

WVU NURSING

WINTER 2015



SCHOOL OF NURSING ALUMNI:

IMPROVING
OUR WORLD—
One Patient At A Time.

 West Virginia University

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ON THE COVER: WVU alumnus Francis Boyle is using his nursing background to make a difference in the lives of people all over the world by volunteering with Project Helping Hands.
Photograph by Katharine Kimball Photography

Dean's Message

**Dear School of Nursing Alumni & Friends,**

As we near the end of 2015, I find myself reflecting on my first year at the WVU School of Nursing. I am proud to be a part of this school and university, and I am struck by the passion of our faculty, dedication of our staff, motivation and leadership skills of our students, and unwavering support of our impressive alumni. Our School has accomplished much this year.

I am particularly proud of our amazing outreach and community service efforts. Faculty and students travel all over the state, providing countless volunteer hours and critical services to our communities. Our faculty members volunteer at local clinics. Beyond our state's borders, we are participating in global health initiatives to provide unique learning perspectives and cultural exchange, and we are exploring additional opportunities through partnerships with nursing programs outside the U.S.

Addressing West Virginia's health issues is another important focus of the School. In October I attended President Barack Obama's community forum on drug abuse. Sadly, our state leads the nation in deaths from prescription overdoses. We are working collaboratively to identify opportunities to lead change through education, treatment and prevention. We have amazing resources to share and will be working with our HSC partners, as well as state leaders, to address these serious health concerns.

Our academic programs continue to evolve. Soon we will roll out a new option for obtaining the Doctor of Nursing Practice degree (DNP), the terminal degree for nurse practitioners. Additionally, we are collaborating with the School of Business to offer an MSN/MBA degree program. We will continue to collaborate with other WVU units to explore degree programs for future nurse leaders. We look forward to being part of WVU's new Beckley campus with an undergraduate nursing offering there.

Scholarship and leadership remain core values. Vicky Reiser ('15) was one of only eight graduates to receive the Order of Augusta – the highest honor awarded by WVU to graduates. Nearly 90 nursing students made the President's List (4.0 GPA) in spring 2015, while 110 of our students made the Dean's List. This is an outstanding testament to the academic commitment of our students and faculty.

In this issue, you will read about the \$1.4 million grant we received to improve outcomes in older adults and cardiac surgery patients, and how innovative technology is bringing patient care into the home. This research provides tremendous recognition for the School, and we will continue to grow in this area. To date, faculty members have authored/co-authored nearly 30 publications and presented work at more than 20 conferences/meetings around the world.

I recently spent some time with some of our alums in the Kanawha Valley, and their ideas, energy and passion for our profession are contagious. I look forward to future conversations with you so that we can continue to build on our positive momentum in the coming year.

TARA HULSEY, PhD, RN, CNE, FAAN

Dean and E. Jane Martin Professor
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Quotable p.12

"I am extremely grateful to all of the wonderful individuals who have molded me into the nurse that I have become. A small 'piece' of them goes with me on every flight."

Jared Copeland, MSN, BSN '05, RN, CFRN

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The WVU Board of Governors is the governing body of WVU. The Higher Education Policy Commission in West Virginia is responsible for developing, establishing, and overseeing the implementation of a public policy agenda for the state's four year colleges and universities. WVU is accredited by the Higher Learning Commission. Many WVU programs hold specialized accreditation.

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Getting to know Gary Macy

Written By MICHELE WENGRYN and TARA CURTIS

Gary Macy received his bachelor's degree in nursing from WVU in 1996 followed by a master's degree in nursing and doctorate of nursing practice from the Duke University School of Nursing. Today you'll find him working as an acute care nurse practitioner at Duke Medical Center's Neuroscience Intensive Care Unit while sharing his knowledge and experiences with nurse practitioner students as a preceptor and clinical associate with the School of Nursing at Duke.

But beyond his role as an acute care nurse practitioner, Macy has been involved in clinical and basic science research where he gained new skills and new perspectives in the field of neuroscience, including traumatic brain injury. We had a chance to catch up with the Marlton, New Jersey, native and learn more about his nursing path.

TELL US A LITTLE BIT ABOUT WHAT YOU DO.

I work with a collaborative team of physicians and other acute care nurse practitioners (ACNP) at Duke University Medical Center's state-of-the-art Neurosciences Intensive Care Unit in Durham, North Carolina.

My primary job is as a nurse practitioner although the work and focus are in neurocritical care. In general, I strive to be a well-rounded person with a variety of skills and experiences, but not any one of them specifically defines who I am.

▲ (L – R) Robert Blessing ACNP, DNP; Gary Macy ACNP, DNP; and Carmelo Graffagnino, MD

WHY DID YOU DECIDE TO FOCUS ON THE SCIENCE SIDE OF HEALTHCARE WITH YOUR WORK IN THE LAB?

I've always wanted to make myself flexible in case one of these experiences turned out to be something that I really wanted to do/was passionate about. Working in the microlab gave me an opportunity to learn basic research and it put me as far away from the bedside and doing neurocritical care as I had ever been. I enjoyed learning about how the research is done and its overall effect on what we do. I am interested in the science aspect of neurocritical care, and having these experiences gave me a different perspective that not many acute care NPs have. I also worked with clinical research, helping patients get enrolled in research trials, monitoring their progress through the trial, and evaluating their outcomes.

Because of these opportunities, I have a breadth of knowledge and experiences that I never thought would be open to someone in the nursing field. But I work with wonderful people who have been great in helping me open my eyes to science and to research. If you have an interest, these are things you can do with a solid background in nursing, and there are people to help you get there.

HOW WOULD YOU DESCRIBE YOUR LEADERSHIP STYLE?

I think I am most comfortable leading by example, but I hope that I am flexible enough to realize that different situations call for different leadership styles. When you work very closely with a small group of people and the stakes are high, you have to be flexible and a team player. Some problems call for quick unilateral decisions and some are best solved with input from the team. Matching the best leadership style with each problem is the challenge. Sometimes this is easy, but other times it is not.

What others are saying about Gary...

"One of the things about Gary that makes him unique to our group is that I don't think there's a bigger zealot for patient advocacy and care. If Gary has confronted someone on something, it's because it is in the interest of the patient, and I respect that immensely. He takes his work very personally. And, he has changed the practice."

Carmelo Graffagnino

Director of the Neurosciences Intensive Care Unit and Macy's supervising physician

"It was clear in the beginning that he was motivated. And his level of professionalism is rare."

Robert Blessing (ACNP)

Macy's clinical preceptor at Duke and long-time colleague

"This kid was dynamite; a stellar student. The fact is I am a culmination of a lot of experiences, and I think we all are in so many ways. I shared with him what others shared with me. And the cool thing is that it goes on. Gary's sharing it with his co-workers and students, and I'm still doing the same thing here."

Francis Boyle

School of Nursing alumnus (BSN '86)

WHAT IS YOUR BIGGEST CHALLENGE IN THE FIELD?

One of the biggest challenges in the NICU is having good communication between all members of the team and in all directions. Whenever something doesn't happen the way it was planned, whether it is something as simple as a CT scan or as complex as a patient response to therapy, I usually find that one common feature is that there was a breakdown in communication. I think we all make assumptions that each one of us "knows" what the other is thinking, but this is very untrue.

In school I think we focus on making sure we deliver the right message (e.g., IV fluid, not vasopressor in a hypovolemic hypotensive patient; pain medicine, not blood pressure medicine in the post-op hypertensive patient in pain; CT, not X-ray to evaluate for pulmonary embolus), but if we don't deliver the right message in a clear and understandable fashion, then it is as good as wrong. For my own part, I have learned that every person I meet, whether it's a nurse, doctor, family member or patient, has his/her own style of communication that works for them and I need to adapt to these needs constantly.

GREATEST REWARD?

I'm working at a time in neurocritical care where it is flourishing as a specialty and advances are being made. I feel like there is so much work going on in traumatic brain injuries and neurocritical care that I feel like it's a great time to be working in this area. We're making great advances, and I'm part of these cutting-edge advances in the field. Seeing all of the research in this field and how our practice is changing makes this very exciting.

WHO HAVE BEEN YOUR MENTORS?

When I graduated from the School of Nursing, I began working in Ruby's surgical intensive care unit and was precepted by fellow alum Francis Boyle. Francis was my preceptor for three months and we worked together for one year, but in that brief period Francis became one of the most influential people in my life. To

this day, I still live and work by principles Francis taught me 20 years ago. Francis had an incredible work ethic and, regardless of the area he was asked to work in the hospital, he looked at it as a learning opportunity. He took pride in being well-rounded and was always up for new experiences. I've tried to follow his lead.

I feel that I am having a very successful career — one that I only dreamed of having, and I owe a lot of where I am and how I got here to Francis. As a student, all the hard work I was doing in the classroom and all the studying paid off for me and it helped me get a job. What Francis showed me is that it works at the next level too. I'm sure dozens of people have had the same type of experience that I had with Francis and feel the same way that I do. I only hope I have the same influence on students and co-workers who I teach and precept.

HOW DID WVU PREPARE YOU FOR YOUR FIELD?

I am who I am because of the training I learned at WVU. I feel like I was fully prepared as I worked toward my graduate and post-graduate work. The foundation was already in place for many of the courses in my master's programs because of what I learned at WVU. I would put my undergraduate degree up against anyone.

And one thing is always true of WVU — your hard work will pay off. I learned that if I worked hard and focused on my classes — I could achieve a lot of my goals. You only get out of a degree what you put into it.

WHAT PIECE OF ADVICE WOULD YOU GIVE TO SCHOOL OF NURSING STUDENTS?

Always have goals and always strive to achieve those goals. Your goals in life don't stop when you're in college, so always keep setting goals.

WHAT IS THE ONE THING YOU MISS MOST ABOUT WVU?

The people — faculty, my friends. It's a wonderful place. ♡

Nursing alum lends helping hand to rural communities

For many people, summer means hitting the beach or trying out the newest roller coaster at an amusement park. For Francis Boyle (BSN '86), it means lugging a backpack full of supplies and traveling by foot and vehicle on rugged, unfamiliar roads; crossing rivers on makeshift rafts; and setting up clinics to visit patients in remote areas of developing nations.

Written By **MICHELE WENGRYN**

Photography By **KATHARINE KIMBALL PHOTOGRAPHY**





▲ Francis Boyle ('86) has been participating in Project Helping Hands for more than eight years.

This is how Boyle, a STAT nurse at WVU Medicine Ruby Memorial Hospital, has spent much of his vacation time during the past eight years. He traveled to Kenya and Peru twice and made four trips to Bolivia to provide medical care and education to those in need through Project Helping Hands (PHH) — a non-affiliated, not-for-profit organization dedicated to providing sustainable healthcare and education programs to people in developing countries through culturally sensitive adventure.

Boyle frequently serves as team leader on these two-week medical missions that are ranked from mild, where teams typically stay in one location and are housed in a hotel, to extreme, where teams often travel daily to a new location while working and sleeping in very remote regions with few amenities. Most recently, Boyle led an extreme team in Peru, where a volunteer group of RNs, PAs and other medical personnel encountered rough roads and altitudes of 12,000-13,000 feet. “We went from village to village setting up clinics

and providing primary care to hundreds of patients,” said Boyle.

It was at a medical conference that Boyle, a certified critical care RN, learned about Project Helping Hands. During a presentation, PHH Founder and Executive Director Jeff Solheim “flashed a couple of pictures of his travels with Helping Hands. That was the hook,” said Boyle. He asked Solheim for more information, filled out an application, and before he knew it, Boyle was on a flight to Bolivia.

The PHH office in Grants Pass, Oregon, coordinates transportation and puts together teams’ itineraries. Boyle and team leaders communicate with the mission’s senior medical person and make a list of the supplies needed. Leaders then relay to each team member what to expect and bring on the trip. Each volunteer is responsible for paying for their own travel expenses and for obtaining and carrying with them a bag of approximately 50 pounds of donated medical supplies and over-the-counter medications. Teams also

obtain prescription medications through various organizations around the U.S., such as the Brother’s Brother Foundation in Pittsburgh, Pennsylvania.

Once at their destination, teams familiarize themselves with the area and take time to get acquainted with each other. Then, said Boyle, “as team leader, you take care of the logistics — where to get food, water and how to get around.”

During the trip to Peru earlier this year, said Boyle, “We would rise around 5 a.m., find some hot water for coffee, get some food, then have a team meeting and make sure everyone was well. We would lay out the plan for the day and where we would set up the clinic. Sometimes we met first with the town elders to plan the clinic set up.” Village residents are notified as far in advance as possible that a clinic will be in their area. “Usually we open the clinic around 8 a.m. and typically get to see everyone that shows up for clinic, using the triage system, seeing those in order of serious need,” said Boyle, “We stayed a day



▲ Francis Boyle serves as a team leader on the trips and handles much of the logistics to ensure his team is ready to meet the needs of patients.



or a day and a half at each location then moved to the next village. It was exhausting but very rewarding.”

During clinic, the medical volunteers are paired with translators who meet with the families to discuss their concerns and needs before they are seen by a PA or RN and given a physical. “We try to look at all the family members even if only one member is there to be seen.”

We use our eyes and ears since we don’t have the equipment to do imaging and X-rays or blood work other than blood sugar meters to test glucose levels,” Boyle said. “If someone needs advanced services, there are funds available for transporting them to be treated at the closest facility.”

Teams sometimes offer seminars for the person in a village who has taken on the role of helping the locals get healthcare. The individual in this role may not have a medical background.

“The biggest impact we have is teaching patients about how to take good care of themselves.”

Francis Boyle, BSN '86

Seminars include first aid and basic emergency medical services such as CPR training, basic sanitation, nutrition and water purification. In the U.S., “we get clean water from the

faucet,” said Boyle. “People in these remote locations do not. A lot of times water is one of the things that make them sick. Often they know this and we work to teach them how to make it safe to drink.”

While meeting with the patients one-on-one, the medical staff may show patients how to properly lift objects to protect their backs, teach about ergonomics, or demonstrate proper oral hygiene. They share educational handouts in the native language, when available, and information about any medications given. “The biggest impact we have is teaching patients about how to take good care of themselves,” said Boyle. The knowledge passed on benefits the patients long after the team moves on.

Through PHH, Boyle has worked with medical professionals from all over the world in areas of the globe that few people get to see. All while using his nursing skills to make a positive impact on the lives of those in need. “It’s just incredible,” he said. ♡

Right Patient, Right Care, Right Time

Malene Davis inspires nurses
to support hospice patients

Written By APRIL HENRY
Photography By BOB BEVERLY

If there's one color
Malene Davis does
not like, it's beige.

"I had always been told in my MBA classes to be colorful, but don't be beige," said Davis, CEO of Capital Caring. "What that meant to me was analyze the situation, understand what matters, then take a principled stance — and always be bold. I've tried to live my personal and professional life like that and inspire and motivate others to do the same."



On a recent afternoon, Davis sat at a desk in Hospice Care Corporation's headquarters in Arthurdale, West Virginia, in a room that previously served as Eleanor Roosevelt's quarters. Dressed in a bright coral dress, the WVU School of Nursing alum reminisced about her colorful career.

She started as a nurse at the former University Hospital, where she cared for oncology, ENT and neurosurgery patients. "I wondered what would happen to them once they left the hospital," Davis said. "In these very rural counties, what kind of help would they have at home? That's a little beyond what the hospital can be concerned about on a daily basis."

With a goal of working in hospital administration, the Preston County native went on to earn her Master of Business Administration from WVU. "At that time, there were not many RN, MBAs," Davis shared. "They really didn't know what exactly to do with me. They kept trying to corral me back into the nursing department. I felt like I could make a change in how hospitals were run. That was very ambitious for a 24-year-old. I wanted something that married management and nursing."

Then, one day in 1988, Davis came across an ad — about the size of a Splenda pack — in the Preston County Journal, seeking someone to run a hospice. "It was a start-up, a small group of volunteers who were trying to get a hospice off the ground," she recalled, referring to Hospice Care Corporation. "So I applied. When I went to interview, the floor was beige, the walls were beige, the pants of every person interviewing me were beige. It was a Forrest Gump moment, as in 'Run, Malene, run!'"

Encouraged by her father, Davis took the job. She served as president and CEO of Hospice Care Corporation for 19 years. "Being in Eleanor's place, I used to sit here and wonder, 'What would Eleanor think about how Arthurdale turned out?' Here she was, a woman of means, but she had



"I encourage nurses to ... think out of the proverbial box. Think about ways you can improve how people are cared for, the way systems run. Nurses are so good about that because they're so resourceful."

Malene Davis (MSN '94, MBA '87, BSN '84), CEO of Capital Caring

this spirit about her. She really wanted people to be able to do better. That's what developing and creating Hospice Care Corporation meant to me."

A trailblazer at heart, Davis feels compelled to make sure everyone knows that hospice care is available and that they're entitled to it. She did that in West Virginia: Hospice Care Corporation is the largest hospice in the state, serving 12 counties. "I feel people should get the care they need — the right patient, the right care, the right time," she noted.

In 2006, inspired by her success in building a solid hospice foundation in West Virginia, Davis moved to Washington, D.C., to help Capital Caring with its goals. Davis led with her vision of developing a strong hospice in the nation's capital — one that could serve as an example to the country for how hospice care should be. "We went to work right away to figure out how to expand access to hospice care and ensure we were providing the highest-quality care available," she said.

In the years since, Davis has led Capital Caring in tremendous growth, doubling the number of patients and families the organization serves. Davis credits success to a focus on quality, outcomes and accountability.

"We've been very innovative," said Davis, who is past president of the WVU School of Nursing Alumni Association. "That's something I encourage nurses to do — think out of the proverbial box. Think about ways you can improve how people are cared for, the way systems run. Nurses are so good about that because they're so resourceful."

In 2008, Davis and Hospice Care Corporation created at the WVU School of Nursing the first national endowed lectureship focused on pain and palliative care — the Perry G. Fine Pain and Palliative Care Lecture Series. The endowed lectureship is the only one in the country that partners a community-based hospice and a major university, bringing national and international pain management experts to the state.



▲ Malene Davis has always believed in making sure patients have the very best care, including those living in rural communities.

“We always reach out to students because it’s nationally known that there’s not enough teaching in hospice and palliative care for medical and nursing students,” explained Davis, who is a member of the WVU Alumni Association Board of Directors. “Hospice is palliative care, but not all palliative care is hospice care. Palliative care is about pain and symptom management. That can and should be carried out while people are going through active treatment. When things are coming to an end and cure is no longer a realistic goal, there is always more we can do to reduce the burden of advanced illness for both patient and family. Comfort, support and closure are principle goals of hospice care.”

“A person is not just made up of a biological being in the disease state, but there’s the psychosocial part, the spiritual part that needs to be attended and nurtured as well,” she added. “Most people, if they were to describe where they want

“A person is not just made up of a biological being in the disease state, but there’s the psychosocial part, the spiritual part that needs to be attended and nurtured as well.”

Malene Davis, CEO of Capital Caring

to be at the end of life, they want to be at home, wherever they call home.”

Nurses, Davis stressed, are an integral part of the interdisciplinary team that provides palliative and hospice care. “There is an incalculable value of bedside nursing,” Davis said. “Being mindful of patients and their families is at the core, always, of everything we do. When time is of the essence – when you have more yesterdays than tomorrows – then you don’t want people wasting your time. You want your issues addressed by some great people who deliver TLC.”

How does someone who’s dedicated her life’s work to hospice care stay positive? “People ask, ‘Isn’t that depressing?’” Davis recalled. “I’ve always focused on the honor and the privilege to learn the patient’s story. I am inspired by those stories on a daily basis because families write in. People say, ‘I don’t know what we would have done without you.’ When you focus on that, you’re repeatedly just filled up with inspiration and great desire to change the course of despair and suffering for people.” ❖

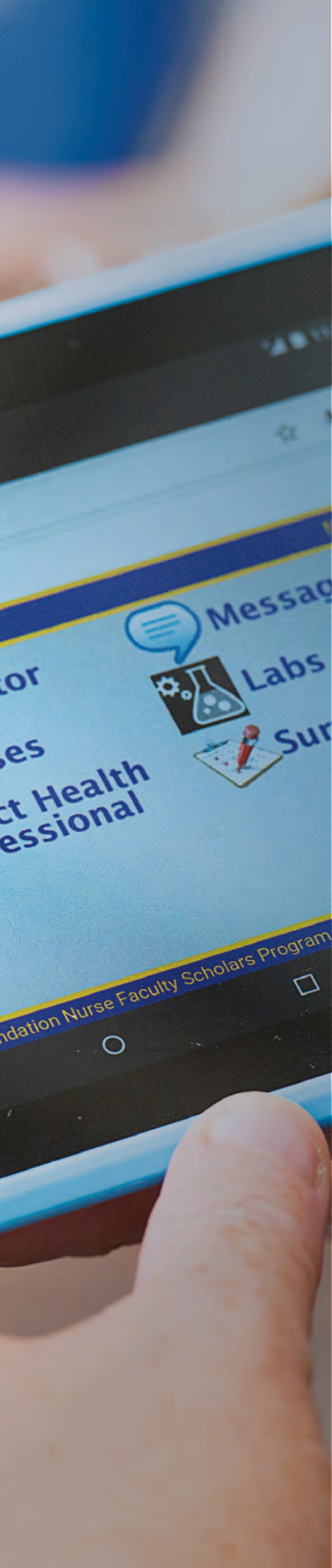
INNOVATIVE TECHNOLOGY BRINGS

VIRTUAL CARE

Written By TARA CURTIS
Photography By GREG ELLIS

TO PATIENTS WITH
CHRONIC ILLNESSES





Rhonda Barker lives 45 minutes from Milan Puskar Health Right where she is receiving treatment for diabetes. But making the trip to and from her home in rural Marion County can often be challenging, particularly during harsh winters.

She isn't alone. Each year, thousands of West Virginia residents travel long, winding roads to receive healthcare throughout the state. Thanks to innovative technology, Barker and others are now getting the care they need, often from the comfort of their own homes.

Jennifer Mallow, assistant professor at the WVU School of Nursing and Robert Wood Johnson Nurse Faculty Scholar, and her team have developed mI SMART (Mobile Improvement of Self-Management Ability through Rural Technology), a Web-based program that allows patients to participate in virtual care while taking advantage of opportunities to enhance their overall health via technology.

The mI SMART program focuses on patients with chronic conditions such as diabetes, obesity and high blood pressure, and provides tools and resources patients need to improve their overall health. Mallow established the research program through Milan Puskar Health Right, where providers recommend patients for the program, based on patient need. Once enrolled, each participant receives a computer tablet, blood pressure cuff, glucose monitor/test strips and scale, which they get to keep at the end of the program. Patients also receive free Internet access during the 12-week program.

Mallow's "big idea" was literally putting pen to paper (well, it was actually a napkin) during a professional conference that she was attending. "The presenter was discussing the need to get providers to patients, but I was like, 'that's not good enough; we need to get them to us'." So she jotted down her ideas on the napkin, pushed it over to her husband Brian, a Web developer who accompanied her on the trip, and said, "Can we do this?" Mallow said her husband never says no, so she knew they could make it a reality.

Through the mI SMART program, each patient receives training from Mallow and her program coordinator, Elliott Theeke. The patients participate in a series of health checks, and that data is automatically transferred from the health monitoring devices into mI SMART. Patients can complete healthcare visits, receive feedback from their healthcare provider and track their progress, all from the comfort of their homes. That data is immediately sent to professionals involved in the care of the patient. Patients can also conduct virtual visits using video conferencing, view medications and watch tutorials/videos that provide additional health education to help them succeed.



Patient Virginia Barker listens as Jennifer Mallow, PhD, FNP-BC (left), facilitator of the ml SMART program, and FNP Rebecca Hebel Walls (MSN '13, BSN '11) at Health Right discuss Virginia's healthcare as part of the ml SMART program.

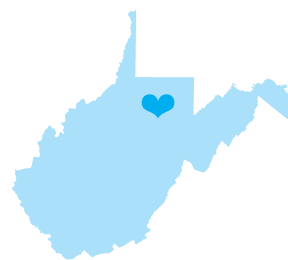
Mallow, who was diagnosed with diabetes when she was 17, is passionate about reducing and/or eliminating burdens placed on the patient. "When I became a nurse practitioner, I started to think about those people who don't have the resources that many of us have. It isn't that people don't want to take care of themselves – something we hear often; it's that life gets in the way. They don't have the resources they need to take care of themselves. It's not just medicines and education, it's everything in their life that gets in the way. I've had the resources and motivation to take care of myself, and patients want to do that too."

The ml SMART program addresses two specific barriers to healthcare identified in Mallow's research: multiple chronic conditions and the distance traveled to receive the actual care. Patients who had more than one chronic condition and those who had to travel more than 21 miles were more likely to miss their visits with their healthcare professionals.

"When I became a nurse practitioner, I started to think about those people who don't have the resources that many of us have. It isn't that people don't want to take care of themselves – something we hear often; it's that life gets in the way."

Jen Mallow, assistant professor at the WVU School of Nursing and Robert Wood Johnson Nurse Faculty Scholar

Patients appreciate the ease of the program, including Barker, who has seen amazing results. "This program made me accountable and provided me with tools to track and follow my progress – all from the comfort of my own home. My glucose readings dropped three percentage points during my 12 weeks



“If we don’t take care of the people in our state, no one else will. We want to improve the health of West Virginians and expand this program statewide.”

Jen Mallow

▲ Jen Mallow is passionate about bringing care to patients who need it, particularly those living in rural communities.

on the program. My husband even joined after seeing my results. Even though we’ve completed the program, we feel like we have the tools to keep going.”

Like any great idea, it takes a village to make the program work, and Mallow noted that they have a great team in place to ensure patient needs remain a priority. “This is a very collaborative approach to care. Depending on the chronic illness, our patients meet with healthcare professionals who are very focused on the patient’s care. The wonderful staff at Health Right, from counselors and nurse practitioners to pharmacists and those who assist with tracking data, it’s truly a team effort. These people are the ones who make this program work.”

Rebecca Walls, a family nurse practitioner at Health Right and a School of Nursing alum (MSN ’13, BSN ’11), is just one of many health care professionals who cares for patients in the program, and she sees the positive results on a daily basis. “I’ve seen reductions in the average blood glucose readings (sugar) and weight loss among our patients because we are constantly

monitoring their progress and interacting with them. I am honored to be a part of a program that helps to elevate the level of care we give to our patients.”

At the completion of Mallow’s research study in December 2015, 30 patients will have completed the mI SMART program, and many of them will continue to use the system to track their progress and participate in virtual care opportunities. She and her team will review the data to determine if this type of program works – for both the providers and the patients. And, if the data shows that this type of approach to healthcare is feasible, she hopes to attract additional funding and roll the program out to a broader base in West Virginia.

Mallow continues to develop collaborative partnerships with colleagues to incorporate mI SMART

to address other chronic illnesses, such as loneliness and other issues that affect the overall health of the patient. “If we don’t take care of the people in our state, no one else will. We want to improve the health of West Virginians and expand this program statewide so that those who need it, have the care they deserve.” ♡



▲ Virginia Barker is just one of 30 participants who is taking advantage of virtual care opportunities through the mI SMART program.

FLYING HIGH

Alumnus realizes dream as flight nurse

Written By **JARED COPELAND**

Photography Submitted By **JARED COPELAND**

I love my job.

How many people can say that and really believe it? I love challenge, and every day at work I am challenged.

I grew up in rural Monroe County where the West Virginia countryside was dotted with farms, livestock, old churches and covered bridges. The 13,000 residents went without many things — chain stores, national restaurant franchises, a single traffic light, or even a hospital. What they did have though, were deeply rooted values of compassion, loyalty, and hard work. All of these things were embedded into me from the very beginning.

As a child, I was often caught staring out the window of my elementary school watching the medical helicopters land at a nearby football field. My teachers would catch my loss of attention and try to rein me in by pulling the blinds down. I was usually able to see the helicopters land before she got them all the way down. It was more captivating to see the firetrucks and ambulances racing up the road than to be trapped inside. I got so good, I could hear the whoosh of the rotor blades before I ever saw the aircraft.

Tragedy struck close to home and left its own imprint. It was my neighbor, a young woman who was my babysitter. I sat in my dad's truck and watched the chaos and urgency of the firefighters and ambulance personnel trying to help. I think that's when I knew that I was destined for the medical field. But what?

My road to nursing took a meandering path. I changed my major twice before I finally figured it out. Trying to find direction, I volunteered in the Emergency Department of West Virginia University Hospitals where I was exposed to emergency and pre-hospital care. This led me to other avenues of healthcare. Taking classes on top of my college load, I studied to become an EMT. My breaks from school were spent working with the Union Rescue Squad. The winding country roads and rural isolation of Monroe County made it necessary to use medical helicopters. The nearest hospital was 30-60 minutes by ambulance, and the nearest trauma center was almost two hours away. I was envious of the knowledge, confidence and skill these flight teams provided when we transferred patients into their care. I finally knew what I wanted to do. I wanted to be a flight nurse. I earned my nursing degree from West Virginia University, bringing me one step closer to my ultimate goal.

The thing was, flight nurse jobs were hard to come by. These highly sought after positions had a low turnover rate, and employers wanted nurses with experience in emergency and critical care nursing. If I wanted the job, the job wasn't going to come to me. I had to go to the job. I took extra courses in advanced trauma, pediatric and pre-hospital medical care;



▲ Alumnus Jared Copeland is living his dream as a flight nurse for HealthNet. Copeland credits his mentors and professors for molding him into the nurse he is today.



anything that would make my resume more attractive. I later earned my master's degree in nursing.

My nursing career started in the Medical and Surgical Intensive Care Units of WVU. Missing the adrenaline rush of the pre-hospital setting, I also took on extra work with Monongalia Emergency Medical Services a few days a month as an EMT. I eventually earned an Emergency Pre-Hospital Nurse certification, which allowed me to function as a field paramedic providing ambulance transport and emergency care in patients' homes, accident scenes and other various

locations. Eventually, I realized that the Emergency Department at WVU would be a better fit in accomplishing my ultimate career goal and transferred. Striving to expand my practice, I continued learning by completing a critical care transport program in Huntington, West Virginia. I finally got my shot. All of my hard work had paid off.

I have been a flight nurse for six years. I am one of the lucky ones who can say I truly love my job. The expanded scope of practice, autonomy and work environment of flight nursing challenges me every day.

Many individuals throughout my nursing career have influenced me and made me

into the nurse that I am today. I believe this is true for all nurses. We take pieces of every mentor, educator, preceptor and coworker with us. Some of these pieces inspire us, some teach us, while others guide our sense of morality. But all of the pieces molded together are you, the nurse that you are today. I am extremely grateful to all of the wonderful individuals who have molded me into the nurse that I have become. A small "piece" of them goes with me on every flight.

I love my job. ♡

Jared Copeland, MSN, BSN '05, RN, CFRN

Going the Distance

Missionary in Madagascar completes WVU nursing degree from afar

Written By **DANIELLE CONAWAY**
Photos Submitted By **AARON SANTMYIRE**

Aaron Santmyire, of Wiley Ford, West Virginia, was traveling down the Manabolo River in southwest Madagascar when he decided to join the Doctor of Nursing Practice (D.N.P.) program at the West Virginia University School of Nursing.

Santmyire has lived in Madagascar since 2007 working as a nurse practitioner, a missionary and a health educator. He and a group of fellow missionaries and healthcare providers were using a hovercraft to reach a remote village that had never had visitors before.

“The inexperienced pilot of the hovercraft managed to knock down part of a nearby house, run into trees, slam into rocks, and maroon the hovercraft on a sand bar in the middle of the river while his passengers, me included, were praying that we were not going to be the hungry crocs’ next meal,” Santmyire said.

Once they were off of the hovercraft, the group waded through thick, warm, knee-deep mud with boas swimming around them. “It was on this trip that I decided if I was going to risk my life, I wanted to provide superior care to whomever I came in contact with,” he said.

Santmyire turned to WVU to learn about that superior care. He had always wanted to be a graduate of WVU, though his missionary work in other countries made that a challenge. After earning his undergraduate and master’s degrees in other states, Santmyire felt like the D.N.P. program was his last chance to become a Mountaineer. He was pleased to find out that he could complete most of his work while living in Madagascar.



He juggled family life (he and his wife Heather are both missionaries), taking care of his two children and caring for rural villagers while earning a portion of his DNP degree from WVU. Electricity and Internet connection were also concerns for Santmyire because they are not stable

there, but he didn’t have problems staying connected too often, he said.

Santmyire returned to the U.S. for one year to implement a capstone project for his degree. He created a website

tracking project to improve the treatment of MRSA (Methicillin-resistant *Staphylococcus aureus*), a community-acquired bacterial infection of the skin, in Marion County, West Virginia. Santmyire earned his DNP in 2013.

“The nursing program at WVU was such a blessing to me and is being carried over to the Malagasy people as I apply what I learned,” he said. “The program has also helped sharpen my skill set, so that I was able to begin teaching in the nursing schools – both rural and urban.”

“It was on this trip that I decided if I was going to risk my life, I wanted to provide superior care to whomever I came in contact with.”

Aaron Santmyire, WVU School of Nursing alumnus (DNP '12)



If given the opportunity, Santmyire would like to return to WVU and work on a Master of Business Administration degree to help administrate and streamline health services in Madagascar.

Currently, Santmyire is providing dermatology care in two hospitals in northern Madagascar and teaching in a nursing school. He helps treat a variety of different diseases, from common problems like eczema and psoriasis to more rare conditions like leprosy and a long-term fungal infection of the skin called chromoblastomycosis.

Each day, he is confronted with how fragile life can be in a country where healthcare is less than adequate.

“Conditions that would easily be cared for in developed countries are at times neglected or mistreated, leading to tragic consequences and lives that are changed forever,” he said. “On a more positive note, I am amazed by the resiliency and the will to live of the Malagasy people.” ❖

“The Nursing program at WVU was such a blessing to me and is being carried over to the Malagasy people as I apply what I learned.”

Aaron Santmyire (DNP '12)



Photos submitted by Aaron Santmyire

WVU healthcare students learning team approach

Written By **TARA CURTIS**
Photography By **TARA CURTIS**

Have you ever been receiving care at a hospital and asked yourself the question, “Do these people ever talk to each other?”

It’s a comment that often has been heard by healthcare professionals, and one of several reasons for more collaborative care in the healthcare industry.

While the care of patients have always been important, how the care is delivered and what care is provided, has never been greater. Today’s health care approach places a greater emphasis on teamwork across all disciplines to ensure that patients are getting the very best care.

This concept, known as interprofessional education (IPE), grew from evidence-based data indicating areas where patient care could be improved. IPE is guided by the Core Competencies for Interprofessional Collaborative Practice and stresses the importance of interactive learning opportunities across disciplines for students in the health care field. As part of the competencies, IPE focuses on four key areas for healthcare professionals: ethics, roles/responsibilities, communication and teamwork.

West Virginia University’s Health Sciences Center recognized the need for these types of collaborations and created the Office of Interprofessional Education in 2013 to provide its students with the skills, experiences and opportunities to work with other health care professionals, faculty and students. This “team” approach allows them to better understand how all of the fields are woven together in providing patient care.

“During the past few years, we have seen a stronger emphasis placed on



providing safe, quality accessible care that is focused on the best outcome for our patients. This means that nurses, doctors, pharmacists, physical therapists and others in the field need to be able to work together as a team,” said Dr. Georgia Narsavage, director of the WVU Health Sciences Office of Interprofessional Education. “Building those relationships and developing this team approach allows us to achieve a higher level of care, and that’s wonderful for the patients and their families.”

HSC students at various stages of their training are grouped into teams with members from the fields of dentistry, exercise physiology, medicine, nursing, med lab science, occupational therapy, pharmacy and physical therapy to complete required coursework for their respective fields of study. The teams participate in four interactive sessions with faculty members to reinforce the four core

competencies that enhance the quality and safety of patient care.

For example, a speed networking activity – adapted from speed dating – provides students an opportunity to interact with other professional students in the various fields to better understand the roles they play in providing patient care. At the end of each session, students are asked to reflect on what they learned – what were the challenges, what surprised you? The positive feedback received reinforces the need for these types of learning experiences in IPE.

Recent graduate Frankie Johnson (BSN '15) saw firsthand how valuable these collaborations can be when she participated in a trip to Amazide, Brazil, to work with other health care students and professionals in rural communities. The group spent 10 days traveling by riverboat to bring public health services to residents living in remote areas of Brazil.



▲ Students at WVU Health Sciences participate in a speed networking session aimed at gaining more information about their healthcare peers.

“We had to work together, with limited resources, to think critically and make the best decisions, together as a team, for our patients.”

Frankie Johnson, WVU School of Nursing alum (BSN '15)

“This trip provided us with so many unique perspectives. These learning opportunities reinforced the importance of working collaboratively with other health care professionals, including our Brazilian counterparts. We had to work together, with limited resources, to think critically and make the best decisions, together as a team, for our patients. Being willing to listen to and being open to each other’s perspectives is so important in providing good care,” said Johnson.

Alumni and other health care professionals are excited about the enhanced focus on IPE. WVU School of Nursing alumna Natalie Bush (BSN '88, MSN '90) and her husband, Wes, have provided financial support for programs and activities for Health Sciences students, including regular speakers’ series and other educational programming. “WVU needs to be at the forefront of interprofessional education,” said Natalie.

“Health care is a team system working toward a common goal – providing the very best care for patients. Programs and activities that emphasize this collaborative approach to health care is critical for our students.”

Narsavage said the Office of IPE continues to develop and enhance programs and courses that foster these collaborative relationships, including authentic simulations for students, workshops, speakers’ series and other activities. The Office also works to ensure current health care practitioners have opportunities to enhance interprofessional learning experiences by offering continuing education programs.

“We know the importance of inter-professional education; the evidence has shown us that. Now, we must ensure that this becomes a fundamental part of the education our health care students receive at WVU,” Narsavage said. ♡

Pearls of WISDOM

The interprofessional approach to learning is eye-opening for students. Here’s what they had to say after participating in team-building activities:

CONSTANT FEEDBACK FROM EACH OTHER IS A MUST.

WE HAVE TO TRUST EACH OTHER.

WE HAVE TO COMMUNICATE WELL AND BE FLEXIBLE.

EVERY PERSPECTIVE MATTERS.

DON’T DISCOUNT PATIENT AND FAMILY CONCERNS.

IN ORDER TO BE SUCCESSFUL YOU NEED TO HAVE A COMMON GOAL IN HEALTHCARE.

DON’T BE AFRAID TO ASK FOR CLARIFICATION FROM TEAM MEMBERS.

BE AN ADVOCATE FOR YOUR PATIENTS AND GET THEM THE CARE THEY DESERVE.

Student Nurses Association provides leadership and opportunities

The National Student Nurses Association's 63rd Annual Convention was held in Phoenix, Arizona, earlier this year. With a focus on "New Horizons," members of the WVU Student Nurses Association (WVUSNA) had an opportunity to hear from keynote speakers who discussed the ever-changing field of health care. The conference provided insights into the Healthcare Affordability Act and new ANA Code of Ethics.

The West Virginia University School of Nursing was well represented with 12 students and two advisors from the WVUSNA. We attended the convention to learn more about refocusing nursing in a community setting, thinking ethically and working collaboratively with other medical professionals. Educational sessions included emergency medicine, operating room nursing, leadership, oncology and nursing research, among others. Two students, Philip Mickinac and Jessica Willard, were the WVUSNA representatives to the National House of Delegates where they participated in legislative decisions and voted on the passage of resolutions.

The WVU SNA presented their own resolution titled, "For Increased Inclusion of Complementary and Alternative Medicine for Pain Management in Undergraduate Nursing Curricula." The resolution, authored by Jennifer Mills, Victoria Reiser, Kaitlyn Tizzano, and Joshua Wells, originally focused solely on acupuncture for pain management because Reiser's current research studies the use of an acupuncture protocol — the Seva Stress Relief — for cancer-related symptoms. She and other students believe it is critical to incorporate non-pharmacological methods into pain management strategies in order to enhance the nurse-patient relationship and improve patient quality of life, outcomes and satisfaction.

The submitted resolution proposed increased undergraduate education for acupuncture and awareness on a national scale. Within weeks of the convention, the authors were contacted by the national committee and asked to combine the resolution with one from California that called for increased acupuncture education and awareness. Working "virtually" with our peers, we were able to submit our new collaborative resolution, which passed with more than a 90 percent majority in the House of Delegates.

Legislation was also passed to ensure teams could have smoother collaboration on future resolutions when asked to combine work with others. A special thank-you to Susan



▲ Our School of Nursing students took advantage of the opportunity to represent West Virginia University at the National Student Nurses Association's 63rd Annual Conference where they gained valuable insights into many of today's pressing nursing topics.

Pinto and Gail VanVoorhis for their efforts in helping make this trip a success.

Our new board members have already started planning for next year's convention in Orlando, Florida. Incoming president Jessica Willard will head the resolution team, and incoming Fundraising Vice President Philip Mickinac is working with officers to make the 2016 convention a success. We are also busy planning a host of activities, including socials, fundraisers, and service events for the coming year. The Peer Mentor Program will continue to assist students as they navigate the rigors of nursing school. Our mentoring program chair, Anna Royek, is teaming with leadership studies student Christopher Vance to create a strong first-year mentoring experience. ♡

\$1.4 million grant to improve patient outcomes and reduce hospital complications

Written By TARA CURTIS

Dr. Joanne Duffy, PhD, RN, FAAN, Endowed Professor of the WVU School of Nursing, is leading a team of healthcare professionals to reduce complications and improve health outcomes in older adults and cardiac surgery patients in rural West Virginia.

Seniors and heart surgery patients are often at an increased risk for developing issues with day-to-day activities and complications during hospital stays. Faculty members from the WVU Schools of Nursing, Medicine and Pharmacy, working at WVU Medicine Ruby Memorial Hospital, are evaluating a model, developed by Duffy, that uses a team-based, patient-centered approach to improve the patient experience and reduce costly complications from hospitalization, including infections, pain, decline in the patient's ability to function normally in day-to-day activities, longer-than-normal hospital stays and repeat admissions to the hospital.

Duffy's competitive award is one of only 26 nationwide and offers a three-year, \$1.396 million grant from the Health Resources and Services Administration to focus on collaboration among health professionals to improve care for these two groups of patients.

"This award provides a wonderful opportunity to evaluate and sustain a model of interprofessional collaborative practice that may benefit the citizens of West Virginia and contribute to the mission of the WVU Health Sciences Center," said Duffy.

As part of the research project, the group is focusing on enhancing health professionals' teamwork skills; developing more collaborative partnerships among nurses, doctors, pharmacists and other health care professionals in clinical units; establishing a long-term approach to sustain the model; and providing organizational-wide recognition for effective collaborative practice. In years two and three of the project, the model will be rolled out to other hospital units and outpatient facilities to continue strengthening health professionals' teamwork skills and enhance patient care.

Other members of the interprofessional team include Kari Sand-Jecklin, EdD, MSN, RN, AHN-BC, and Aletha Rowlands, PhD, RNFA, both of the School of Nursing; Jon Wietholer, PharmD, BCPS, of the School of Pharmacy; and Carl Grey, MD, of the School of Medicine.

"I want to congratulate Dr. Duffy and her team on this project. This type of research is so important to promoting health and eliminating health disparities of patients, while focusing on strong partnerships among health care professionals," said School of Nursing Dean Tara Hulseley. "This is a wonderful example of the important work we do here at West Virginia University to improve the lives of our fellow West Virginians." ❖



Students get glimpse into poverty

School of Nursing seniors learned firsthand what it might be like to live a life in poverty. As part of the Nursing in Complex Community Systems course (Nursing 411), students were given identities and living scenarios for families to allow them to play the role of families experiencing various stages of poverty. During the three-hour session, students learned about the daily difficulties people face and what it might be like to have limited resources. They were introduced to a variety of services available to those in need. This goal of this activity is to help students to make connections with poor health outcomes and living in poverty.

Alumni and friends urged to help students through ‘Dream First’ Scholarship Campaign

WVU and the WVU Foundation are partnering to raise \$50 million for student scholarships through the “Dream First” campaign to support students in pursuing their passions and dreams. The campaign is being launched in response to what WVU President E. Gordon Gee said was a “difficult, but necessary” increase in tuition.

“West Virginia University remains extremely cognizant of our students and their families as they face the financial aspects of obtaining a college education – and we want to do right by them,” President Gee said. “That is our mission – to provide an affordable, accessible and quality education to every student who desires to come to West Virginia University. That is the polar star by which we must guide ourselves every day.”

Foundation Board of Directors Chairman Gary Pell echoed Gee’s comments. “The WVU Foundation is fully supportive of this initiative. Helping students achieve their higher education dreams by enabling greater access and making it more affordable is, and will continue to be, one the Foundation’s top priorities. It’s extremely important to our University and our donors.”

The timeline to raise the \$50 million for scholarships coincides with A State of Minds: The Campaign for West Virginia’s University. The \$1 billion fundraising effort runs through December 2017.



PLANNED GIVING

Leave a legacy so that others who follow you in your chosen profession have the opportunity for an excellent education in nursing at WVU. It takes a lifetime to build your assets and establish ideals. When you make a planned gift to benefit the School of Nursing through a bequest in your will, an income producing gift, retirement assets, life insurance or real estate, you let others know how much you value your education and life’s work helping others.

The future for the School of Nursing is bright because of the generosity of our alumni and friends.

For more information on planned giving, or if you have already completed a planned gift that you have not told us about, please contact Clare Flanagan, WVU Health Sciences Office of Philanthropy, at 304-293-0788 or cmflanagan@hsc.wvu.edu.





WVU GRADUATE CREATES SCHOLARSHIP TO HONOR HIS LATE WIFE

Ralph Glover graduated from the WVU Forestry School in 1962. He recently created the Marti-Lou Glover Nursing Scholarship to honor his late wife, who was a member of the Class of 1964, the first graduating class in the School of Nursing. Marti-Lou died in July 2014, after a brief illness; it was her wish to create a scholarship endowment for undergraduate nursing students at WVU, and Glover's gift of \$25,000 will do just that. The Glovers are a true gold and blue family. Ralph and Marti-Lou were married for 50 years and raised four children, all of whom are WVU alumni. Mr. Glover serves as treasurer of the WVU Forestry Alumni Association.



GIFT OF STOCK PROVIDES SUPPORT TO NURSING PROGRAMS

Thelma Woodburn Andy is a long-standing friend to WVU and to the School of Nursing. She has continuously provided support to our nursing programs since 2003. Through a gift of stock totaling more than \$26,000, she has recently supported a faculty development fund, provided a matching gift for a nursing leadership program, and made a gift to the Fund for Nursing. Thelma is also a planned giving donor. Two charitable remainder unitrusts will someday support our students through the Thelma Andy Undergraduate and Graduate Nursing Scholarships.



THIRD PLANNED GIFT RECEIVED FROM LOYAL NURSING DONOR

This year nursing alumna Hazel Anne Johnson (MS '69, BSN '67) completed a charitable remainder unitrust, her third planned gift to support nursing scholarships. Her recent gift of \$120,000 came from the sale of property and will augment both the Hazel Anne Johnson Undergraduate and Graduate Nursing Scholarships for West Virginia residents. One of the first scholarship donors to the WVU School of Nursing, Hazel created her initial scholarship endowment in 1988. A Buffalo, West Virginia, native, she says it is important to help other West Virginians reach their goal of becoming a nurse. Hazel has strong ties to WVU; she also holds a master's degree in rehabilitation counseling from the College of Human Resources and Education (now the College of Education and Human Services).



FACULTY MEMBER MAKES A DIFFERENCE

Through a gift to the Faculty and Staff Campus Campaign, Patricia Joyce "Joy" Maramba has created a \$25,000 scholarship endowment. The Maramba Family Endowed Scholarship for Nursing will benefit undergraduate students. A 16-year member of our nursing faculty, Maramba is a senior lecturer in the School of Nursing and also practices at WVU Medicine Ruby Memorial Hospital. She serves as the president of the School of Nursing Alumni Association and holds three WVU Nursing degrees including her DNP '09, MSN '98, and BSN '95. Maramba has chosen to combine current and planned giving to make this scholarship a reality for our students.

Class Notes

Janet Askew Sipple (BSN '65) continues to teach as an adjunct professor in the nursing program she founded at Moravian College in Bethlehem, Pennsylvania in 1998. The nursing program enrolls 300 students, including traditional and nontraditional curriculum tracks at the baccalaureate and master's degree levels. Dr. Sipple recently accepted a consultation role with the United Nations vaccination program.

R. Anne McClure Shale (BSN '67) is a family law attorney and uses her counseling skills she learned as a mental health nurse. She worked as a nurse for 20 years before deciding to pursue a law degree.

Sandra Wotring (BSN '67) received a master's degree from the University of Pittsburgh. She has been working as a nurse practitioner in an allergy and asthma office since 1990.

Brenda Law Tuckwiller (BSN '72) is chair of the Career and Technical Education Department at WVU Institute of Technology. Dr. Tuckwiller directs teacher preparation and certification coursework for alternatively certified teachers throughout West Virginia in the areas of health science technology and therapeutic services, engineering, technical, hospitality and human services related career clusters.



Susan Bakas McCullough (BSN '74) works at the Family Birth Center of Providence St. Peters Hospital in Olympia, Washington.

Linda Tigert (BSN '74) is completing 25 years at Santa Monica Hospital where she works in nursing administration. She also works at Dignity Health Northridge Hospital as a quality management coordinator. Tigert has been in the nursing field for 41 years.

Danita Mattingly Nellhaus (BSN '82) is a school nurse with Kanawha County Schools and serves as president of the West Virginia Association of School Nurses.

Stacey Haynes Archer (BSN '83) is director of Midwifery Services and assistant professor at the WVU School of Medicine Department of OB/GYN. She received a master's degree in nursing from Emory University in 1993. She is a certified nurse midwife.

Holly Macklay (BSN '84) received a master's degree in nursing education from NYU and is a critical care nurse educator at New York Presbyterian Hospital for the William Randolph Hearst Burn Center and the Surgical Trauma units. She is enrolled in the Family Nurse Practitioner program at Dominican College. She and her husband, Andrew Greenway, live in Piermont, New York, with their three children.

Joseph De Santis (BSN '88) is an associate professor at the University of Miami School of Nursing and Health Studies. He was inducted into the American Academy of Nursing in 2014.



Lou Horter (BSN '88) works for the State of California Department of Public Health in the San Jose office as a health facilities evaluator nurse.

Erin Martin (BSN '88) works at Waynesburg University and was recently honored with a teaching excellence award.

Lori Meadows (BSN '89) received a master's degree in healthcare administration in 2010 from Bellevue University. She works as a clinical analyst with Information Systems at Tuomey Healthcare System in Sumter, South Carolina.



Lisa Tully-Braun (BSN '90) is a lead nurse specialist for the U.S. Army's New Parent Support

Program in Fort Wainwright Alaska. She and her husband, LTC Mick Braun, have a 15-year-old son, James.



Randy Roman (BSN '90, BSBA '83) completed 25 years of service at Ruby Memorial Hospital where

he worked as a STAT RN. Known as the "White Knight" for wearing an all white uniform and "saving the day," Randy was recognized by his peers in the SICU and MICU with a special celebration honoring his service.



James "Jay" Bowers (BSN '91) received the 2015 AORN Outstanding Achievement

in Perioperative Clinical Nursing Practice award. He is serving a two-year term on the National AORN Board of Directors.

Linda Fowler-Shahzad (MSN '91) retired from the University of North Carolina at Chapel Hill. She contributed to the 10th edition of "Maternity and Women's Health Care."



Tina Jones Hazen (BSN '94) works at Berkeley Eye Center/Caplan Surgery Center in Houston, Texas.

She also owns her own organizing business, Think Inside the Box, which specializes in packing and unpacking homes in the Woodlands area. She and her husband have three children, including the oldest, Julie, who is a freshman at WVU.



Susan Cober Knowles (BSN '96, MSN '00) is director and family nurse practitioner at

Clarkson University Student Health and serves as interim director of Saint Lawrence University Student Health. In addition to her work at Clarkson, she also works at an after-hours clinic in Canton, NY. In spring 2015 she served as a preceptor "For Students Without Borders" in the Dominican Republic.



Melissa Vallorani (BSN '97) is an elementary school nurse in Texas.

April Stewart Stowers (BSN '02) graduated as a family nurse practitioner with a master's degree in nursing and has accepted a position with a cardiology group in Ft. Myers, Florida.



Diana Niland (BSN '09, MSN '14) is a family nurse practitioner and pursuing a PhD program in

nursing at WVU. Her oldest son Zac is also attending WVU.

Stephanie Williams (BSN '09) received a master's degree in family nurse practitioner from Carlow University in Pittsburgh in 2014.

Mark Cummings (BSN '10) is resident manager of Wyngate Senior Living Community where he oversees 60 rooms, 10 cottages and more than 50 employees. Before pursuing a nursing degree he worked for Weirton Steel Company for 30 years.

Megan Shepard (BSN '10) is an RN at WVU Hospitals. She started on 7E in 2010 and transferred to MICU/SICU in January 2012. She is attending Excelsa School of Nurse Anesthesia.

Chris Waybright (BSN '12) works in the medical/surgical ICU at Ruby Memorial Hospital. He is pursuing a master's degree in family nurse practitioner from WVU.



Mollie Fetterolf (BSN, '13) works her "dream job" at the Hospital of the University of Pennsylvania in Philadelphia, Pennsylvania. She is working on a post-surgical neurosurgery, urology, ENT and OMFS floor.



Lora Garlitz (BSN '13) recently joined Hospice Care Corporation. Prior to her role at Hospice, she

worked as an RN in the Step-Down Unit at Mon General Hospital. She and her boyfriend are planning to marry in the near future.

Abbey Fortier (BSN '14) is a staff nurse at University of Rochester Medical Center where she works on the trauma/general surgery floor. She enjoys her job and the nurses she works with!



Vicky Reiser (BSN '15) was one of eight students honored with the Order of Augusta,

WVU's most prestigious student honor. She was recognized during a special reception hosted by President E. Gordon Gee. This spring she was selected as a Rising Star Research and Scholarship participant and will participate in Sigma Theta Tau International's 43rd Biennial Convention this fall with her poster presentation: Acupressure for Cancer-Related Fatigue: Empowering Nurses in Symptom Management.

UPDATES AND NEWS WE SHOULD KNOW

Do you have some news to share? Be sure to send us your updates, good news and other information so that we can share it with our alumni! Visit <https://wvuhschoolofnursing.com/forms/si3thpu-0j3gnnb/> or mail your news to:

WVU School of Nursing
PO Box 9600
Morgantown, WV 26506-9600

ALUMNI AWARDS

Congratulations to School of Nursing alumni **Denise Palmer** (left), MA '90, BSN '84, recipient of the 2015 School of Nursing Alumna of the Year, and **Dr. Lou Ann Hartley**, MSN '87, BSN '80, recipient of the 2015 Distinguished Alumna of the Year. The graduates were recognized for their outstanding accomplishments during the School of Nursing Alumni Reunion Weekend in June.



Get the newest School of Nursing commissioned print by artist Jeff Moores! Pictured above is the 2015 print highlighting the new location of the Pylons at the Health Sciences Center. Each print is \$20 and can be purchased by mailing your check (**made payable to West Virginia University**) to the address listed above. *Please note "SoN Art Print" on the check memo line.*

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WVU School of Nursing



304-293-4831

SAVE THE DATE

Our 2016 School of Nursing Alumni Celebration will be held Friday, June 3, 2016, at the Hotel Morgan.

Details will be available at a later date. Look for more information coming soon via email, Facebook and Twitter.

Questions? Email sonalumni@hsc.wvu.edu.