



Cover: Class of '22
White Coat Ceremony
August 2020

A Message from the Dean

Dear Alumni and Friends of the College:

This has been a year to adapt and excel. On our cover we are showing a picture of Hannah Ceralde after our modified white coat ceremony. We celebrated using a virtual format which included family and friends. Students participated from their homes and were able to invite someone special to assist with the donning of the white coat. We invited students to gather later for individual pictures. Yes, we had to adapt, but the event was personal and safe for our students and other guests. Our goal this year is to continue to excel in our teaching and learning, research and scholarship, and our service through our faculty practice, communities and professional organizations.

We have enjoyed hearing from our alumni and posting on our facebook page how you have adapted to COVID-19 and contributed to the health care response. Please keep your communications coming.

And always, GO HAWKS!
Julie Zerwic

Buckwalter Recognized as 'Living Legend'

The American Academy of Nursing officially designated five prominent nurse leaders as Living Legends—the Academy's highest honor. Among the five honorees is UI College of Nursing Professor Emeritus Kathleen (Kitty) Buckwalter.

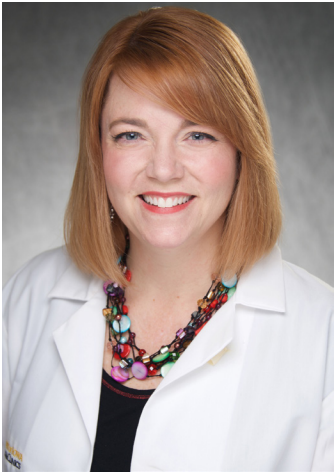
"It is a tremendous honor to be recognized by the American Academy of Nursing, and to join the ranks of Living Legends who have made sustained contributions to both the nursing profession and society," said Dr. Buckwalter. "Iowa, where I received my educational foundation (BSN '71, MA '74) and spent the majority of my academic career, has a longstanding tradition of representation among nurses who have made a continuing impact on the provision of health care services, including former Deans Myrtle (Kitch) Aydelotte and Geraldene Felton; long-time friend and faculty colleague Meridean Maas; and Ada Jacox, advisor and mentor during my Master's program at the College of Nursing."

Dr. Buckwalter joins Drs. Aydelotte, Felton, Jacox, and Maas, the college's other recipients of this prestigious designation. This year's recipients will be honored during the Academy's annual policy conference, In Crisis and Calm: Leading with Purpose, which will be held virtually Oct. 29-31.

Dr. Buckwalter, RN, FAAN, is a renowned innovator, mentor, advocate, and researcher recognized for her health policy work and spearheading the development of the geropsychiatric nursing subspecialty. Among the first cohort of nurses to receive a Geriatric Mental Health Academic Award in 1983, Dr. Buckwalter's decade-spanning efforts to develop and test conceptual and rural mental health models of care have led to incredible breakthroughs in treating persons with dementia through non-pharmacological and environmental interventions.



Gilbertson-White Joins Nurse Leader Fellowship Program



University of Iowa College of Nursing Associate Professor Stephanie Gilbertson-White is one of 11 nurse scientists accepted to the inaugural cohort of the Betty Irene Moore Fellowships for Nurse Leaders and Innovators. This new fellowship program, funded by a five-year, \$37.5 million grant from the Gordon and Betty Moore Foundation, recognizes early- to mid-career nursing scholars and innovators with a high potential to accelerate leadership in nursing research, practice, education, policy and entrepreneurship.

As part of the three-year fellowship program, fellows receive \$450,000 to conduct an innovative project or study with the potential to address a gap in knowledge, meet a vital need, alter care delivery or design a new solution to advance health. Dr. Gilbertson-White's project focuses on building a working prototype of a web/mobile app that incorporates multimorbidity phenotypic data collected from electronic health records to drive tailored symptom management support using personal informatics and behavior change principles.

"We are excited to see what our nurse leader fellows, including Stephanie Gilbertson-White, accomplish during this fellowship and beyond," said Betty Irene Moore School of Nursing Dean Stephen J. Cavanagh. "Our goal is to build and develop the next cadre of nurse leaders who can bring about change and innovation by networking and disseminating their knowledge across the nation."

St. Marie Selected as Academy Fellow

The American Academy of Nursing (AAN) recently announced its selection of 230 highly distinguished nurse leaders as part of its 2020 Class of Academy Fellows. Among this extraordinary group of new Fellows is University of Iowa College of Nursing faculty member Barbara St. Marie, PhD, ANP-BC, GNP-BC, FAANP.

With this latest class of inductees, the number of UI College of Nursing faculty members who are AAN Fellows has grown to 23.

Dr. St. Marie is well known for her research on acute and chronic pain, specifically as it pertains to identifying patients who are at risk for opioid misuse or opioid use disorder. She works to improve decision support for safe and responsible pain management and examines pharmacologic and nonpharmacologic interventions to improve safe practice and reduce risk.

"Becoming a Fellow in the American Academy of Nursing is a great honor for me and signifies that my work has had sustained impact on nursing and society. I know that I will continue to support the science and innovations from the nursing profession to advance quality health care and equity," said Dr. St. Marie.

University of Iowa Hospitals and Clinics' Chief Nursing Officer Cindy Dawson was also selected to receive the Fellow designation from the Academy. Dawson, MSN, RN, CORLN, has served in many roles at UIHC during her distinguished 44-year career.



A Passion for Keeping Kids Out of Pain

By Sara Epstein Moninger | UI Office of Strategic Communication



Elyse Lares has been smitten with kids since becoming a big sister at 13. She acquired a passion for taking care of children while watching her baby brother grow and develop through normal childhood milestones. From that point on, she knew her career would involve children.

While earning an undergraduate degree in nursing at Valparaiso University, Lares worked in a daycare, as a tutor and supplemental instructor, and as a student nurse in a pediatric intensive care unit (PICU) in her hometown of Chicago.

Now, as a student in the PhD program at the University of Iowa College of Nursing, she is poised to help improve the lives of kids who need her most: those hospitalized in a PICU. Lares is researching pain assessment in pediatric patients and how nurses make judgements and decisions regarding pain and sedation management. She wants to empower nurses to make the best choices and enrich the healing process.

“PICU nurses are amazing nurses who take care of super sick kids, but there is so much going on in the intensive care unit. From my experience working in the PICU, I have found that there are knowledge and research gaps that need to be filled,” said Lares, who moved to Iowa City to work in the PICU at the UI Stead Family Children’s Hospital before applying to the PhD program. “We don’t want any child to be in pain. That can lead to horrible lifelong effects. Just look at children’s fear of needles due to vaccinations and normal procedures that healthy kids have to get. Then compare that to kids in the PICU who can develop PTSD because their experience is just so traumatic.”

While validated pain scales are used to help health care teams assess pain in both adult and pediatric patients, Lares said they don’t always apply when assessing pain in children admitted to the PICU. There, pediatric patients may not yet be able to communicate, or they may be intubated and requiring sedation or a paralyzing agent to maintain their airway. In her research, Lares has found that nurses often rely on “assumed pain present” when making medication decisions for children who cannot verbally or behaviorally communicate their pain.

“There are no guidelines or research on what to do in these situations. So even though they say you should administer pain medication if a patient is in pain, how are nurses making those decisions for these kids? What is their trigger point?” she said. “While we’re waiting for some magical biomarker to be established to identify pain, we need to make sure these kids are being adequately taken care of.”

A Gift 100 Years in the Making

Nearly 100 years ago, Mabel McRevey Kelly (1924GN) left the family farm near Plevna, Kansas, and boarded a train headed to Iowa City so that she could pursue a nursing degree at the University of Iowa. As the first member of her family to go to college, she was taking a big leap of faith during a time when dust storms were ravaging southern Kansas.

“Aunt Mabel was always the bellwether of the family,” said her niece, Kaye Sturdevant Winder (62BA, 72MA, 81PhD), who lives in Coralville, Iowa. “If there was something you needed to do—or wanted to do—she always felt you should stand up and do it. Mabel was a no-nonsense kind of person.”

“She would have been a real pioneer,” said Dan Wesemann (06MNHP, 08MSN), who is the director of the Psychiatric-Mental Health Nurse Practitioner Program within the UI College of Nursing. “Nursing was just establishing itself as a profession, and I think it would have been a big deal to trek across the Midwest to learn about this new and emerging field.”

The experience went so well at Iowa that her sister, Shirley McRevey Sturdevant (38GN), would follow and earn the same nursing degree.

Today, nearly 30 years after Kelly’s death, the family farm in Kansas is now helping the UI College of Nursing. Through her estate plans, she created a trust for the Kansas farmground and left it to her niece, Reta Ann Miller, who retained lifetime use of the property. When her niece passed away in 2018, the property passed to the University of Iowa. Kelly’s gift is helping the UI College of Nursing pursue mental health initiatives for undergraduate and graduate students.

“Our nursing students are high achievers, and our programs are competitive to enter and rigorous to complete,” said Mary Dirks (88BSN, 97MSN, 09DNP), assistant dean for graduate practice programs. “But we also know that many of them may be working and may have kids at home, so it’s no surprise that they face a lot of stress while they’re completing our undergraduate and graduate degrees.”

With the help of Kelly’s gift, the UI College of Nursing is pursuing a number of initiatives to support its students—including an undergraduate and graduate student mentoring group and a student-to-student support line to help those who may be dealing with mental health concerns.

“This gift demonstrates one of the many vehicles available to donors who wish to support the UI College of Nursing, but who may have family legacy concerns—such as small farm operations or other family-run businesses—that prevent them from making outright gifts in their estate plans,” said Julie Zerwic, dean of the UI College of Nursing. “We are grateful to Mabel Kelly and her family for the significant impact this gift will have in support of the mental health of our students, especially during a period when mental health concerns are of growing importance.”

Learn how you can make a difference by going to our planned giving website or by contacting Dayna Ballantyne, director of development, at dayna.ballantyne@foriowa.org or 319-467-3727.



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University of Iowa College of Nursing
50 Newton Road
Iowa City, IA 52242-1121

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Iowa City, IA 52242-1121

