Nothing is as constant as change. Over the last few months, many changes have occurred here at the College of Nursing and Health Sciences. This January, Dr. Greer Glazer began her tenure as dean and Schmidlapp Professor of Nursing at the University of Cincinnati’s College of Nursing. The CNHS family wishes her all the best and greatly thanks her for her transformative leadership over the last seven years. As interim dean, I am committed to continuing to move the college forward as we actively search for a new dean.

In this issue of Harbor Reflections, you will be introduced to the new undergraduate program director for the Department of Exercise and Health Sciences (EHS), Dana Commesso. Dana comes to us with an impressive array of Olympic organization experience, and we welcome her to the college. We are looking to Dana and EHS Student Services Specialist Karen McInnis to help continue the revitalization of the EHS Club. From the ski slopes of Colorado, to doctoral studies in physical therapy in Massachusetts, to the incorporation of music, movement, and philanthropy, our EHS students are making significant contributions to the health and wellness of our society.

In our continuing commitment to challenging health care disparities, members of the college and campus community spent an evening with Dr. Augustus White III and his vivid reminiscences of Jim Crow medical education and (Continued on page 3)

On Monday, October 17, the GoKids Boston fitness, training, and research center was visited by CNN’s AccentHealth correspondent Jim Morrelli and a film crew. AccentHealth, America’s largest health education television network, provides viewers with information for healthy living. Jim Morrelli and the film crew spent an afternoon at GoKids to learn more about its leadership in youth health and dedication to eliminating health disparities. At GoKids, the CNN crew was able to witness an intensive fitness session for GoKids participants led by exercise physiologist Carlos Salas and assisted by students from the Exercise Science Program.

GoKids Boston provides low-income, multi-ethnic youth with engaging physical activity and nutrition education programs aimed at preventing and treating obesity and chronic disease in a safe and supportive environment, with a 5,300-square-foot fitness center at the program’s disposal.

School-based body mass index (BMI) screening has recently revealed that about 44% of Boston Public Schools children are overweight or obese. GoKids is committed to providing programs for youth within the Boston community most at risk of obesity and chronic disease.

Among those interviewed for the CNN network were Chancellor J. Keith Motley, Carlos Salas, and several GoKids participants and their parents. AccentHealth captured expert, family, and youth perspectives on how the obesity epidemic has affected our community and ways in which GoKids fights against the epidemic by providing a first-class referral resource that meets the need for effective, safe, fun, and inexpensive intervention for families. The segment is set to air in spring 2012.

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(Continued on page 3)
Department of Exercise and Health Sciences Welcomes
New Undergraduate Program Director

Dana Commesso joined the Department of Exercise and Health Sciences (EHS) as a part-time instructor, later moving on to become a full-time instructor. Dana will now take on her newest role in EHS as undergraduate program director. She will oversee a program of 580 undergraduate students distributed between the health sciences, fitness instruction and management, and exercise science concentrations.

Dana holds a master’s degree in exercise science from the University of Connecticut, where she worked as a graduate assistant responsible for four student fitness facilities on campus, assisted the New England chapter of the American College of Sports Medicine regional office and programs, and volunteered with the varsity strength and conditioning program. She is currently completing a doctor of education degree in organizational leadership and communication from Northeastern University. Her dissertation focuses on factors that influence student engagement and persistence in higher education. UMass Boston is the academic home to a highly diverse student population. An understanding of personal and cultural motivation and barriers is valuable to administration, faculty, and staff. Identification of students who may need additional support or services may improve their learning experience and academic achievement. Early identification may also positively influence graduation rates.

Prior to her academic career, Dana spent ten years with the United States Olympic Committee (USOC) in the Sport Performance Division. In her role as department head for strength and conditioning, she oversaw three training facilities located in Colorado Springs, CO; San Diego, CA; and Lake Placid, NY. At the USOC headquarters in Colorado Springs, Dana worked directly with national- and Olympic-level teams and individual athletes, preparing them for competition with a focus on World Championships and the Olympic Games. She has also contributed to numerous educational programs for athletes and coaches within the organization and partnered with outside organizations, such as the American College of Sports Medicine and the National Strength and Conditioning Association.

Scholar, Students Discuss Health Disparities and Race

On the evening of December 6, 2011, the College of Nursing and Health Sciences and the University of Massachusetts Boston’s Chancellor’s Office came together to honor Dr. Augustus A. White III, PhD, MD, as its 2011 Distinguished Scholar. A world-renowned orthopedic surgeon, Harvard School of Medicine professor, and author, Dr. White joined students and discussed a myriad of issues and topics relevant to disparities in today’s health care systems. This conversation was central to his compelling lecture, “What Dr. Martin Luther King, Jr., Would Want Us to Know About Health Care Disparities.”

Growing up in Jim Crow–era Tennessee and training and teaching in overwhelmingly white medical institutions, Dr. White witnessed firsthand how prejudice works in the world of medicine. And while race relations have changed dramatically, old ways of thinking die hard. Touching upon topics such as health care, health care costs, payment, insurance, and the subconscious mind, to name only a few, Dr. White enlightened CNHS students, faculty, friends, and families of the magnitude and scope of health disparities.

Dr. White further discusses this subject and more in his most recent publication, Seeing Patients: Unconscious Bias in Health Care. The book draws on his experience in startlingly different cultures to make sense of the unconscious bias that plagues medical treatment, and to explore what it means for health care in a diverse twenty-first-century America.

CNHS-Led Delegation Attends Biennial Convention

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EHS Club Reconvenes to Promote Health in the UMass Boston Community

In the past, the Exercise and Health Sciences Club was an active community-serving organization that was dedicated to promoting physical activity and health, and it is aiming to do so again. The club, now overseen by EHS Undergraduate Program Director Dana Compresso, was reestablished this past January with new team officers Shane Brauer, Amanda Clapp, Jen Frazier, Justin Penn, Julia-Ann Scotton, and Stephanie Shain, who will be providing students of all majors the opportunity to network and learn about various exercise and health fields while enjoying fun activities. The EHS Club encourages students to work outside the classroom and participate in various events, such as fundraising, volunteering, or attending conferences, with an emphasis on building student and faculty relationships.

Members will create and manage different activity groups within the club, such as walking, hiking, or road race teams; a rock-climbing group is another possibility. Additionally, the club will promote proper nutrition by distributing nutritional information and giving out healthy snacks between classes. In addition, the club plans to organize events designed to create opportunities for networking, résumé building, having fun, and making new friends. These will include attending conferences held by the New England Chapter of American College of Sports Medicine (NEACSM), participating in charity events such as the Project Bread Walk for Hunger, and an annual holiday party where students and professors can meet and interact. The EHS Club plans to promote attendance at the spring American College of Sports Medicine conference and will begin fundraising by selling apparel that members can wear at the conference.

To receive information on meeting times and locations, to suggest ideas and ask questions pertaining to club activities, or to be added to the club’s mailing list for regular updates and meeting minutes, contact the group at umasseshsclub@yahoo.com. The EHS Club encourages comments, questions, and suggestions from students and faculty.

Online RN-BS and Accelerated Nursing BS Programs Receive New Directors

Longtime College of Nursing and Health Sciences faculty members Jacqueline Fawcett, PhD, RN, FAAN, and Margaret McAllister, PhD, RN, FNP-BC, FAANP, have been appointed to the positions of interim program director for the accelerated option of the Baccalaureate Nursing Program, and program director for the Online RN-BS Nursing Program, respectively, by Interim Dean Marion E. Winfrey.

Dr. Fawcett has worked with Dr. Sheila Cannon, PhD, APRN-PMH, BC, the outgoing director of the accelerated option, to ensure a smooth transition. “I very much look forward to working more closely with our wonderful accelerated option students and staff as the Department of Nursing continues on the journey to greater greatness,” Dr. Fawcett stated after being appointed to her new position. Dr. Fawcett has been a member of the College of Nursing and Health Sciences faculty since 1999. She teaches courses in the Department of Nursing’s undergraduate, master’s, and doctoral programs. Her research program, guided by the Roy Adaptation Model of Nursing, focuses on adaptation to life events. Dr. Fawcett has authored or coauthored several books and more than 100 journal articles.

Dr. McAllister will oversee the program quality and progress of its students toward graduation as the incoming Online RN-BS Program director. Dr. McAllister holds a master of nursing education degree from the New York University School of Nursing and the Arts Professions, and a specialist in primary health care of adults and children degree from Indiana University, where she also completed a Robert Wood Johnson nurse faculty fellowship in primary care. Dr. McAllister earned a PhD in law, policy, and society from Northeastern University. She initiated online education at the College of Nursing and Health Sciences in 2004 with the Post-Master’s Nurse Practitioner Program. Dr. McAllister is an associate clinical professor and has been a CNHS faculty member for 17 years.

From the Dean

(Continued from page 1)

practice. In bringing us full circle to today, Dr. White discoursed on the lingering effects of unequal care.

Indeed, the constancy of change challenges us to examine anew not only how we teach and practice, but also the theories and paradigms that undergird those activities for today and the future. The research and practice contributions of CNHS faculty, students, and staff presented in our continuing Recent Faculty Publications feature make it clear to a worldwide readership that CNHS doesn’t just respond to change—we make it happen!

—Marion Winfrey, Interim Dean College of Nursing and Health Sciences
Lecturer Mario Munoz Presents Research at NEACSM Conference

On November 3 and 4, the New England Chapter of the American College of Sports Medicine (NEACSM) held its annual fall conference at the Rhode Island Convention Center in Providence. The conference was targeted at a variety of professionals: sports medicine physicians, physical therapists, athletic trainers, and therapeutic assistants; academic, research, and clinical exercise physiologists; and applied professionals like strength and conditioning coaches, personal trainers, and gym owners.

Organized around the theme “Pursuing Discovery: Technology and Innovation in Sports Medicine and Exercise Science,” the conference brought together speakers from all parts of New England and other regions of the United States. Speakers explained the advances and uses of technology in the different fields of sports and exercise science, and encouraged the audience to understand the use of technology in helping to reduce risks and improve health and performance.

The EHS Department had a significant presence at the conference overall, with EHS chair Dr. Laurie Milliken passing her gavel to new chapter president Dr. William Kramer during the conference, completing her tenure as president of NEACSM.

Dr. Scott Crouter, executive chapter member, also represented the EHS Department, serving as moderator for student abstract sessions. Dr. Crouter was also part of the awards-selection committee for student presentations.

DNP Candidate Jodie Marcantoni Discusses Capstone Research on Easing Patient Transitions

Jodie Marcantoni, DNPs, FNP-BC, MS, a graduate student in the Doctor of Nursing Practice (DNP) Program, recently presented on the preliminary findings of her DNP capstone project at the Washington University School of Medicine–Barnes Jewish Hospital Patient Safety and Quality Initiatives to Improve Healthcare Annual Conference, and the Missouri Association for Healthcare Quality Conference last fall in St. Louis, Missouri. Her capstone project, titled “Improving the Care Transition for Infectious Disease Patients: Using Health Literacy Guidelines for Patient Education,” focuses on improving the quality of education for patients discharged from the hospital on long-term intravenous antibiotics.

The project was developed based on evidence in national health policy recommendations for health information communication, infection-prevention measures, prevention of unnecessary hospital readmissions, and safe transitions of care for patients discharged from the hospital to their homes. Jodie’s DNP capstone project differs from a PhD dissertation in that it focuses on using available knowledge from research studies in order to improve health care, also known as translating evidence into clinical practice. The conferences provided her with an opportunity to observe varied situations in which the skills and knowledge acquired in the DNP program can be used to improve health care.

Jodie also recently coauthored an article, published in the journal Clinical Infectious Diseases, titled “A Retrospective Comparison of Ceftriaxone Versus Oxacillin for Osteoarticular Infections Due to Methicillin-Susceptible Staphylococcus aureus,” which was electronically published this past December. She is also a recipient of the Craig R. Bollinger Memorial Research Grant, a competitive award from UMass Boston that helps students defray research expenses.

Jodie received a master of science in nursing degree with a concentration in adult primary care at Simmons College in Boston, and a post-master’s certificate from the Family Nurse Practitioner Program at CNHS. She started her nursing career on an acute medicine unit at Massachusetts General Hospital, also working as a nurse practitioner in family practice at the East Boston Neighborhood Health Center. She currently practices in the specialty of infectious disease at the Washington University of Medicine–Barnes Jewish Hospital in St. Louis.
Oncology Nursing Society Members Take Part in ATA Oncology Nurses in Cuba Program

Lisa Kennedy Sheldon, PhD, APRN-BC, assistant professor in the College of Nursing and Health Sciences’ Nursing Department, participated in the Academic Travel Abroad: ATA Oncology Nurses in Cuba Program December 4–9, 2011. The delegation, composed of 17 Oncology Nursing Society members, traveled from the United States to Havana, Cuba, under the auspices of Amistur and the Cuban Institute of Friendship with People. Anne Gross, PhD, RN, vice president at the Dana-Farber Cancer Institute and a UMass Boston graduate, was also a member of the delegation, along with Oncology Nursing Society president Carlton Brown, PhD, RN, and other oncology nurses from American research and academic institutions and clinical settings, such as the National Cancer Institute, New York University, and Sloan-Kettering Hospital.

The delegation’s objective was to provide opportunities for sharing information about health care, cancer care, and oncology nursing. The group learned about the extensive Cuban primary health care system and met with nursing faculty and cancer care specialists. With more than 20 hospitals, nine of which have oncology services, and a growing pharmaceutical industry, Cuba has been very active in combining state-of-the-art cancer care with research initiatives.

In addition, Dr. Sheldon presented her program of research on the psychosocial care of people with cancer, titled “Patient-Provider Communication: Impact on Patient Outcomes,” to the nursing faculty of the School of Nursing in Cuba. This stimulated discussion about the school’s current nursing study using interventions to improve psychological well-being in Cuban cancer patients. The U.S. delegation was impressed with similarities in nursing issues and challenges that bridge countries and create shared knowledge.

In addition to teaching at CNHS, Dr. Sheldon serves on the international advisory board for the Oncology Nursing Society and works as an associate editor for the Clinical Journal of Oncology Nursing. She earned a doctorate in nursing with a focus on cancer control from the University of Utah, in addition to a postdoctoral fellowship at the Dana-Farber Cancer Institute.

FOCUS ON FACULTY AND STAFF

John Applebee recently joined the College of Nursing and Health Sciences as a part-time special assistant to Interim Dean Marion E. Winfrey. John has worked at UMass Boston for more than 28 years in many different capacities. Before his retirement in 2008, he was the director of the University Advising Center. Most recently, John has worked for the Department of Exercise and Health Sciences as a part-time academic advisor and project director. In his capacity as a special assistant, John will be undertaking projects assigned by Interim Dean Winfrey to improve the efficiency of collegiate administrative processes to better serve students and staff. He will also represent the interim dean and the college at selected university meetings. John earned a graduate certificate in dispute resolution from UMass Boston, a master’s degree in theological studies from Harvard Divinity School, and a bachelor’s degree in philosophy from Colgate University.

Joann Berrouet was recently hired as undergraduate program assistant at the College of Nursing and Health Sciences. Joann is an alumna of UMass Boston, where she received a bachelor’s degree in biological anthropology and German studies.

In her new role, she assists Traditional Nursing Undergraduate Program Director JoAnn Mulready-Shick, EdD, MSN, RN, CNE. Joann is responsible for all program functions involving admissions, orientations, online assessments and testing, licensing procedures, program committee support and scheduling, and faculty placement assignments and trainings. In the fall, Joann will enter a master’s program at UMass Boston’s McCormack Graduate School of Policy and Global Studies.

Stephanie Farmer works as the clinical placement specialist at the College of Nursing and Health Sciences. She is an alumna of Berea College, where she received a bachelor’s degree with a double concentration in child development and family studies. With more than 12 years of programmatic and operational experience in the field of education, Stephanie primarily works alongside Traditional Nursing Undergraduate Program Director JoAnn Mulready-Shick, assessing, planning, and implementing student clinical placements and educational experiences. Additionally, she maintains working relationships with all agency personnel for various processes of student placements and preceptorships, as well as collecting, maintaining, and recording all student information about clinical clearances.

Karen McInnis has recently transitioned into the position of student services specialist. After working as program assistant in the undergraduate nursing program since 2007, Karen will now work with the Department of Exercise and Health Sciences (EHS) as its new academic advisor. Karen will work in the CNHS Office of Student Affairs, focusing on providing academic advice to EHS students. Having relocated from California in 2007, Karen is no stranger to Boston, as she is a UMass Boston alumna. In 1999, she received a master’s degree in education at UMass Boston while working as the senior counselor for the university’s Upward Bound Program. She also holds a bachelor of arts degree in sociology, with a minor in gerontology, from Mount St. Mary’s College in Los Angeles, CA. Karen brings to CNHS more than ten years of experience in education and more than four years in higher education.
Briana Endicott is a recent graduate of the College of Nursing and Health Sciences’ Exercise and Health Sciences Program. Having recently completed an internship with the Ski and Snowboard Club Vail of Vail, Colorado, Briana is currently a strength and conditioning coach with the same organization and is working with some of the best junior and elite skiers and snowboarders in the world. She works with alpine skiers, cross-country skiers, freeskiers, freestyle skiers, and snowboarders.

“The EHS program at UMass helped me to build a solid foundation and the confidence to come work at one of the premier ski programs in the world,” Briana notes that she is able to apply the knowledge she gained at UMass Boston to her daily work in Vail.

On a day-to-day basis, Briana runs field sessions for athletes focusing on movement preparation and skills, plyometrics, agility, and energy system development. Program design and implementation with athletes in the weight room is another major aspect of what Briana does.

“Our gym is very small, but it houses some of the best equipment available for training ski and snowboard athletes, including Keiser equipment, a power plate, and TRX,” Briana explains. “There is also an Olympic lifting platform and cardiovascular training equipment.”

Says Briana: “The experience and knowledge I am gaining by working with world-class athletes would not be possible if it were not for my experience at UMass Boston.”

Rennie Gilman graduated from the University of Massachusetts Boston with a bachelor’s degree from the Exercise and Health Sciences Program in 2011. She is currently pursuing a doctoral degree in physical therapy at Simmons College while working part-time as a rehabilitation aide at Bay State Physical Therapy. UMass Boston taught her time management and how to effectively balance class work and professional obligations, skills she has carried into her graduate education. The College of Nursing and Health Sciences opened Rennie’s eyes to the possibility of a career in physical therapy. She reports that CNHS provided her with a solid foundation based on the principles of exercise physiology, health behavior change, and physical activity promotion, which she now utilizes on a daily basis in her new career path. The college also provided her with an opportunity to gain experience in the field of physical therapy through her final internship, which helped to prepare her clinically for her advanced graduate studies.

Michael Maloney is an Honors Program student and a music/exercise and health sciences double major, now in his fourth year at UMass Boston. Michael hopes to graduate in the summer of 2013 and continue on to a graduate program for physical therapy. Of his time with the College of Nursing and Health Sciences, Michael states that “my academic experience at UMass Boston’s CNHS has been all positive. The courses offered are preparing me not only by fulfilling prerequisites for graduate school, but also in providing a well-rounded curriculum, which gives me and the college’s students an overall edge.”

During November and December 2011, Michael raised funds through the sale of his Maybe This Christmas EP, donating all the proceeds to Boston Children’s Hospital. As a child, Michael was diagnosed with and treated for Legg Perthes disease at Children’s Hospital.

On campus, Michael has twice been featured in UMass Boston’s student newspaper, The Mass Media, for his songwriting and recent fundraiser, respectively, and serves as music director for the university’s a cappella club, The Seaside Singers. He has also taught choral singing and songwriting workshops over the last three summers, and he taught a music class at Snowden International High School in Copley Square during his junior year. His music has been played on Emmanuel College’s and Tufts University’s radio stations, as well as on The Jordan Rich Show on 1030 AM WBZ.

A Medford, MA, native, Michael is an accompanist and singer for three churches—in Wakefield, Stoneham, and Medford—and he regularly entertains at nursing homes and senior events. His performances can be seen on his YouTube channel at youtube.com/michaelmmusic.

Kari Lapham was the recipient of the Eddie Segelman Award at the 2011 College of Nursing and Health Sciences Winter Convocation. Established by Dr. Myron R. Segelman of the Department of Nursing in memory of his father, the Eddie Segelman Award is annually awarded to the member of the graduating class who best exemplifies a love for learning and a desire to help others. Though she has been a registered nurse for many years, Kari is received her BSN through the RN-BS Online Program. Currently living in Virginia, she has been a class leader through her online courses by encouraging her classmates to make the most of each learning opportunity. She has volunteered at county health clinics in Virginia for underserved populations and has been accepted into the Family Nurse Practitioner Program at Shenandoah University. She says she has “found her calling” and is ready to give back to the underserved families in her area. We wish Kari the best of luck and know she will represent University of Massachusetts Boston well in her local area.
PHOTO ALBUM

Helene Bowen-Brady, staff development educator at Faulkner Hospital, speaks at “Nurses’ Role in Interdisciplinary Rounding” presentation (L-R: Jay Thorton, Megan Croake, Gina Auguste, Lisa Caravaggio, Monika Mruk, Amanda Brillhart, Elizabeth Hall, Tara Maranuccio, Tessela LaPointe).

The fall 2011 Brigham and Women’s Hospital dedicated education unit student group poses with its clinical faculty coordinator, Lisa Caravaggio, at “Nurses’ Role in Interdisciplinary Rounding” presentation (L-R: Jay Thorton, Megan Croake, Gina Auguste, Lisa Caravaggio, Monika Mruk, Amanda Brillhart, Elizabeth Hall, Tara Maranuccio, Tessela LaPointe).

Interim Dean Winfrey (left) and Nursing Department Chair Dr. Jacqueline Fawcett (right) with a CNHS graduate at the college’s 2011 Winter Convocation.

Interim Dean Winfrey (left) and Nursing Department Chair Dr. Jacqueline Fawcett (right) with a CNHS graduate at the college’s 2011 Winter Convocation.

Dr. Lisa Kennedy Sheldon with Honduran patient Maria during the International Cancer Corps’ annual trip to Tegucigalpa, Honduras.

CNHS student and scholarship recipient Tamra Russell with Interim Dean Marion E. Winfrey at the Helene Fuld Trust Scholarship Luncheon.

Graduate student Minjim Kim and doctoral student Jacob Kariuki listen closely during the CNHS Campus PhD Meeting this past October.

CNHS student and scholarship recipient Tamra Russell with Interim Dean Marion E. Winfrey at the Helene Fuld Trust Scholarship Luncheon.

Helene Bowen-Brady, staff development educator at Faulkner Hospital, speaks at the Clinical Leadership Collaborative for Diversity in Nursing Anniversary Celebration this past October.
Interim Dean Marion E. Winfrey and Nursing Department chair Dr. Jacqueline Fawcett (far left) pose with various CNHS senior class award recipients at the college’s 2011 Winter Convocation.