VITAL SIGNS

WVU SCHOOL OF NURSING 2023 YEAR IN REVIEW
Mountaineers Forever

“(N)ever lose an opportunity of urging a practical beginning, however small, for it is wonderful how often in such matters the mustard-seed germinates and roots itself.”

— Florence Nightingale

Sharing our news and our stories with you is important. Through platforms like our annual year-in-review, Vital Signs; our monthly e-newsletter, The Central Line; and our recently launched LinkedIn account, we hope you will stay engaged and connected with us and with one another.

Our alumni, donors and friends are always there for us on each step of our journey. We are so grateful for your support. We consider you an integral part of the WVU School of Nursing family, and we couldn’t do what we do without you.

Once a Mountaineer, Always a Mountaineer.

Let’s Go!

Tara Hulsey,
PhD, RN, CNE, FAAN
Dean and E. Jane Martin Endowed Professor
WVU School of Nursing
CONTENTS

4  Graduates Earn 100% Pass Rates
5  Among the Best in Education
6  Being a Judgement-Free Part of the Solution
8  LPN to BSN Program | Helpful Health Tips
10 Ambassadors Support Next Generation of Nursing Students
11 Faith Community Nursing | Walking Program Promotes Active Bodies, Minds
12 Spreading Smiles
14 Providing Care Close to Home
16 Japan Collaboration | Learning Abroad in London | Purpose and Adventure in Honduras Program
18 Aromatherapy: The Sweet Smell of Success for SUD Patients
20 Stress Relief Via Puppy Love
22 Congratulations, Class of 2023!

ON THE COVER
Kayla Kelly, a Bridgeport campus student, practices her nursing skills with a manikin in the simulation lab.
Graduates Earn 100% Pass Rates

Class of 2022 graduates from the BS/BA to Bachelor of Science in Nursing (BSN) program and the Master of Science in Nursing (MSN) – Family Nurse Practitioner (FNP) program both received 100% pass rates on their respective licensure exams.

The BS/BA to BSN, also known as fast-track, is an accelerated program offered at the Morgantown and Bridgeport campuses. Successful students are eligible to take the National Council Licensure Examination for Registered Nurses (NCLEX-RN).

“One thing that sets the fast-track program apart is student diversity,” said program coordinator Tonya Thompson. “Each student has something valuable and unique to offer, whether personal or professional attributes or even life experiences.”

In the MSN program, BSN-prepared nurses can earn a master’s degree on a part- or full-time basis. As FNPs, graduates are prepared to offer care at the advanced practice level to a variety of populations. All the 2022 graduates who took the American Academy of Nurse Practitioners certification passed on their first attempt.

Additionally, the Keyser Campus’s traditional BSN graduates from the Class of 2023 received a 100% first-time pass rate on the Next-Generation NCLEX.

“These pass rates come as no surprise,” Dean Tara Hulsey said. “Our expert faculty not only prepare our students for successful completion of their program and for passage of their exams, but also for skilled and compassionate patient care, which is essential in West Virginia and beyond.”
U.S. News & World Report ranked the WVU School of Nursing in two top 100 categories for 2023, including best undergraduate nursing program and best nursing school for a master’s degree.

“WVU School of Nursing students receive high-quality education from expert faculty and hands-on clinical training experiences,” Dean Tara Hulsey said. “This ranking underscores how well our students are prepared to become qualified, compassionate, skilled nurses.”

BSN programs are ranked according to survey results from top academics and officials at nursing schools. Of 681 programs, WVU Nursing landed at No. 93.

For the master’s degree, schools were ranked by faculty resources, research activity, quality assessment, program size and student selectivity. Of 184 schools, WVU landed at No. 96.

“This program is a wonderful opportunity for nurses to positively impact our current and future healthcare systems,” said Dr. Kendra Barker, track coordinator for the FNP Program, also an alum of both the MSN Program and the Post-Master’s FNP certificate program.

“The program really fit my needs at the time to be able to pursue my dream of becoming a family nurse practitioner,” Barker said. “I encourage any nurse with the same desires to apply to our program.”
At the WVU School of Nursing, faculty, staff and students aim to be part of the solution for individuals experiencing substance use disorder (SUD).

Through two continuing professional development courses, Office-Based Medication Assisted Treatment and Nursing Competencies in Addiction Care, nurses and other healthcare providers in the state can better understand the needs of patients with SUD and how to best treat them.

Dr. Susan McKenrick, a nurse practitioner and nursing faculty member, is the medical management provider for one of the Comprehensive Opioid Addiction Treatment clinics offered at Milan Puskar Health Right. She facilitates the Addiction Nursing Care courses, along with Dr. Kendra Barker, a clinical associate professor who was instrumental in bringing OBMAT/COAT clinics to MPHR.

Dr. Ashley Tasker, an assistant professor and a licensed professional counselor, teaches the Addiction Studies capstone course at WVU, part of an addiction studies minor. For nursing students and students going into health-related fields, Tasker said the coursework can provide important perspective about the patients they’ll be treating.

“We’re trying to let them know there’s a judgement-free environment where they can talk and confide in us. We can assist with medical leave and point them to scholarships and other financial support.”

— Cathy Camden, senior academic advisor

Students have also been trained on how to administer and distribute naloxone, a potentially life-saving opioid overdose reversal medication. A Beckley Campus graduate, Carley Knuckles, established a mental health support organization, Active Minds, and she also served as a Collegiate Prevention and Recovery Strategic Network student leader for WVU Tech.
Holly Perkins, an August graduate who completed clinical hours at the VA Medical Center in Clarksburg, focused her senior capstone on improving care for veterans with SUD. As someone in recovery herself, she felt compelled to help end the stigma associated with SUD.

From educating undergraduates and nurses in the field to distributing naloxone and information about resources, the School of Nursing is dedicated to preventing overdose deaths and supporting recovery efforts.
The WVU School of Nursing will soon offer an LPN to BSN program on the Keyser Campus at WVU Potomac State College. Designed to create a direct pathway for licensed practical nurses to earn their BSN degree, “this program will build on experience of LPNs and help them climb the ladder of nursing to open more doors,” said Dr. April Shapiro, Keyser Campus Chair.

The program aims to bridge the gap between LPNs and registered nurses. In many instances, students would have to complete an LPN to RN program, then an RN to BSN program. However, this new program provides a streamlined path to a bachelor’s degree.

Many LPNs work in nursing homes or in office settings, but a BSN degree provides an opportunity to work in specialized settings, leadership positions and more. “Ultimately, a BSN degree provides more opportunities as they climb the ladder,” said Shapiro, a former practical nursing educator. “We’ve seen the need. This program arose from students wanting a seamless pathway to obtain their BSN degree.”

Students can receive escrow credits for their current licensure and professional experience, and the program offers one course designed specifically to help LPNs transition from practical nursing to professional nursing.

“...this program will build on experience of LPNs and help them climb the ladder of nursing to open more doors.”

— Dr. April Shapiro, Keyser Campus Chair
Natalie Bush, a two-time graduate of the School of Nursing (BSN, 1988; MSN, 1990), was named chair of the Nursing Advisory Board at Johns Hopkins School of Nursing following the retirement of Wally Pinkard, who previously held the position.

For the last three years, Bush served as the board’s vice chair, offering a wealth of experience and knowledge in supporting the mission of JHSON.

“Natalie is an accomplished leader, collaborator and advisor, and we are grateful for her continued support of our school and the NAB,” said JHSON Dean Sarah Szanton.

In addition to her role at JHSON, Bush is involved in several nursing advisory boards, including the Inova Fairfax Hospital Foundation Board and Nursing Council and the WVU Foundation Board and WVU School of Nursing Advisory Board. She also serves as a trustee at The Potomac School in McLean, Virginia, where she chairs the Health and Wellness Committee.
As they pursue careers focused on caring and compassion, the inaugural WVU School of Nursing ambassadors are sharing their experiences and expertise with the next generation of nursing students.

The ambassador program launched in fall 2022. Ateria Walker, Aiden Slusser and Kylie Dick were selected in Morgantown through a competitive interview process.

“I just like being of any help I can to freshmen,” said Walker, from Wheeling. “I remember what it’s like being nervous and not knowing what to expect. Being a student ambassador helps give students and parents perspective.”

Each ambassador’s responsibilities include working in the Office of Student Services and attending on-campus and virtual events — something Slusser did previously as a volunteer.

“It’s important for us to talk to these incoming students, that way they know what they’re getting into and what’s going to happen,” Slusser said.

Private donations support the success of the program, which provides a $1,000 scholarship to each ambassador for the academic year. Participating students must be in good academic standing.

“We’re always going to need nurses,” said Dick, of Bowie, Maryland. “It’s really important, the donations, so we can grow this program and bring in very passionate people to nursing.”

Beckley and Keyser campuses joined the ambassador program in spring 2023, selecting Kaitlyn Sizemore and Jessica Maynard, respectively.

Gifts to the School of Nursing are made through the WVU Foundation, the nonprofit organization that receives and administers private donations on behalf of the University.
On a chilly spring morning, nine Clarksburg residents laced up their walking shoes and headed to the St. James Catholic Church parish gym. Led by Patty Colanero, a 69-year-old retired nurse and WVU School of Nursing alum, the group gathered first for an excerpt from “Walk and Talk: Walking Together with Scripture.”

During the bi-weekly meeting in April, Colanero and the group discussed how they stay active outside of their group walks and what it means to live an abundant life. After half an hour of scripture and discussion, the group arose from their chairs, queued up their pedometers and fitness trackers, and began their hour-long walking session around the wooden gym floor.

Colanero, BSN Class of 1975, spent 45 years as a nurse. After retirement, she began helping with the church more regularly.

Dr. Veronica Gallo, Bridgeport Campus chair, connected Colanero with Dr. Angel Smothers, who provided education, training and funding through Faith Community Nursing to support the program.

Each of the members has a special reason for participating — for social interaction, exercise or both. “It’s a good time of fellowship and a good time of sharing,” Colanero said.
Across all WVU School of Nursing campuses, our students go above and beyond to make a difference in their respective communities and throughout the state, offering interactive educational opportunities, leading fundraising efforts and volunteering for charitable causes.

Whether adding a festive touch to doors for children in the hospital during the holidays or leading fundraiser game show nights with faculty, our students are always spreading smiles. Many of these opportunities are organized and led by the Student Nurses’ Association.

Many of these experiences allow our students to practice their communication skills, enjoy a creative outlet and make connections with others.

Left: Decked out in nursing gear, Beckley students, faculty and alumni gathered for homecoming at WVU Tech.

Bottom Left: Morgantown faculty and students joined a Hollywood Game Night fundraiser to raise money for WV Kids Cancer Crusaders.

Bottom Right: Two WV AHEC Rural Community Health Scholars at Keyser, Emily Golden and Jessica Maynard, packed more than 500 lunches for the Food for Thought Program.
Top Left and Middle: Morgantown Student Nurses’ Association members created Valentine cards and holiday decorations for WVU Medicine Children’s.

Bottom: Morgantown Student Nurses’ Association members created Valentine cards and holiday decorations for WVU Medicine Children’s.

Top Right: Beckley students hosted a booth to help spread awareness and educational information about breast cancer.
Second Row Right: Beckley students show attendees how to locate a heartbeat on a simulation manikin during Homecoming activities.

Bottom: Recent graduates Jenna Wermers, Kali Fischer and Cat Myers led a hands-on sensory activity for visitors at the State Fair of West Virginia.

Bottom Left: Bridgeport fast-track students packed cot-side meals for individuals experiencing homelessness.
With more than 100 nurses trained nationally and more than 50 in West Virginia, the WVU School of Nursing’s Faith Community Nursing Initiative is helping to bring nurse-led care close to home for rural residents. Thirteen counties in West Virginia are now home to nurse-led programming, and eight additional counties will soon be added.

The initiative celebrated a special milestone in 2023, as the first telehealth visit was conducted April 25 in McDowell County. The visit helped provide mental health services to a rural resident who would have otherwise been unable to access this specialty care. Melissa Coleman, an ICU nurse manager and faith community nurse, coordinated the telehealth visit from her faith community practice site at the Bradshaw Church of God.

“West Virginia is the third-most rural state in the nation, and in the most rural parts of the state, we see isolation and very limited access to specialty care, including mental healthcare.

This milestone serves as a wonderful example of how the School of Nursing, partnering in a reciprocal fashion with nurses, community stakeholders and community members across the state, is serving to fulfill our land-grant mission.”

— Dr. Angel Smothers, Associate Dean for Community Engagement
Donations from Rusty and Kimberly Hutson, Pallottine Foundation of Huntington, Pallottine Foundation of Buckhannon and FaithHealth Appalachia have supported these growing efforts. These gifts were awarded via the WVU Foundation, the nonprofit organization that receives and administers private donations on behalf of the University.

For more information, contact Dr. Smothers at angel.smothers@hsc.wvu.edu.

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**SCHOOL OF NURSING NEWS**

- WVU Nursing supports faith community nursing efforts in Mingo County
- Community health event supports women’s heart health

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**Lexi Orndorff**

When she was in kindergarten, Alexis “Lexi” Orndorff remembers saying she wanted to be a veterinarian or a doctor when she grew up. But just a few years after sharing those dreams, she was diagnosed with leukemia.

“I was around 11 in the sixth grade,” shared Orndorff, of Romney. “It was scary to be in the hospital, but I felt safe there. All the people at Ruby were really nice, especially all the nurses who helped me.”

Orndorff has battled lymphoblastic leukemia for much of her life, but she remains dedicated to pursuing her dream of becoming a nurse. She is working toward her BSN at the Keyser Campus.

“The nurses there, seeing how they took care of me, how they knew what to say and how to make me feel better about the whole situation, I want to be that person for other people.”
Connecting students from different parts of the world, the WVU School of Nursing’s collaboration with Hamamatsu Municipal Nursing College in Japan is providing opportunities for students from both schools to share their experiences.

The collaboration started in 2019 when Sugino Toshiko, a faculty member from the Hamamatsu school, initiated a global exchange and was interested in connecting with programs in the United States to enhance cultural understanding and increase enrollment.

“The students were going to visit the hospital where the Hamamatsu nursing students conduct clinicals and visit a public health department, but the COVID-19 pandemic hit and the experience was canceled,” said Dana Friend, clinical assistant professor and coordinator of international programs.

Exchanges and language experiences have since occurred virtually. The obstetrics team recorded a childbirth-simulation video with Japanese subtitles for the Hamamatsu students. The video features Clinical Education Assistant Professor Jessica Matthews, nurse midwife and Clinical Education Instructor Kelly Lemon, and then-senior student Cat Myers. Also instrumental in the video collaboration were Simulation Education Specialist Adam Hoffman and then-Director of Nursing Simulation Christy Barnhart.

WVU recently worked with clinical instructor Amanda Edwards and the team at the David and Jo Ann Shaw Center for Simulation Training and Education for Patient Safety (STEPS) to record a childbirth-simulation video with Japanese subtitles for Hamamatsu students.

Additionally, a cultural exchange provided students with the opportunity to discuss cultural issues relating to childbirth and facts about childbirth in Japan.

“This collaboration is an excellent way for students to learn about other cultures, learn how nursing is practiced in other countries and clinical settings, and it will open our eyes and make us culturally sensitive to how nursing is different in Japan,” Friend said.
Learning Abroad in LONDON

Nine WVU School of Nursing students traveled to London in July 2023 as part of a study abroad trip to learn more about Britain’s healthcare system and to experience a new culture.

Recent BSN graduates Ty Flynn and Ateria Walker received a scholarship for the trip, as well as Meredith Maneno, a rising senior. Other participants included Paige Brill, Elizabeth Gould, Lindsay Mayfield, Maryssa Michael, Olivia Naccarato and Laci Sears.

“It was an incredible experience,” Flynn said. “This was my very first time being abroad, so I was very thankful to go with the study abroad office so I knew I would be safe during the entire trip and many of the activities would be planned for me, while giving us enough freedom to explore the city on our own.”

Flynn said he recommends studying abroad for all students, especially nursing students.

“Cultural competency should be at the heart of all of our patient encounters and should drive all of our interventions, and the best way to learn about another’s culture is to experience it firsthand,” he said.

Maneno agreed, adding, “Understanding patient perspectives is important to provide high-quality holistic care, and part of that is being familiar with a patient’s culture.”

She said she learned a lot about the culture in Britain, as well as their healthcare system and the history of women in healthcare.

Purpose and Adventure in HONDURAS

From a young age, Dr. Emily Barnes has had a strong sense of purpose and adventure. Now, she is able to combine her passions as a faculty member in the WVU School of Nursing.

“As I learned more about my career options, I was drawn to the holistic perspective of the nursing model of care,” said Barnes, associate dean for faculty practice and clinical professor in the Adult Health Department. “My mom always said I had wanderlust. I was fortunate to have opportunities to travel early in my life and always hoped I would be able to contribute to the greater good by volunteering my professional skills to people around the world in need of healthcare.”

In 2015, during a search for opportunities to participate in international healthcare missions, Barnes discovered Carolina Honduras Health Foundation (CHHF), and she has been working with the organization ever since.

The nonprofit organization helps fill the healthcare gap and ensure continuity of care in Honduras by providing healthcare for patients, assisting with community development initiatives and educational programming and supplying nutritious food and vitamins.

The following year, she began serving as a team leader and was able to provide more experiences for students. The COVID-19 pandemic caused the organization to pause in-person mission trips but gave Barnes the opportunity to take on a new role working with patients as a telehealth provider.
Aromatherapy eases stress in people undergoing treatment for substance use disorder, which in turn could enhance their chances of a successful recovery, according to research by Dr. Marian Reven, a WVU School of Nursing assistant professor.

The study, which is ongoing, incorporates the use of essential oils as an integrative therapy that is part of a bigger-picture model focusing on the whole person.

Researchers set out to determine whether the use of an aroma inhaler filled with bergamot essential oil produced an increase in comfort and ease and a decrease in stress. For the study, comfort was defined as the experience of relief, while ease was defined as calmness amid distress.

“Those in treatment struggle to handle everyday living, overwhelming demands from work, family, the disease itself and even the treatment program,” Reven said. “Those individuals have identified that relieving distress and increasing comfort during substance use recovery is vital to their success.”

Reven said various studies on substance use disorder treatment indicate that when people no longer have the drugs in their systems in sufficient amounts, they experience a loss of pleasure and an increased sensitivity to stress and anxiety.

Study participants, all in treatment for substance use disorder, report an increase of comfort and ease and a decrease in perception of stress after using the inhaler at least three times daily for one week. Participants track the frequency of administering the inhalers and rate their comfort levels in daily logbooks. Results include a reduction in stress and anxiety as well as an increase in feeling calm and relaxed.

Dr. Marian "Marnie" Reven displays the use of an aromatherapy inhaler.
As Stephanie Lusk was growing up, she always knew she wanted to help people. That drive first drew her to floor nursing, but now she works as a WVU Extension family and community development agent in McDowell and Wyoming counties, meeting people in their own communities to help improve health at home.

“I really thought it was important to look at health from a broader perspective, not just inside the walls of a hospital,” said Lusk, an online MSN student.

Lusk visits southern West Virginia communities to host cooking lessons for folks with diabetes, arthritis-friendly activities for seniors, vaccine clinics that are close by and so much more.

“One of the things President Gee always says is that we export our talent from West Virginia,” Lusk said. “But I know I want to stick around for the people here. It’s important to me to use my degrees close to home.”

Reven said exploring how essential oils can complement a treatment plan – for substance use disorder and other diseases – falls in line with the evolving approach to person-centered care. Other methods include acupuncture, mindfulness, meditation and yoga.

The research is a spinoff of Reven’s 2020 aromatherapy study in which nurses reported feeling significantly less stressed, anxious, fatigued and overwhelmed after wearing aromatherapy patches during their shifts at the WVU Cancer Institute Mary Babb Randolph Cancer Center.

“The comments from this study with substance use disorder patients gave me hope, and I want to look at what populations need the same kind of support,” Reven said. “This could also include people before they are sick because the need to be happy is part of whole-person health. There is a lot of work to be done to show how aromatherapy can impact health and well-being, and I look forward to many years of discovery in research.”

Aromatherapy inhalers can deliver a variety of scents to provide stress relief and relaxation. Researchers are exploring how different aromas can impact stress relief and support recovery for patients with SUD.

Watch a video with Dr. Reven explaining the benefits of aromatherapy.
The WVU School of Nursing recently welcomed two therapy dogs into the family — Gus, a Great Dane, and Tucker, a Standard Poodle.

While Gus is based in Morgantown and Tucker is based in Charleston, the dogs and their humans visit other campuses when requested, offering students, faculty and staff an opportunity to de-stress with head scratches and tail wags.

“I previously owned a therapy dog that I took to hospitals, nursing homes and other events,” said Gus’ human, Cathy Camden, senior academic advisor. “The joy that came from those visits was evidence of how powerful and uplifting a ‘wet nose’ can be for others. I fell in love with this type of service, and as long as I have worked here, I have wanted to provide a therapy dog for our school.”
Dr. E. Jane Martin

Dr. E. Jane Martin, 88, of Morgantown, passed away peacefully July 1, 2023, at Stonerise Nursing Center, Morgantown, following a brief illness. Martin earned her bachelor’s degree in nursing from WVU in 1963. She later served as dean of the WVU School of Nursing for 15 years, from 1992-2007, and filled in as WVU’s interim provost from 2008-09.

“I had the pleasure of knowing Dr. Martin and receiving an endowed professorship in her name,” said Dean Tara Hulsey. “Her memory will live on in all the lives she touched — her students, faculty and colleagues. She left a lasting impact on the WVU School of Nursing during her time as dean and beyond.”

In April 2022, Martin established a $100,000 scholarship to benefit students in the School of Nursing’s Psychiatric Mental Health Nurse Practitioner Program. In addition to this gift, Martin’s legacy at WVU continues via the E. Jane Martin Nursing Professorship, which is currently held by Dean Hulsey.

Tucker’s human, Charleston Campus Chair Dr. Theresa Cowan, adopted him as a companion during the pandemic but soon decided he had an excellent disposition to offer therapy to others, too.

“My niece is an elementary school principal and she had mentioned how well struggling students responded to having a dog sit with them,” Cowan said, “Tucker has a natural calmness about him, and we were in weekly dog school needing an aim.”

As evident from the smiles they bring whenever they enter a classroom, both Gus and Tucker are welcome additions at the School of Nursing.
The WVU School of Nursing celebrated a total of 220 graduates across three campuses and online as part of the Class of 2023.

In Morgantown, 130 students completed the Bachelor of Science in Nursing degree; 31 were awarded the Master of Science in Nursing degree; three were recognized for completion of the post master’s certificate program; and four completed their PhD in Nursing.

Additionally, our Beckley campus celebrated 35 BSN graduates, and our Keyser Campus celebrated 17 BSN graduates.

Dr. Tara Hulsey, Dean and E. Jane Martin Endowed Professor, addressed the graduates during the Morgantown ceremony, encouraging them to follow the values of the WVU School of Nursing — integrity, excellence and inclusiveness — all throughout their careers.

To learn more, visit nursing.wvu.edu/students/commencement.

Left: The Keyser Campus celebrated 17 graduates among the Class of 2023.

Right: Morgantown graduate Grace Painter poses for a photo with her diploma before exiting the stage.
Top Left: Dean Tara Hulsey and Dr. Clay Marsh take photos with each graduate as they walk across the stage at Morgantown.  
Top Right: Morgantown graduates are called one by one to receive their pins and diplomas.

Second Row Left: Dr. Roger Carpenter hoods Salamata Yoda for earning her PhD.  
Second Row Middle: A fellow graduate assists Alyssa Taylor with her cap.

Second Row Right: Ateria Walker receives a graduation gift for her time as a School of Nursing Ambassador.

Third Row Left: Carley LaPole is all smiles as she meets loved ones after the ceremony.

Third Row Middle: Nazene Hunter accepts her diploma from Dean Tara Hulsey and Dr. Clay Marsh.

Bottom Left: Haley McGraw, Emma Leach and Carley Knuckles pose for a photo before the ceremony begins.

Bottom Right: David Keicher smiles after greeting Dr. Clay Marsh.
LEAVE A LEGACY

Nurses dedicate their lives to caring for others, but you can make a difference that lasts far beyond your lifetime by planning ahead today. A legacy gift provides support for future students to help the School of Nursing continue its mission for generations to come.

It’s easy to include the WVU School of Nursing in your estate plans. Learn how by contacting Associate Vice President of Medical and Health Sciences Development Jeff Schoenherr at JSchoenherr@wvuf.org or 304-554-0230.