



Senior Plunge  
December 2019

## 'Double Dose of Compassion'

Regan Hulsing and Michaela Inman have something in common. Truth be told, they actually have two distinct and pretty remarkable things in common.

The two became best friends when their paths crossed at University of Iowa Stead Family Children's Hospital as they both battled the same rare form of cancer. Through their pediatric cancer survival journey, Hulsing and Inman became inspired by the kindness and compassion they received from their health care team, particularly their UIHC nurses. This left them with an undeniable urge to one day provide the same type of phenomenal care they once received.

More than a dozen years later, Hulsing and Inman are taking vital first steps in fulfilling their dreams as first-semester College of Nursing students ... providing care, inspiration, and hope in the very same oncology unit where they were once patients.

Learn more about their inspiring journey through KCCI's report at <https://bit.ly/38ENQEW>



## Future Clinical Nurse Leaders Awarded Conference Scholarships

Current University of Iowa College of Nursing Clinical Nurse Leader (CNL) students Lauren Maus and Rania Schreiber have been awarded 2020 Dean's CNL Conference Scholarships. Both used funds from the scholarship to travel to the CNL Summit in San Antonio in late February. The summit provides a national forum for all health care and academic audiences currently implementing or interested in exploring CNL education and practice. Conference topics typically include the impact and value of the CNL role on improving patient outcomes, implementing and sustaining the CNL role across diverse systems of care, innovations in education, and the complementary relationship between the CNL and other members of the health care team.



Maus, RN, BSN, CCRN, an assistant nurse manager in the Cardiovascular Intensive Care Unit at University of Iowa Hospitals and Clinics, was eager to take advantage of the networking opportunities that are centered around the exemplary work done by CNLs in a variety of health care settings.

“The knowledge and experiences I gained from this conference will not only impact me, but will also impact those individuals I work with,” explained Maus. “I’ve learned best practices, effective strategies for implementing care, and I now have the tools to help better understand and manage the continual changes in health care.”

Schreiber, RN, BSN, was grateful for this opportunity and represented UI’s College of Nursing with pride.

“This scholarship will help contribute to my long-term goal of becoming an expert CNL at UIHC,” she said. “I was able to learn more about the impact that Clinical Nurse Leaders are making in our evolving health care environment and meet expert leaders from multiple segments of the health care industry.”

Attaining an advanced degree was something that both Maus and Schreiber had always intended to do. Pursuing a degree from UI’s highly revered CNL program (ranked 4th nationally) was an easy decision.

“I have always been eager to further my education by attending graduate school. UI’s CNL program will help me develop skills to function as a leader and a change agent within the health care microsystem,” said Schreiber.

“When exploring my options, Iowa’s CNL program stood out to me as it emphasized areas that I have a passion for ... especially quality improvement and interprofessional education. I firmly believe the program will enable me to excel as I transition from bedside staff nurse to a nursing leadership role.”

## PhD Student Explores Unique Method for Providing Pain Relief

*By Madison Lotenschtein | University of Iowa Graduate College*

Lynn Nakad was playing a scary virtual reality (VR) game with her brother when she wondered how this technology could help the medical field.

“It immersed me so much that I got the idea that maybe there’s more to this that could be applied to the medical fields,” says Nakad. “At the time, I was in nursing school, so I was really looking at everything with a fresh new perspective.”

As a fourth-year PhD student in nursing, Nakad’s dissertation focuses on the effects that VR has on distracting people suffering from acute or chronic pain. Nakad is currently working on a project to implement VR as an alternative route for pain management therapy at UnityPoint Health - St. Luke’s Hospital in Cedar Rapids.

“It can help distract people in pain much better than music or watching TV could because it immerses them in the virtual environment,” she says.

While St. Luke’s Hospital has yet to offer VR treatment to actual patients, Nakad expects to begin pilot testing VR on a single inpatient unit there next spring.

“We’ve gotten a lot of positive feedback from nurses and administrators at the hospital,” Nakad says.

In her latest study, Nakad researched older adults who suffer from chronic musculoskeletal pain. Some study participants said that they forgot about their pain while using VR and found it to be an enjoyable distraction, Nakad says.



## Donor Spotlight: Lois Hartline Plummer

Lois Plummer Hartline (BSN '55) had childhood dreams of being a flight attendant. Those dreams never materialized, in part, because of her school nurse—Alice Clark.

“Alice provided excellent care to me while I was at East High School in Des Moines,” said Hartline. “Because of her, I decided that I wanted to be a nurse.”

Hartline earned her BSN and secondary teaching certificate from the University of Iowa and, while on campus, she competed as the only woman on the UI’s club fencing team.

“The critical thinking skills I developed at Iowa helped me get my dream job,” said Hartline, who worked as a school nurse for more than 40 years at four elementary schools in the Des Moines Public School System. During her career, Hartline developed and implemented health screening schedules and established community partnerships to complete vision screenings for all students.

Upon her retirement in 2004, Hartline received the Governor of the State of Iowa’s Certificate of Appreciation for outstanding service to Iowa’s children.

She owes much of her professional success to Pearl Zemlicka (MA '58), who supported and mentored Hartline during her time at the UI College of Nursing. Her mentor is also a reason why Hartline gave back to the UI College of Nursing.

“When I found out that Pearl had established a scholarship through her estate, I started contributing to the fund because I wanted to carry on Pearl’s legacy,” said Hartline. “I started to receive thank-you notes from the scholarship recipients, and I was touched by the dreams and visions of those students.”

That’s why Hartline established her own scholarship in the UI College of Nursing. Hartline kickstarted the scholarship through the charitable IRA rollover, which allows individuals age 70.5 and older to give up to \$100,000 directly from an IRA to a charity—such as the University of Iowa Center for Advancement—without having to pay income taxes on the distribution.

The transfer—which can satisfy all or part of a required minimum distribution—generates neither taxable income nor a tax deduction, so you will still benefit even if you don’t itemize your tax deductions. The first recipient of the scholarship will be awarded during the 2020-21 academic year.

“I just wanted to help more students achieve their dreams,” said Hartline.

*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](mailto:dayna.ballantyne@foriowa.org) or 319-467-3727.*





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