K Grant

Recently, I received a research grant from the Deborah Munroe Noonan Memorial Fund, which supports innovative and collaborative research to improve the quality of life of children with disabilities. It is a one-year grant of $80,000.

The project I will conduct is a pilot physical activity intervention for children with intellectual disabilities, ages seven to twelve years. Approximately 30 children will participate. The aim is to examine the effect of a 14-week, community-based physical activity program on the health-related physical fitness, perceived physical competence, and physical activity patterns of the children. The program will be conducted at a community center in Dorchester four days per week for one hour and will include games and sports aimed at promoting health and fitness. The great thing about the project is that it meets two key goals: 1) to examine the effectiveness of a community-based physical activity intervention, and 2) to offer children with intellectual disabilities a free, accessible program in their own neighborhood. Children with disabilities are often left out of after-school opportunities, so this program will allow them to participate in a safe and comfortable environment with trained instructors.

I have been conducting both research and community-based physical activity programs for many years. I coordinated a summer camp program for children with various disabilities at Washington State University in 1998-99. I went on to initiate five community physical activity programs in Argentina, Nosar Scotia, that served several populations, including older adults, adults with mental illness, adults with intellectual disabilities, and an after-school program for children aged three to eighteen years, with various physical, intellectual, and sensory impairments. While studying at the Ohio State University, I majored in Exercise and Sport Science with a focus in Movement Studies in Disability, assisting in several adapted physical activity programs for people with disabilities.

Most of my previous research has focused on physical activity patterns and interventions for adults with intellectual disabilities. I am very excited to focus on children and help to address the issue of inactivity in this segment of the population. The Noonan Fund has given me this opportunity!
Alumni Profile

Andrea “Drea” Battiste (ESPE, Class of 2001) is an alumna of the shore’s first woman, and wellness coach, is best known for her role as a contestant on the hit NBC reality show The Biggest Loser and is increasingly sought after as a motivational speaker. She recently spoke at our first annual alumni reception, sharing how she realized the value of her education in the Exercise Science and Physical Education program. She has returned as a guest star and trainer for season two of The Biggest Loser. She has been featured in numerous newspapers and magazines such as People, Start, Sister2Sister, Real Health, Women's Health and Fitness, and In Touch weekly. She is developing a series of workout videos in collaboration with The Biggest Loser.

In Memoriam

We were sorry to hear of the sudden death of Yvette (Roberts) Magazine (B.S., class of 1991) this past winter. Yvette’s father, a decorated Army veteran, was lost long before she was. We offer our deepest condolences to her family and friends. Yvette’s loss is a personal one for us as Children’s Hospital staff and a reminder of the fragility of life. We are grateful for the wonderful care that she received from the staff of Children’s Hospital and the care she provided for us. We will remember her with love and respect.

Entela Topalli

(Continued from Page 3)

ing has brought me an unsung appreciation and fulfillment. And bringing the Best to nursing program, with its multidisciplinary student body, has given me an opportunity to meet people from various cultures and to develop a healthy acceptance of people who are different from me.

I am grateful for all that I have gone through, because it will enable me to be more appreciative of what lies ahead. I believe that I am achieving my goals today largely because of my early-life experiences and the many resources available to me at UMass Boston. When I graduate next spring, I will be better equipped to face life’s challenges because of this university’s unique academic philosophy and its commitment to cultural diversity.

Faculty Research & Grants

Dr. Laurel Radwin, Associate Professor in the Department of Nursing, published a comment on “Arthritis symptoms, information sources and a constantly shifting threshold of risk-benefit ratios influenced elderly patients’ decisions about total joint replacement” in Evidence-Based Nursing. She presented “Testing the Quality Health Outcomes Model in Cancer Care” at the Dana-Farber/Harvard Cancer Center (DF/HCC) Nursing Program in Development lecture series in June 2005. Dr. Radwin served as a member of the Annual Nursing Research Grant Committee of Interdisciplinary Research Group on Nursing Issues of the Academy Health Scientific Sessions 2005.

Professor Debra Wein, a Registered Dietician and Licensed Nutritionist, was recently interviewed about the Atkins diet by Channel 56 (WCVB) following news that the Atkins Corporation is declaring bankruptcy.

Professor Susan Haussler presented a paper, “Finnish Women’s Responses to Cesarean Birth: A Roy Adaptation Model-Based Study,” at the seventh international Family Nursing Conference in Victoria, British Columbia, in June. Cauthon on the paper were three colleagues from the University of Tampere, Finland, and Dr. Jacqueline Fawcett.

Professor Laurie Milliken has published “Depressive Symptoms and Changes in Body Weight Exert Independent and Site-Specific Effects on Bone in Post-Menopausal Women Exercising for One Year.” In The Journal of Gerontology: Medical Sciences.

These CNHS faculty members are conducting collaborative research programs guided by the Roy Adaptation Model with colleagues from the United States and in Finland and Australia.


These studies are examples of the integration of research, teaching, and practice or service, which is the hallmark of the scholarly work of College of Nursing and Health Sciences faculty. Professors Cynthia Aher and Jacqueline Fawcett joined a research team from Marquette University (Milwaukee, WI), headed by Dr. Marianne Weiss, to present two posters of their collaborative research project: “Adaptation to Cesarean Birth: The First Two Weeks Post-Discharge” and “Three Measures of Adaptation in Post-Cesarean Mothers.” (See Fawcett, J., Aber, C., & Weiss, M. (2003) Teaching, Practice and Research: An Integrative Approach Benefiting Students and Faculty. Journal of Professional Nursing, 19, 17-21.)

At the same conference, Diana Newman and Jacqueline Fawcett were honored by being appointed as Fellows of the Roy Adaptation Association. The Roy Adaptation Association was founded several years ago by Callista Roy, of Boston College, and other nurse scholars whose work is based on the Roy Adaptation Model of Nursing, which is a major conceptual model of nursing that is used worldwide to guide nursing research, education, administration and practice. The purposes of the Roy Adaptation Association are to advance nursing practice by developing basic and clinical nursing knowledge based on the Roy Adaptation Model and its philosophical perspective; provide forums for special interest in Roy Adaptation Model-based research, education, and practice, and the general concept of creative social change and to enhance networks of dissemination for knowledge of practice and education.

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Nursing faculty presented posters at the Sixth Annual Roy Adaptation Association Conference, held at Boston College on June 10, 2005: Prof. Susan DeSanto-Madeya, Cynthia Aber, Amy Rex-Smith, and Jacqueline Fawcett presented a poster of their program of research, “Adapting to Life Events: Motherhood and Spinal Cord Injury”.

Diana Newman presented a poster of her research, “Functional Status, Personal Health and Self-Esteem of Caregivers of a Child in a Body Cast.”

Susan DeSanto-Madeya presented a poster of her research, “Secondary Analysis of the Meaning of Living With Spinal Cord Injury Using the Roy Adaptation Model.”

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Challenges to the Nursing Department are
the EHS faculty, with a program in public health and policy specialty in an article copublished by Dean Glazer, Professor Jacqueline Fawcett, and Ph.D. Program Director Sherry Merrow on "A Nursing Ph.D. Specialty in Health Policy," Nursing Outlook, 55(2), pp. 68-73.

Our faculty members are working on these challenges. One team is exploring the possibility of UMBC offering an accelerated baccalaureate degree in nursing for our nursing majors: Mary Kaye, BS, RN (1991), is the mother of Christine E. Kane, BS, RN (2002), and Marylaine Kane, class of December 2005. If you are interested in exploring teaching opportunities or you would like to volunteer to give a guest lecture, I would love to hear from you at sherry.merrow@umb.edu or 617.287.7524.

To increase partnerships to enhance our mission and vision statement of integration of teaching, research, and practice.

To provide flexible curricula to meet the needs of our students, who are our number-one priority.

To successfully meet the educational needs of our students and faculty.

The exercise and health sciences department Chair Dr. Kyle McInnis:

It is a thrill to announce that two of our Ph.D. students have defended their dissertations and are now preparing for the doctoral phase of the study. Congratulations to Laura Cestari Long, whose dissertation "Impact of Medicare Payment Policies for Home Health Care on the Health of Employees of Two Nursing Homes: A Case Study" was defended on May 31, 2005, and to Mary Beth Harrington, who defended her dissertation "Preventing readmissions and Improving Discharge Readiness for Patients with Advanced Practice Nurses in Cardiac Surgery" on August 2, 2005.

UMass Boston's Ph.D. Nursing programs focus on preparing nurse educators and researchers. We have begun to transition to an online format for some of our courses, which has been well-received by our students. The online format provides more flexibility for students who may have family or work commitments.

The exercise and health sciences department Chair Dr. Kyle McInnis:

The Department of Exercise and Health Sciences launched its new curriculum this fall with a variety of new courses, many new students, and, with excitement and anticipation, the arrival of two outstanding new faculty members. After an extensive search that attracted candidates from across the country, we are pleased to welcome Dr. Jessica Whiteley and Dr. Bruce Bailey to UMass Boston.

Dr. Whiteley joins the BHS faculty after having served as an assistant professor of Psychiatry and Human Behavior at The Miriam Hospital and Brown Medical School. She received her B.A. in psychology from Boston College in 1989 and her Ph.D. in clinical psychology from Virginia Tech in 2001. She completed her clinical psychology internship at the Medical University of South Carolina in 2001. Dr. Whiteley's research interests are in the areas of women's health, health behavior, and health psychology, with a focus on understanding and changing behaviors related to health and health care. She is investigating Doctor of Nursing Practice programs in anticipation of establishing a program here at UMass Boston.

Dr. Bruce Bailey Jr. earned his Ph.D. in Exercise Science from the University of Kansas in spring 2005. His primary interests are studying the influence of lifestyle and physical activity on the prevention and treatment of obesity and other chronic diseases. Dr. Bailey gained extensive research experience during his doctoral work, including participation in multiple NIH and privately funded research projects. He is currently a research associate at the Heart Association Heartland Affiliate Pre-doctoral Fellowship. Dr. Bailey has already established the foundation of a productive scholarly record, which includes publication in a peer-reviewed research journal, two manuscripts accepted for publication, and conference presentations. In addition, Dr. Bailey has accumulated valuable teaching experience while at the University of Kansas and University of Pennsylvania. We expect more great things from Dr. Bailey as he establishes himself at UMass Boston. The easygoing and compassionate Dr. Bailey is a family man. Most of my time is spent with my wife and two adopted children (Dane and Deirdre). Our kids spend many hours doing sports, which is a big part of our family life. My family is the source of most of my excitement. I enjoy ice hockey and field hockey, as well as playing basketball and volleyball. I am a big fan of "The Philippines" for two years and speak Tagalog.

As you can imagine, we are thrilled to have Drs. Whiteley and Bailey join our other outstanding faculty members. Dr. Sherry Merrow, Dr. Kristine Alster (former interim dean) from her well-deserved sabatical in 2005; Dr. Jacqueline Fawcett is on a much-deserved sabatical. Heartiest congratulations to Dr. Laurel Radcliffe, who received a promotion and has been awarded tenure, and who will take a sabatical in spring 2006 to continue work on a grant.

Pondering the 2005-2006 department goals, one remains at the top of the list: aggressive faculty recruitment. We have great plans for our nursing programs, but we need more qualified faculty before any new and worthy initiatives can be considered. We’re excited about the myriad possibilities for nursing curricula in the near future at CNHS, but without additional faculty they remain only possibilities. We are deeply concerned about the faculty shortage, and every attempt is being made to keep morale high. We realize that this is not only our problem—it is being experienced in many other schools as well.

Competition in recruiting qualified nursing faculty is keen, particularly since nurses have taken decades to acquire advanced degrees. Another development affecting all nursing programs is that many faculty are approaching retirement age. In the Commonwealth, state colleges and universities remain in a recovery mode from the faculty retirements of a few years ago. We are hopeful our faculty-recruitment efforts will be successful before current faculty retire, and before the state offers another incentive retirement package.

Nursing is an applied science: The typical nursing career follows a path that includes acquiring both education and clinical experience. Many nurses begin pursuing education to get a promotion to a nursing leadership position. Some nurses who do not know, the Boston City Hospital School of Nursing is the foundation on which the UMass Boston nursing program is built.

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