

IOWA | NURSING

CELEBRATING THE PAST,
PREPARING FOR THE FUTURE



The University of Iowa College of Nursing
ANNUAL REPORT
2018-2019

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This report covers events
from July 2018 through June 2019.



**College of
Nursing**

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Message from the Dean

Dear Friends,

Reflecting back on the past year the College of Nursing had much to celebrate. Our most significant accomplishment was the commemoration of 120 years of nursing at the University of Iowa. The history of our college is really about the students, alumni, faculty and staff who have had an impact on health care around the world.

We are also celebrating the completion of a major building renovation. Over 18 months our classrooms, student collaboration space, administrative and academic services offices have been transformed.

We now have state-of-the-art classrooms that enable our faculty and students to engage in active learning approaches and spaces that provide students with opportunities to collaborate with each other outside of the classroom or simply relax in a comfortable environment overlooking the Iowa River.

We engaged in a strategic planning process that will continue to challenge faculty, staff and students to be leaders in education, research and practice. We are also committed to developing our work and learning environment to support the well-being of those who work and study at the college.

As always, we encourage you to come and visit us. Our alumni are a great strength of this college, and we look forward to seeing you again.

Sincerely,

Julie Zerwic, PhD, RN, FAHA, FAAN
Kelting Dean and Professor



YEAR IN REVIEW



August 2018

Professor **Kerri Rupe** was named as one of the top 50 nurse practitioner professors in the country by NursePractitionerSchools.com.

Recent Health Systems grad **Trudy Laffoon** was awarded a Nursing Economics Foundation Scholarship.

College of Nursing faculty **Andrea Achenbach, Vanessa Kimm,** and **Susan Van Cleve** gave presentations at the International Conference for Nurse Practitioners/Advanced Practice Nursing in Rotterdam, Netherlands.

“Using Mobile Health Applications for the Rapid Recruitment of Perinatal Women,” a manuscript by Drs. **Lisa Segre** and **Julie Vignato**, was accepted for publication in the *Archives of Women’s Mental Health*.

September 2018

Drs. **Heather Bair, Cormac O’Sullivan,** and **Michael Anderson** from UI’s 10th-ranked nurse anesthesia program conducted a combination of presentations and simulation experiences during the Annual Congress of the American Association of Nurse Anesthetists.

Assistant Professor **Barbara St. Marie** received the 2018 American Society for Pain Management Nursing Margo McCaffery Nurse Exemplar Award, an accolade that recognizes leadership and outstanding contributions in the field of pain management nursing.

UI College of Nursing Diversity Coordinator **Valerie Garr** was presented with a Board of Regents Staff Excellence Award.

October 2018

DNP student **Erica Sloan** was awarded a new grant from Jonas Philanthropies, joining the organization’s efforts to improve the quality of health care by investing in nursing scholars whose research and clinical foci specifically address our nation’s most urgent needs.

Recent CNL graduate **Kim Moore** was awarded the first-ever Kay Grother Scholarship.

Amany Farag was named the *Journal of Emergency Nursing’s* Author of the Year for her publication on error reporting by nurses in the ER.

CON alumni **Trudy Laffoon, Michele Farrington, Cindy Dawson,** and **Carmen Kealey** received the 2018 Literary Award from the Society of Otorhinolaryngology and Head-Neck Nurses.



UI College of Nursing alumna **Kelly Blackburn** was named the 2018 Outstanding Nurse Leader by the Iowa Organization of Nurse Leaders.

Assistant Professor **Patricia Groves** and **Kirstin Manges** (PhD alumna) collaborated on an article for the *Journal of Nursing Care Quality*. The article, "Exploring the Hidden Functions of Nursing Bedside Shift Report: A Performance, Ritual, and Sensemaking Opportunity," uses qualitative methods to examine the hidden functions or positive unintended consequences of implementing bedside handoffs.

Clinical Associate Professor **Tess Judge-Ellis** won the 2018 APNA Award for Excellence in Leadership.

November 2018

Assistant Professor **Stephanie Gilbertson-White** presented at a WorldCanvass program during International Education Week. The program's thematic focus was "Educational Cross-fertilization: the Iowa/India Connection," and Dr. Gilbertson-White discussed experiences from Trivandrum, India, where she taught a three-week India Winterim course titled "Hospice, Pain and Palliative Care."

Professor **Maria Lindell Joseph** and Associate Professor **Richard Bogue** were bestowed with the inaugural Suzanne Smith Writing Award from the Council on Graduate Education for Administration in Nursing.

Recent DNP grads **Jim Kinney** and **Jen Wittman** were recognized during poster presentations at the 6th Annual Quality and Safety Symposium.

Assistant Professor **Chooza Moon's** research on sleep-disordered breathing was featured by Medscape.

December 2018

Linda Myers, Brooke Dwars (BSN program staff) and Associate Professor **Lisa Segre** were recognized as "Champions for Student Success."

Associate Professor **Vicki Steelman's** article, "Unintentionally Retained Foreign Objects: A Descriptive Study of 308 Sentinel Events and Contributing Factors," was recognized by the Agency for Healthcare Research and Quality's Patient Safety Network. PhD student **Claire Shaw** co-authored the article.



January 2019

DNP student and UIHC Stead Family Children’s Hospital Neonatal Intensive Care nurse **Emily Murphy** was awarded the Marvin Pomerantz Graduate Student Scholarship.

February 2019

BSN Program Management Specialist **Linda Myers** and Professor **Anita Nicholson**, associate dean for undergraduate programs, received honorary status to the Golden Key International Honor Society.

Clinical Associate Professor **Tess Judge-Ellis** was selected by the American Association of Nurse Practitioners to receive the Iowa State Award for Nurse Practitioner Excellence.

College of Nursing alumna **Mary Ann Nihart** received the 2018 Department of Veterans Affairs’ John D. Chase Award for Executive Excellence in Health Care.

Laura Johns, the college’s JCSART/SANE coordinator, helped secure nearly \$104,000 from the Iowa Department of Justice, Crime Victims Assistance Division for the upcoming fiscal year.

Assistant professors **Wen Liu** and **Julie Vignato** both received New Investigator Awards from the Midwest Nursing Research Society.

CNL students **Eric Frost** and **Annie Nimtzt** were named 2019 Dean’s CNL Conference Scholarship recipients.

“Preventing Persistent Post-Surgical Pain and Dysfunction in At-Risk Veterans: Effect of a Brief Behavioral Intervention,” an impactful research study by Professor **Barb Rakel**, co-PI Lillian Dindo (Baylor College of Medicine) et al., was selected for additional funding by the National Institute of Nursing Research.

“Resistiveness in Dementia: Nurse Communication in Acute Care,” a research grant by PhD student **Clarissa (Claire) Shaw**, was awarded the 2019 MNRS/Joseph and Jean Buckwalter Dissertation Grant.

Assistant Professor **Chooza Moon** was awarded a 2019 Alzheimer’s Association Research Grant for her study, “Circadian Rhythm, Sleep, and Brain in Aging.”

March 2019

Associate Professor **Lisa Segre** received the University of Iowa 2019 Distinguished Achievement in Publicly Engaged Research Award.

Assistant Professor **Vanessa Kimm** presented at the National Association of Pediatric Nurse Practitioners’ 40th National Conference.

Adjunct Clinical Professor **Carol Watson** was named one of the American Organization of Nurse Executives’ inaugural fellows.

PhD alumna and former CON postdoc **Dong-soo Shin** was named Dean of Hallam University’s School of Nursing in South Korea.

PhD student **Sena Chae** was awarded a 2019 Digital Scholarship and Publishing Studio Fellowship.

CON students **Alaa AlBashayreh** and **Megan Lough** were named winners of the Stanley Undergraduate and Graduate Awards for International Research.

April 2019

Hawkeye Spirit Squad member and College of Nursing student **Ariana Zens** (BSN 2021) was recognized for completing her first year with the Spirit Squad and receiving an award for academic excellence.

Assistant Clinical Professor **Larry Newman** received the Outstanding Faculty Practice Award by the National Organization of Nurse Practitioner Faculties.

Professor **Kerri Rupe** was selected to serve a three-year term on UI’s Governmental Relations Committee.

Dean Emeritus **Geraldene Felton** was selected to receive UI’s 2019 Distinguished Alumni Award.

Assistant Professor **Amany Farag** was awarded a \$20,000 pilot research grant from the College of Public Health’s Injury Prevention Research Center.

Assistant Professor **Jacinda Bunch** was awarded a \$20,000 pilot research grant from the College of Public Health’s Injury Prevention Research Center.



Alumni Visit Stead Family Children's Hospital

“Realistic Evaluation of a Rapid Response System: Context, Mechanisms, and Outcomes,” an article by Assistant Professors **Jacinda Bunch** and **Patricia Groves**, and CON statistician **Yelena Perkhounkova**, was published in the *Western Journal of Nursing Research*.

May 2019

2019 College of Nursing Faculty Award Winners were: **Heather Bair** – Teaching Excellence Award (Clinical); **Larry Newman** – Practice Leadership Award; **Patricia Groves** – Teaching Excellence Award (Tenure); **Francis Kuehnle** – Teaching Excellence Award (Instructional); **Susan Van Cleve** – Faculty Mentor Award; and, **Daniel Wesemann** – Professional Service Award.

“Quality Metrics for the Evaluation of Rapid Response Systems: Proceedings from the third international consensus conference on Rapid Response Systems,” an article co-authored by Assistant Professor **Jacinda Bunch** et al., was published in *Resuscitation*, a monthly international and interdisciplinary medical journal.

June 2019

Instructional track lecturer **Shalome Tonelli** was accepted to the distinguished Edmond J. Safra Visiting Nurse Faculty Program at the Parkinson's Foundation.

The Gerontological Society of America announced that Professor **Keela Herr** is the recipient of the 2019 Doris Schwartz Gerontological Nursing Research Award.

Assistant Professor **Barbara St. Marie** and Clinical Professor **Judy Verger** were inducted as Fellows of the American Association of Nurse Practitioners.

The **Nursing Clinical Education Center** hosted a group of students from the Summer Health Professions Education Program. This group of nearly 100 college students from all over the United States has expressed interest in health sciences.

July 2019

PhD student **Clarissa Shaw** learned that her F31 predoctoral fellowship has been funded by the National Institutes of Health/National Institute of Nursing Research, helping to further her research project, “Resistiveness in Dementia: Nurse Communication in Acute Care.”



UI College of Nursing, Eastern Iowa Community College Announce New 3+1.5 Nursing Partnership

The University of Iowa College of Nursing and Eastern Iowa Community Colleges (EICC) have entered into a new agreement allowing EICC nursing graduates to seamlessly transfer to the University of Iowa and complete their Bachelors of Science in Nursing (BSN) degree in a year and a half.

The articulation agreement, called RN to BSN 3+1.5, is significant for both EICC nursing students who want to pursue their BSN and the health care community as the need for nurses continues to rise. By enrolling

According to the U.S. Bureau of Labor Statistics, the employment of registered nurses is projected to grow 15 percent from 2016 to 2026, much faster than the national average compared to other jobs.

in this online program, qualifying EICC students who have completed their nursing degree can continue their education by attaining their BSN through the University of Iowa's Registered Nurse to Bachelor of Science in Nursing (RN to BSN) program.

According to the U.S. Bureau of Labor Statistics, the employment of registered nurses is projected to grow 15 percent from 2016 to 2026, much faster than the national



average compared to other jobs. The new partnership will enable EICC graduates to help fill the void of retiring nurses while allowing them to continue working in their communities as they complete their degree.

"UI's RN to BSN program is designed for associate's degree and diploma-prepared RNs who are ready to expand their nursing skills and professional potential by earning the BSN," said Dean **Julie Zerwic**. "This new articulation agreement will provide qualifying EICC nursing students a fast track to continue their educational journey by offering a seamless transition into our nationally ranked RN to BSN program."

Ranked fourth in the country, UI's RN to BSN online program provides access to baccalaureate education for nurses across the state. Nurses who graduate from this program acquire knowledge and skills that help enhance their ability to provide quality care to diverse patient populations that have increasingly complex health care needs.

"This articulation agreement opens up great possibilities for those seeking nursing education in the Quad City area and beyond," noted UI President Bruce Harreld. "This agreement is a model for the ways in which public higher education institutions in Iowa can work together to provide the best opportunities possible for Iowans."



Graduate Students Experience Global Health Care Practices in the Netherlands

The University of Iowa College of Nursing partnered with Fontys University in Tilburg, Netherlands, to create a global health experience in which graduate student participants from both countries learned about the role of advance practice nursing (APN) in the United States versus APN involvement within the Dutch universal health care system.

In May 2019, 12 UI Doctor of Nursing Practice students accompanied by two DNP faculty traveled to Tilburg and Amsterdam for an inaugural global health educational exchange experience. During their week-long visit, UI nurse practitioner (NP) students and faculty attended graduate classes alongside Dutch NP students, and spent several days observing Dutch NPs in specific individual NP tracks (PNP, FNP, PMHNP, and acute care NP) at clinical practice sites around the country. They also toured various hospitals and health care centers, including an ambulance service center where NPs provide urgent care home visits and triage services, and a forensic mental health center where patients are rehabilitated and returned to mainstream society.

Through their journey, these UI graduate students and faculty were also able to compare and contrast the differences between health care systems in the Netherlands and the United States, including APN models of care,

A dozen UI DNP students and two faculty traveled to Tilburg and Amsterdam for an inaugural global health educational exchange experience in May. In August, seven Fontys University nursing students and two faculty traveled to Iowa City.

specialized health care, and management of common health conditions. Cultural differences in health care and health beliefs, including the consideration of legalized euthanasia in the Netherlands, were also discussed.

As part of the exchange, seven students and two faculty members from Fontys traveled to the UI College of Nursing in August 2019. They attended classes, experienced job shadowing with U.S. NPs within their designated specialty tracks, and learned more about cultural and health care system differences between the two countries.





Twin Sisters Pursue Similar Careers in Nursing

Left to Right: **Brookanne** and **Morganne Pfaffle**

When twins **Brookanne** and **Morganne Pfaffle** were considering college choices, neither seemed keen to join the other at the same school.

“I wanted to do my own thing,” Brookanne says.

“We needed to go our own ways,” Morganne agrees.

But the Pfaffle sisters eventually decided to stay together after all. The twins, who grew up just across the Iowa border in North Sioux City, South Dakota, enrolled at the University of Iowa, both majored in nursing, both graduated with Bachelor of Science in Nursing degrees, and both will apply to enter Iowa’s Doctor of Nursing Practice (DNP) program, specializing in anesthesia.

“We’ve walked the same path and willingly so,” Morganne says.

“It definitely helps to know you have a friend,” Brookanne adds.

In high school, the Pfaffle sisters knew they wanted to be involved in patient care. They chose UI in large part due

to the College of Nursing’s national reputation. They also were attracted to the broad range of academic offerings at UI and the presence of a major hospital affiliated with the university.

Their resolve was tested briefly when they visited campus for a pre-orientation tour on a particularly chilly day.

“My mom turned to us and said, ‘Are you sure you want to be going to school here?’” Brookanne recalls. “I said, ‘Yeah, sure.’ And, I wouldn’t change it for the world.”

The sisters enrolled in fall 2014 and, after two years of prerequisite classes, were admitted to the nursing program. One of the first classes they took was a pathology class taught by Clinical Professor **Anita Nicholson**, the associate dean of undergraduate programs in the College of Nursing.

The twins stood out immediately.

“It was an incredibly difficult class, and they were always asking good questions,” Nicholson recalls. “They

dialogued in the class, which many other students weren't able to do. They were outstanding students who excelled.

"They're just two amazing young women," she adds.

The sisters say they enjoy nursing because it blends scientific principles with caring for people.

"It's a very people-focused profession, and it's also very science-based," Morganne says.

"And it's also very versatile," Brookanne adds. "There are so many different things you can do with a nursing degree. You can go into education and be a nurse educator. Or you could go into research. You can enroll in different graduate programs and be a family practitioner. There are just lots of options."

The Pfaffle sisters hope to work as registered nurses in an intensive care unit at UI Hospitals & Clinics to gain requisite experience before applying to UI's DNP program under which they plan to enroll in the nurse anesthesia program.

They learned about anesthesia as a profession when their grandparents' friend, a longtime anesthetist named Ronald Lenninger, told stories about his work.

The Pfaffles eventually shadowed **Kathleen Fear**, lead certified registered nurse anesthetist for the Ambulatory Surgery Clinic at UI Hospitals & Clinics.

"You just watch and learn. It's really cool," Morganne says. "And you get to do a lot of hands-on stuff too."

"You kind of know if you would be able to do that for the rest of your life," Brookanne adds.

Fear says she noticed during the job shadow experience that the sisters were bright, curious, and independent.

"When they shadowed me, they looked up cases, they understood the pathological conditions, they knew about anesthesia, and they were able to communicate to me what they learned," says Fear, who earned her master's degree in nurse anesthesia at UI in 2000 and a Doctorate of Nursing Practice from UI in 2016. "So, that easily led them to teaching other students."

Another reason anesthesia—and nursing generally—stood out to the sisters is that it combines the rush of new and diverse situations with the foundational nursing goal of patient care.



"It's so rewarding to see someone who's really sick and scared and being there to help them improve their quality of life," Morganne says. "I can't really picture myself doing anything else."

"I can't either," Brookanne adds.

"In some jobs, you're separated from the world," Morganne says. "In health care, you're very connected with the world and what's going on in it."

The Pfaffles credit their University of Iowa education for positioning them well after graduation. So much so, they convinced their younger sister, UI junior Kaitlyn, to join the nursing program.

"It's so rewarding to see someone who's really sick and scared and being there to help them improve their quality of life. I can't really picture myself doing anything else."

— **Morganne Pfaffle**

"It's been rewarding from an educational standpoint," Brookanne says, as her sister nods in agreement. "I talk to friends who have gone to other nursing programs, and I feel very set up, very supported at the University of Iowa. And, I feel very confident to go into the real world. I feel like I'll be ready for it. I'm well prepared."



Centered on Mental Health

SPOTLIGHT NEWS



NPs Bridge Gap by Providing Comprehensive Mental Health Care

America’s mental health care system is in disarray. A lack of providers who can diagnose mental health disorders, prescribe medications, and provide therapy leaves millions of Americans who desperately need mental health care out in the cold. The latest evidence comes from an assessment by the American Psychiatric Nurses Association that finds a chronic lack of mental health professionals who can care for 56 million Americans with mental health or substance abuse issues.

Nurse practitioners are advanced practice registered nurses who take additional training beyond the bachelor’s degree. They are able to examine patients and assess their health needs, order lab tests, diagnose illnesses, and prescribe medications. Iowa is one of 20 states in which nurse practitioners can work independent of the authority of a physician. Nurse practitioners can also provide specialized care, including psychiatric and mental health care, through additional training.

“We believe that nurse practitioners who are dually certified to manage both the psychiatric-mental health and physical needs of their patients are an important part of the solution to the mental health crisis.”

— Dean **Julie Zerwic**

Every year, about 15 current nurse practitioners study for a post-graduate certificate from the UI’s College of Nursing, and more than half who seek additional certification study for a psychiatric-mental health certificate. Most of the students who take the course are from rural Iowa and intend to stay in those parts of the state.

Iowa currently has 139 psychiatric-mental health nurse practitioners working in 32 counties. Most of the classes are offered online, so students don’t have to uproot their lives and move to Iowa City for the 14-month program.

These problems are even more acute in Iowa, especially in rural areas, where it’s made even worse by the lack of health care of any type. Only 56 communities in Iowa have a physician, nurse practitioner, or physician’s assistant who can provide mental health services.

A nurse practitioner certified in both primary care and mental health provides additional benefits for patients, as well. They can see a single provider for all of their health care, physical, as well as psychiatric, making it more convenient and less costly.

Changes need to be made, and the University of Iowa College of Nursing is helping to fill the void through its educational programs, including a post-graduate nurse practitioner program that can serve as an important resource to deliver health care services to underserved rural areas.



Psych-Mental Health DNP Alumna Named APNA Scholar

Brittany Hamm

University of Iowa Doctor of Nursing Practice (DNP) alumna **Brittany Hamm**, BSN, RN, has been selected as an American Psychiatric Nurses Association (APNA) Board of Directors Student Scholar.

Hamm, who is a graduate from the DNP's Psychiatric-Mental Health Nurse Practitioner (PMHNP) and Family Nurse Practitioner (FNP) programs, is honored and fully aware of the positive impact this scholarship program will have on her professional development.

"This is an incredible opportunity to meet and learn from some of the most influential leaders in the psychiatric nursing field," she said. "I am grateful to be able to hear their stories from their practice as a nurse, including the relationships they have developed with patients, and their visions for the future of psychiatric nursing. To be able to create these connections and future collaborations will be invaluable to my future practice."

Hamm, along with 29 other APNA Board of Directors Student Scholars, will be invited to attend the

association's 33rd Annual Conference in New Orleans in October. This next generation of psychiatric-mental health nursing leaders will also receive a complimentary membership to APNA for one year, allowing them to cultivate invaluable connections with PMHNPs at all levels.

"Brittany is such a shining star," said **Dan Wesemann**, assistant professor (clinical) and director of UI's PMHNP program. "We are so thrilled that she has received this recognition from APNA and we know it's a tremendous opportunity for her to network and inevitably enhance her practitioner skills."

A native of Des Moines, Hamm firmly believes that behavioral health should be an integral component of quality, accessible primary care. Many individuals forgo mental health services because they are not co-located within the primary care setting. As an FNP-PMHNP, Hamm plans to change this dynamic by integrating behavioral health services into the primary care environment.

"In working with underserved populations, I have frequently witnessed a glaring need for primary care providers to acknowledge and assess their patient's behavioral health needs during routine care visits. We need to integrate these

services into familiar, comfortable places where individuals are already accessing health care...this is essential to treating patients holistically."

"Brittany is such a shining star. We know it's a tremendous opportunity for her to network and inevitably enhance her practitioner skills."

— Assistant Professor
Dan Wesemann

Hamm now provides care as a dual-role NP in family practice and psychiatric-mental health at Lake Superior Community Health Center, a federally qualified community health center in Duluth, Minnesota. Here she plans to utilize a model that will address illness, while also focusing on prevention and well-being—creating holistic care for individuals who commonly have significant challenges to accessing health care.



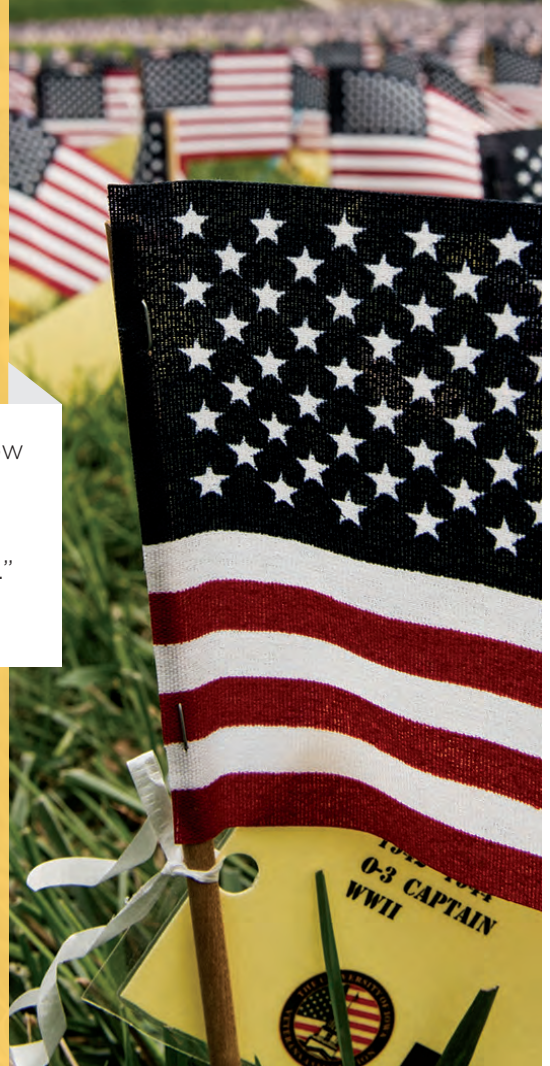
Honoring Our Veterans

Veterans Day provides an opportunity to formally honor and recognize the men and women who have served their country in the United States Armed Forces. Health care professionals are certainly no strangers to serving in the military, and several current and former UI College of Nursing faculty, staff, and students share this common bond.

“During my time at the college, I have been impressed with how many of our faculty, staff, students, and alumni have been or continue to be involved in the United States military. I would personally like to thank all those who have served our country.”

— Dean **Julie Zerwic**, PhD, RN, FAHA, FAAN

According to the UI Registrar’s Office, 1% of undergraduate nursing students and 4.4% of graduate nursing students are veterans or active military. (University-wide, 1.4% of all undergraduate students and 1.4% of all graduate students are veterans or active military.)



Pictured front row, left to right: Toni Tripp-Reimer, Ken Culp, Sue Moorhead, and Julie Stanik-Hutt.

Pictured back row: Representatives from the Veterans of Foreign Wars Post 788 in Cedar Rapids.

Many of the college's faculty and staff have served or are still serving, including:

Professor **Ken Culp**, U.S. Air Force (active duty 1974-1978), U.S. Army (officer), and U.S. Navy (officer); Associate Professor **Tess Judge-Ellis**, U.S. Army Nurse Corps (1988-1993); Lecturer **Julie Vignato**, served in the U.S. Navy Nurse Corps for approximately 10 years, including service during 9/11; Dean Emeritus **Geraldene Felton**, served for 20 years in the U.S. Army Nurse Corps and retired as Lieutenant Colonel; Associate Professor **Richard Bogue**, U.S. Air Force (1973-1977); Professor **Julie Stanik-Hutt**, U.S. Navy Nurse Corps (1975-1985); Program Coordinator **Mary Kosobucki** U.S. Air Force (1986-1992); retired Lecturer **Cathy Abrams**, served in the U.S. Army Nurse Corps for 13-and-a-half years, including one tour of duty in Vietnam (1971 to 1972); Postdoctoral Research Fellow **Katie Robinson**, actively serving the Iowa Air National Guard (185th Air Refueling Wing) for 10 years and counting; Assistant Professor **Dan Wesemann**, U.S. Army (1992-1995); Technology Innovations Scientist **Todd Papke**, U.S. Air Force (1979-1985); Associate Professor Emeritus **Paula Mobily**, U.S. Navy Nurse Corps (1971-1973); Assistant Professor **Andrea Achenbach**, U.S. Air Force (1999-2006 and 2010-2014); Associate Professor **Sue Moorhead**, U.S. Army (active duty 1968-1975; reserve 1975-1996 then retired as Colonel); Professor **Toni Tripp-Reimer**, U.S. Army (1965-1972); Professor Emeritus **Kitty Buckwalter**, U.S. Navy Nurse Corps (1971-1974, including the Vietnam War); Assistant Professor **Frances Milde**, U.S. Air Force.

The college also boasts several current and former students who have served, and many more who provide care for Iowa's veterans.

The VA Health Care System (VAHCS) in Iowa City staffs several Certified Registered Nurse Anesthetists (CRNAs), many of whom are graduates from the college's Doctor of Nursing Practice (DNP) Anesthesia Nursing program.

Some of these alumni at the VAHCS in Iowa City include **Paul Deninger** (ARNP class of 2001); **Mackenzie Kelley** (Chief CRNA, ARNP class of 2009); **Mitchell Dotson** (MSN class of 2012, DNP class of 2016); **Ramona Miller** (ARNP class of 2013); **Haley Smith** (ARNP class of 2013); **Jane Day** (ARNP class of 2016); and **Matt Brockway** (ARNP class of 2018 and currently serving in the U.S. Army Reserve). **Daniel School** (ARNP class of 2016) is a CRNA at the VAHCS in Des Moines.

Dean Emeritus Felton Receives Hawkeye Distinguished Veterans Memorial Award



Seven members of the University of Iowa family, including UI College of Nursing Dean Emeritus **Geraldene Felton**, were recognized during the Hawkeye Distinguished Veterans Awards ceremony on November 15, 2018.

Criteria for the award include a strong university connection, having served honorably, military accomplishment, and service to the community.

The awards ceremony was hosted by Matthew Miller, program director for UI Military and Veteran Student Services. U.S. Army Major General (Ret.) Stewart W. Wallace was the emcee for the event, which is sponsored by the Chief Diversity Office and the Center for Diversity and Enrichment.

Available awardees were also recognized at the November 10 Iowa football game against Northwestern University.

Additionally, CRNA **Randy Cornelius** (MSN class of 2009, DNP class of 2017), who is the current president of the Iowa Association of Nurse Anesthetists (IANA), is an active member of the U.S. Army Reserve and has completed two tours of duty in Afghanistan.

UI Anesthesia Nursing also has several veterans currently enrolled in the program, including **Jenna Moliga** (U.S. Army), **PJ Giovannini** (U.S. Marines), **Deb Rosol** (U.S. Army), and **John Sherrill** (U.S. Air Force).

The UI College of Nursing is grateful for the dedication and sacrifice put forth by all of these veterans.



Bring It On

Selena Sampson | RN-BSN Student

Single mother, full-time registered nurse working at multiple facilities, volunteer firefighter, 4-H superintendent, community activist (for Habitat for Humanity, NAMI, and PTK, just to name a few), and, let's not forget, a full-time student in pursuit of her Bachelor of Science in Nursing (BSN) from the University of Iowa ... yes, you could say **Selena Sampson** has a lot on her plate. But that's never kept the Creston, Iowa, native from working tirelessly to better herself, her profession, her family, and her community.

"I find volunteering extremely rewarding," she explained. "I aspire to be a role model for my son, Calvin, and this is certainly how I try to practice what I preach."

Sampson, who splits time between the Iowa Methodist Medical Center in Des Moines and Greater Regional Medical Center in Creston, enrolled in the UI's RN-BSN program after graduating from Southwestern Community College to continue her education in a renowned program (currently ranked No. 4 in the nation) flexible enough to accommodate her incredibly busy schedule.

"This program has an excellent reputation and its faculty and administrators have built a rapport with countless health care facilities and professionals across multiple disciplines," said Sampson. "My goal is to improve my ability to contribute to the structural and organization levels within a health care organization. I also hope to increase my understanding of evidence-based practice and become an active voice in my organization. By obtaining my BSN, I will have the ability to assume additional responsibilities while increasing my future employment opportunities."

"This program has an excellent reputation, and its faculty and administrators have built a rapport with countless health care facilities and professionals across multiple disciplines."

— Selena Sampson

In addition to expanding skillsets and increasing her marketability to prospective employers, by advancing her education Sampson also looks to refine her clinical interests.

"I enjoy emergency medicine as a volunteer firefighter and EMT; however, in the health care field,

my biggest joy is following a patient from admission all the way through to discharge. I like solving the puzzle and working through a diagnosis/illness," she explained.

Sampson is slated to graduate in December 2019 and looks forward to being able to proudly call herself a UI BSN alumna. After graduation, she hopes to continue her education at the University of Iowa, possibly in the College of Nursing's Doctor of Nursing Practice program, where she would like to explore specializing in critical care with an emphasis on the pediatric practitioner role.

Regardless of the clinical path she pursues, with the character and resolve Sampson has shown throughout her life, combined with an advanced nursing education from the University of Iowa, the sky is truly the limit.



Faculty Look to Put Simulation in Motion

Left to Right: **April Prunty**, **Jacinda Bunch**, and **Cormac O'Sullivan**

A team comprised of UI College of Nursing faculty members **Jacinda Bunch**, PhD, RN, **Cormac O'Sullivan**, PhD, CRNA, ARNP, and **April Prunty**, MSN, RN, recently won funding to assess current and future educational opportunities for emergency medical services (EMS), rural hospitals, and critical access hospitals in the state of Iowa.

The team was awarded a one-year, \$236,000 grant from the Leona M. and Harry B. Helmsley Charitable Trust, which will fund a Simulation in Motion – Iowa (SIM-IA) Needs Assessment study of rural providers around the state. Through the study, agencies that are interested in EMS responder and rural health care provider training and education will receive essential information to develop a comprehensive proposal to operate a state-of-the-art mobile simulation truck (e.g., high-fidelity mannequins, audio-visual equipment, etc.) through a subsequent Helmsley Foundation grant.

“One of our key goals in this first step is to evaluate current educational resources, challenges, and learning preferences of EMS and rural health care providers,

including responding to medical emergencies using evidence-based practices and protocols,” explained Bunch, PI on the grant.

“One of our key goals in this first step is to evaluate current educational resources, challenges, and learning preferences of EMS and rural health care providers, including responding to medical emergencies using evidence-based practices and protocols.”

— Assistant Professor **Jacinda Bunch**

“The data and subsequent analysis generated by the SIM-IA Needs Assessment will assist organizations in developing a comprehensive mobile simulation strategy to improve professional education opportunities and professional competencies for Iowa EMS and rural health care providers, to enhance health care services and access in rural Iowa,” she said.



Recognizing Excellence

FACULTY NEWS

Herr Recognized with Named Professorship, Nursing Research Award

Keela Herr | Kelting Professor and Associate Dean



The Gerontological Society of America (GSA) recently announced that **Keela Herr**, PhD, RN, AGSE, FGSA, FAAN, associate dean for faculty at the University of Iowa College of Nursing, is the recipient of the 2019 Doris Schwartz Gerontological Nursing Research Award. This award is presented to a GSA member who has a record of outstanding and sustained contribution to geriatric nursing research.

“It is humbling and rewarding to be recognized with this award, but all my wonderful mentors, collaborators and mentees share this honor,” Herr

According to GSA, “Dr. Herr is most deserving of this award. Her program of research, scholarship, and professional activities has made significant strides in improving pain management practices for older adults in diverse settings, and she is leading a national effort to provide best practice to improve pain care for older adults in long-term care settings.”

Herr will be formally presented with the Doris Schwartz Gerontological Nursing Research Award during GSA’s Annual Scientific Meeting, which will be held November 13-17 in Austin, Texas.

The Kelting Professorship was established in memory of John and Catharine Kelting through a bequest from the estate of the late Lillian S. Kelting of Williamsburg, Iowa. This professorship provides resources and opportunities for continued research engagement, mentorship of faculty and students, and shaping the future of health care and the profession.

“We do what we do because it is our passion and we hope to make an impact on improving the lives of others ... that is our reward,” Herr said. “But being nominated by my peers and recognized with the Kelting Professorship is external recognition that the work I have done with colleagues in the college and around the world has made a difference. I was humbled and touched to receive this honor.”

“Keela has been a valued member of the faculty in the college for 30 years. She has demonstrated outstanding research, publications, mentoring, administration, and service,” said Dean **Julie Zerwic**, PhD, RN, FAHA, FAAN. “She is most deserving of this Kelting Professorship.”

“Keela’s program of research on pain in the elderly is nationally and internationally recognized, has impacted the science and care of elders, and has included the development of innovations in moving research findings into evidence-based practice—significantly improving the lives of older adults.”

— Kelting Professorship Nominating Committee

said. “We dedicate our careers to making a difference and to have that work recognized by an esteemed group, such as the Gerontological Society of America, is icing on the cake.”

In continuing what proved to be a momentous year, Herr was also awarded the Kelting Professorship at UI’s College of Nursing.



Sandra Daack-Hirsch
Professor



Susan Van Cleve
Professor



Maria Lindell Joseph
Professor

Three College of Nursing Faculty Selected as Academy Fellows

The American Academy of Nursing (AAN) announced its selection of 195 highly distinguished nurse leaders as part of its 2018 Class of Academy Fellows. Among this extraordinary group of new Fellows are three University of Iowa College of Nursing faculty members: **Sandra Daack-Hirsch**, PhD, RN; **Maria Lindell Joseph**, PhD, RN; and **Susan Van Cleve**, DNP, RN, CPNP-PC, PMHS, FAANP.

With this latest class of inductees, the number of UI College of Nursing faculty members who are AAN Fellows has grown to 20.

“I am humbled and honored to join this group of talented and inspired leaders in nursing,” Van Cleve said. “Being a Fellow in the American Academy of Nursing offers recognition for my career in educating Pediatric Nurse Practitioners, promoting and expanding the role of the PNP, and for improving the health of children, especially children with disabilities and mental health needs.”

Daack-Hirsch, whose expertise is in clinical genomics, has been involved in clinical practice and research in this area since 1990.

“Being an ‘early adopter’ of genomics in nursing practice and research has been exciting in that I’m among the first. At the same time, it’s been challenging because nurses and other health care providers struggle with being able to incorporate it into their work and, therefore, are resistant to

including this topic in education and research,” she explained. “I’ve worked with some tremendously amazing colleagues to turn this challenge into opportunities. As such, I’ve built an academic career that bridges basic genetic science with real-world application. My work, in collaboration with amazing colleagues, has led to policy and educational changes in the U.S. and globally to ensure public access to quality, genomic-health services. It’s a terrific feeling to be recognized by my colleagues, and, for that, I’m very thankful.”

Upon learning that she’d been selected as an AAN Fellow, Joseph described her initial reaction as feelings of gratitude, humility, and that she “could not stop smiling.”

“This recognition validated that my inspiration to create change and foster new ways of thinking for health systems improvement had not gone unnoticed by the nursing community. By leveraging innovation and shared governance (theory and practice), working to improve the work environment for nurses, nursing leadership, as well as the patients and families they serve, has been my passion. I deeply appreciate this honor and continue to be inspired by the courage of nurses who strive to create change for a better and improved health care system,” added Joseph.



Hometown Hawkeyes

FACULTY NEWS

Decreasing Barriers to Care and Improving Health-Related Outcomes for Those with Severe Mental Illness

Virginia Conley | Professor (Clinical)



Millions of Americans are affected by mental health conditions every year. Iowa's citizens are certainly not immune; however, Professor **Virginia (Ginny) Conley** is doing her part to improve the provision of health care and lives of those with severe mental illness (SMI), such as a psychotic disorder, bipolar disorder, or major depressive disorder. Her clinical scholarship is specifically aimed at decreasing barriers to care and improving health-related outcomes for individuals with SMI by using pharmacogenomics to increase the level of personalized, precision care. Dr. Conley's scholarship has made a significant impact on the Program for Assertive Community Treatment (PACT), which has the potential to improve care and reduce costs, including in some of Iowa's rural communities where access to psychiatric-mental health care is often lacking.

As part of her strategy for providing more personalized care, Conley conducted a quality improvement project in which all consenting clients in the PACT underwent pharmacogenomic testing. Individual test results enabled medication adjustments that led to lower symptomatology, increased engagement in the program, fewer

days of psychiatric hospitalization, and reduced cost of care.

"The outcomes evaluation from this six-month personalized health care project revealed a potential savings of more than \$250,000 in reduced psychiatric hospitalization costs for the 52 participants," said Conley.

Another important aspect of Conley's research with Iowans suffering from SMI is the sharing of knowledge and mentoring she provides for current nursing students who are interested in the psychiatric-mental health nurse practitioner role.

"Nursing students have been an integral part of my scholarly projects. I mentor DNP (doctor of nursing practice) students on their graduate

for them to apply these principles and practice to the full extent of their education and improve health care outcomes in the future. They also learn about the challenges of individuals with SMI, as well as the challenges their care providers encounter."

Conley also offers insight into the world of psychiatric-mental health nursing at the undergraduate level by way of the college's Young Psychiatric-Mental Health Nurse Clinician program. This young clinician program promotes advanced

"The outcomes evaluation from this six-month personalized health care project revealed a potential savings of more than \$250,000 in reduced psychiatric hospitalization costs for the 52 participants."

— Professor **Virginia Conley**

projects for both personalized health care and laboratory monitoring endeavors," said Conley. "DNP students are educated in quality improvement techniques, and these projects provide a training arena

practice psychiatric nursing by offering shadowing, mentorship, and research project opportunities to undergraduate students who are interested in exploring career opportunities in this field.



Helping Rural Patients Learn More about Their Cancer Symptoms through a Web-Based Intervention Platform

Stephanie Gilbertson-White | Associate Professor

Patients in rural communities who are living with advanced cancer (stage 3B or 4, incurable) may not have regular access to renowned treatment centers such as the University of Iowa Holden Comprehensive Cancer Center, or evidence-based symptom management support. Using a web-based intervention called Oncology Associated Symptoms & Individualized Strategies (OASIS), UI College of Nursing Associate Professor **Stephanie Gilbertson-White**, PhD, APRN-BC, is helping these patients learn more about their cancer symptoms and, in turn, apply evidence-based symptom self-management strategies.

“My research has demonstrated that people in Iowa living in small towns and rural areas have different needs when it comes to treating their cancer and managing the side-effects that come with cancer treatment,” she explains. “Based on these findings, I developed OASIS, where patients are given access to a website to learn about cancer symptoms and non-pharmacological approaches to managing their symptoms. They

are taught how to monitor their symptoms and look for patterns in how their symptoms change when they try different management strategies.”

As part of the program, patients also meet weekly with a research nurse who helps them evaluate their progress in self-managing their cancer symptoms, troubleshoot barriers they may encounter while implementing symptom self-management, and enhance patient-provider communication. These weekly meetings take place via a secure video conferencing software and enable the patients to personalize their symptom management plan to their own unique situation.

Through OASIS, Dr. Gilbertson-White is able to track how patients respond to specific symptom management plans and assess how symptoms and strategies interact over time through data-visualization.

As part of her effort to mentor tomorrow’s nurse researchers, nursing students are deeply involved in all aspects of Dr. Gilbertson-White’s research.

“Students have worked with me to develop OASIS, recruited participants for my studies, collected data through questionnaires and interviews,

and have analyzed data and helped disseminate the findings through presentations and publications,” she explains. “In addition, I have mentored students working on their own projects within the context of cancer symptom management who were participating in the

“My research has demonstrated that people in Iowa living in small towns and rural areas have different needs when it comes to treating their cancer and managing the side-effects that come with cancer treatment.”

— Associate Professor **Stephanie Gilbertson-White**

Iowa Biosciences Advantage and the Iowa Center for Research by Undergraduates. Having students engaged in research helps me remember why we endeavor to do this work.”



Tonelli Accepted to Visiting Nurse Faculty Program at Parkinson's Foundation

Shalome Tonelli | Lecturer

didactics, clinical time with patients, participation in a PD support group, and the opportunity to develop an independent project.

"After learning from experts in the field of interdisciplinary Parkinson's disease management, I plan to implement a project within our BSN program to help improve care of people with PD," said Tonelli. "This content is important for our nursing students to learn and is important to me personally as my younger brother has a diagnosis of early-onset Parkinson's disease."

Tonelli was one of just 24 accepted faculty into the program in 2019.

She will join an elite group of more than 300 alumni and Parkinson's Foundation Nurse Scholars who have completed this intensive training over the last 10 years.

Parkinson's Foundation Nurse Scholars educate more than 20,000 nursing students on PD annually. With the number of people living with Parkinson's globally expected to double by 2040 to nearly 13 million, teaching nursing students in the classroom is one of the best ways to prepare them for treating people with Parkinson's as they transition from student to caregiver.

Shalome Tonelli, PhD, RN, instructional track lecturer, has been accepted to the distinguished Edmond J. Safra Visiting Nurse Faculty Program at the Parkinson's Foundation.

The highly prestigious, 40-hour accredited "train the trainer" program improves Parkinson's disease (PD) nursing care by training faculty leaders across the United States to educate nursing students. The rigorous course includes



Daack-Hirsch Elected UI Faculty Senate President

Sandra Daack-Hirsch
Associate Professor & PhD Program Director

At the University of Iowa Faculty Senate Meeting in April 2019, Associate Professor and PhD Program Director Sandra Daack-Hirsch, PhD, RN, FAAN, formally took the reins as the Faculty Senate President, marking the first time a College of Nursing faculty member has served in this prestigious role.

Composed of 80 representatives of all academic units of the university, UI Faculty Senate serves as the principal channel of communication between faculty members and the university's central administration.

The Senate may discuss and take a position on any subject of university concern, and may recommend

policies on these matters to the university president.

"One of our most important roles is to facilitate, maintain, and create capacity for faculty to be involved in decisions about research and discovery, student success, and engagement," said Daack-Hirsch.



HRSA Grant to Further Iowa's Geriatric Outreach

Marianne Smith | Associate Professor

Associate Professor Marianne Smith's Iowa Geriatrics Workforce Enhancement Program (GWEP) grant has been funded by the Health Resources and Services Administration (HRSA).

Through this funding, Smith will lead a collaborative project that focuses on training and practice change to advance use of geriatric best practices using advocacy-driven social change approaches. To achieve this, the GWEP team will use the '4Ms' of an Age-Friendly Health System (AFHS), an initiative of the John A. Hartford Foundation and the Institute for Healthcare Improvement. The 4Ms framework of an AFHS are centered on What Matters, Mobility, Mentation, and Medication.

"Our activities will embrace the 4Ms to best assure that what matters to older adults is the focus in care, and that bundled best practice interventions are used to improve health and function," explained Smith, PhD, RN, FAAN. "Our focus on Mentation flows logically to advance Dementia Friendly Community principles that support

older people to live, age, and thrive at home and in their own societies."

GWEP's reciprocal working relationship with the Csomay Center for Gerontological Excellence, and the program's interdisciplinary partnerships with UI Colleges of Medicine, Liberal Arts & Sciences, Nursing, and Pharmacy, as well as external agencies, including Des Moines University, Area Agencies on Aging, Telligon, the Eastern Kansas VA, and Western Home Communities, are essential to the team's statewide

"Our focus on Mentation flows logically to advance Dementia Friendly Community principles that support older people to live, age, and thrive at home and in their own societies."

— Associate Professor
Marianne Smith

and regional impact on changing practices to assure older Iowans receive the best care possible.

Through this five-year, \$3.7 million HRSA grant, the team will address GWEP initiatives that are intended to improve health outcomes for older adults by developing a health care workforce that maximizes patient and family engagement, and by integrating geriatrics and primary care.

Specific objectives include: Building partnerships to educate and train workforces in academia, primary care sites/systems, and community-based organizations; training current and future providers to assess and address the primary care needs of older adults; and transforming clinical training environments to become an Age-Friendly Health System.

"We are excited to work with this highly committed group of geriatric care leaders and to engage with older adults and their families as essential members of the care team," said Smith. "This collaboration offers new opportunities for expansion and will strongly position our engagement in statewide aging initiatives."



STUDENT SUCCESS

CNL Student Success

Abby Rail



Developed by the American Association of Colleges of Nursing (AACN), in collaboration with leaders from education and practice arenas, the Clinical Nurse Leader (CNL) is an evolving nursing expert role focused on improving the quality of patient care and helping professional nurses thrive in the health care system.

The University of Iowa happens to be home to the fourth-ranked CNL program in the country, and that national recognition certainly put the program on registered nurse **Abby**

Rail's first 10 years of nursing were spent in the Pediatric Intensive Care Unit (PICU) at Blank Children's Hospital in Des Moines. One of the largest populations taken care of in the PICU are infants and young children on ventilators for respiratory failure from infectious processes. From this experience Rail saw a need for more standardized care of this patient population with regard to weaning them off of the ventilator for sooner extubations and decreased potential for complications related to prolonged intubation/ventilation.

significant due to sample size, there was a clinically significant effect on shorter time to extubation and weaning times after the protocol was initiated. Not only does extubating these patients sooner allow for fewer potential complications, it allows children to be back in the arms of their parents as quickly as possible."

After graduation, Rail became a nurse manager of the Neonatal Intensive Care Unit and the Neonatal Transport Team at Blank Children's Hospital. This type of career advancement didn't surprise CNL Program Director **Lindell Joseph, PhD, RN, FAAN.**

"When I first met Abby, she voiced the need to change pediatric ventilator care management on her unit. She wanted the knowledge and tools to wean patients earlier to decrease complications," noted Joseph. "We were committed to helping make her passion for changing ventilator care a reality. Her ability to work with other disciplines to change practice was impressive. In her new leadership role, I am certain she will continue to impact the health system as a change agent and innovator."

"In her new leadership role, I am certain Abby will continue to impact the entire health system both as a change agent and innovator."

— CNL Program Director **Lindell Joseph**

Rail's radar. Ultimately, deciding to pursue an advanced degree that would strengthen her nursing leadership skills, and becoming a Hawkeye, seemed like a perfect combination.

"I chose the CNL program because I liked the combination of clinical courses and leadership/health care systems offerings in the degree program," said Rail, MSN, RN, CPN. "Another reason is the program's convenience. It's online, but campus is close enough that I could travel to and from Iowa City when needed."

This process improvement is also what fueled her CNL Capstone Project, which she successfully defended in May 2019.

"Along with a multidisciplinary team, I created and implemented a ventilator weaning protocol that could be used by nurses and respiratory therapists 24/7. With this protocol we were able to safely decrease our ventilator weaning time by 12 hours and our time to extubation by 30 hours in this population," explained Rail. "Although this was not statistically



DNP Student Success

Jennifer Wittman

Early on in her career, **Jennifer Wittman** came to the realization that there are many barriers for pediatric patients to receive mental health care.

As she pursued her Doctor of Nursing Practice (DNP) degree from the University of Iowa, Wittman conducted a literature review and determined that primary care providers were ideally positioned to provide care to children and adolescents with mild to moderate mental health disease. And, thus, a new DNP project/poster presentation was born!

“I was fortunate to have an amazing mentor (Dr. **Susan Van Cleve**) and project site (Mercy Pediatrics in Coralville, Iowa) with providers who had the desire and drive to learn how to administer these services,” said Wittman.

Wittman’s project, which she successfully defended prior to completing her DNP in August 2019, was titled “Improving Assessment and Treatment of Pediatric Mental

Health Disorders in Primary Care.” To execute the logistics of this project, she worked with a pediatric primary care office and implemented an evidence-based practice project.

“The primary goals of the project were to incorporate a training program, screening implementation, and updated referral sources and resources for the providers to integrate mental health care into a primary care setting.”

“I was fortunate to have an amazing mentor (Dr. **Susan Van Cleve**) and a project site (Mercy Pediatrics in Coralville, Iowa) with providers who had the desire and drive to learn how to administer these services.”

— **Jennifer Wittman**

Being able to be placed at clinical sites, which provided her with easier access to the information and resources needed to complete her

project, was one of the main reasons Wittman chose UI’s DNP program.

“It immensely reduced the stress of having to find a site,” she explained.

Wittman also noted the College of Nursing’s reputation in the community, and being able to work with exceptional leaders in both of her specialty program tracks, as key contributors in her decision to pursue a DNP from Iowa.

“The college made sure I was getting the best experience to prepare me for clinical practice,” she added. “I was given clinical locations that were challenging and exposed me to a wide range of opportunities.”

Shortly after graduation, Wittman started working as a family nurse practitioner in the family medicine department at Physicians’ Clinic of Iowa (PCI). She will also be starting a psychiatric-mental health practice within this department as PCI does not currently offer this specialty. Her goal is to provide holistic care to patients and families.



STUDENT SUCCESS



RN-BSN Student Success

Darcy Eibs

With a passion for gerontological nursing, registered nurse **Darcy Eibs** (BSN '19) found that the University of Iowa's RN-BSN program allowed her to remain in Laurel, Iowa, and was flexible enough to accommodate her hectic schedule as a full-time nurse.

"The program appealed to me because it is 100% online, with the opportunity for practicum and community experiences being completed near my hometown. It's very convenient and working-student friendly," she stated. "It has also given me additional confidence and knowledge, especially in evidence-based practice."

Eibs, a Marshalltown Community College graduate, currently works

at Grandview Heights Rehab and Healthcare in Marshalltown, Iowa, where she was recently promoted to co-director of nursing.

"Darcy's passion and expertise is with older adults," noted **Pat Nelson**, a lecturer in the college who also served as a preceptor for Eibs.

"I have always thoroughly loved older adults," added Eibs. "Caring for this population holds a special place in my heart."



PhD Student Success

April Prunty

Registered nurse **April Prunty** wears many hats. She is an instructional track lecturer at University of Iowa's College of Nursing, director of simulation and interprofessional education, co-director of the Nursing Clinical Education Center, and she's also a PhD student preparing for her dissertation defense.

Although Prunty grew up in Milton, Wisconsin, she chose Iowa's PhD

program largely because she had such a great experience completing the college's MSN-CNL program.

Her PhD dissertation focuses on weight stigma and its relationship to health.

"I am drilling down to two specific components of weight stigma—external and internal," she said.

"Weight stigma is considered 'socially sanctioned discrimination' but is linked to poorer health outcomes.

My study will focus on delineating health outcomes associated with external and internal weight stigma, which may be important distinctions as we look to develop interventions to improve the lives of persons living with obesity."

After defending her dissertation, Prunty plans to pursue a position in an academic medical center where she intends to continue developing a program of research.



BSN Student Success

Megan Lough

Megan Lough (BSN '19) knew she would get a quality education at the University of Iowa College of Nursing. The school had popped up when she searched for the best nursing colleges. What she didn't expect was how her academic experiences abroad would unveil her true passions in health care.

"I have a greater worldview because I went to the University of Iowa," says Lough, a native of Eagan, Minnesota. "I understand diversity more. I am able to see the value of an environment that continually cares about teaching and learning and researching and being innovative."

By the time she graduated, Lough had spent five months in Peru studying Spanish, five weeks in Colombia performing nursing research, and two weeks in Eswatini, a small country in southern Africa where she learned about community and public health nursing. These experiences, she says, helped her determine the kind of nurse she wants to be.

"I'd like to use my Spanish abilities to go out into Hispanic communities, hear their stories, find out what they need, and be able to provide a medical service to them in a way that is culturally appropriate," says

Lough, currently a nurse in the cardiovascular surgery progressive care unit at Mayo Clinic in Rochester, Minnesota.

As an undergrad, Lough served as a research assistant during her first two years on campus. She worked with her mentors in the College of Nursing to identify and develop her own research topic: barriers to health care access in Iowa's Hispanic migrant communities. She completed a pilot project studying farmworkers with Type 2 diabetes and determining the risk factors that prevented adequate management of the disease.

Excited to build on her research knowledge, Lough applied for and received a Stanley Undergraduate Award for International Research, which led to a five-week study of patients in Colombia with Type 2 diabetes. She compared the findings with those from the Iowa population. As Lough's faculty advisor, Professor **Ken Culp** guided and encouraged her through the project.



"These are life-changing experiences for our students," says **Anita Nicholson**, associate dean for undergraduate programs in the UI College of Nursing. "The United States is a wonderful melting pot.

What our students learn abroad, they bring back here. Seeing firsthand the challenges those populations face helps students understand the challenges here and prompts them to advocate for even more access to health care, especially among populations experiencing homelessness or mental health issues. It shows them how, as nurses, they can be part of the solution."

Lough says the international opportunities enhanced her nursing education.

"The nursing curriculum at Iowa has prepared me to get the job that I want—not just a job that does a lot of good and is needed, but a job that does good, is needed, and fits my personality and my passions," she says. "Because, when you're passionate about something, you serve that area better and you are more invested." To read more about Megan's story, visit uiowa.edu/stories.





Research and External Funding Reach Highest Levels in UI History

Grants and other funding that support University of Iowa research and scholarship reached an all-time high in FY19, bolstered in part by increased support from the Department of Defense (DOD) and the National Science Foundation (NSF).

Research funding from July 1, 2018, to June 30, 2019, rose 7%, or \$32.4 million, to \$467 million. Total external funding to the UI increased 6%, or \$34.8 million, to an unprecedented \$588.8 million.

External funding includes grants, contracts, gifts, and cooperative agreements from federal, state, and local governments, as well as from private industry, foundations, and other universities.

UI Vice President for Research Marty Scholtz credits the research funding increases in DOD and NSF support to ongoing efforts by the university to diversify its research portfolio beyond funding from the National Institutes of Health (NIH), which, at \$171.6 million in FY19, continues to represent the majority of overall research funding.

One particularly important and emerging area of collaborative health and medical research at Iowa seeks to benefit military personnel (though its applications extend far beyond that population). The College of Nursing received a \$673,800 grant from the NIH in FY19 that will help Professor **Barbara Rakel** investigate ways to reduce veterans' risk of persistent pain and prolonged opioid use after surgery.

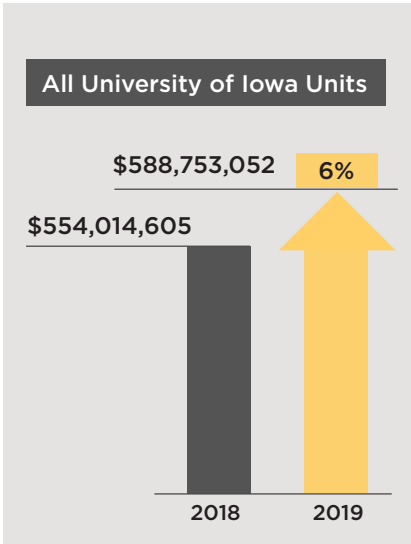
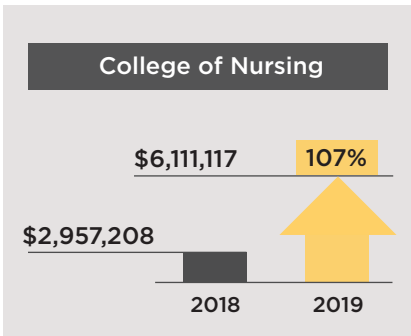
"A large number of veterans suffer from distress-based conditions, such as anxiety and depression, putting them at high risk of experiencing persistent pain and prolonged opioid use following surgery," wrote Rakel in the proposal's abstract. "These connections are based on strong and consistent evidence from the literature and our preliminary data."

Another example of UI efforts to help veterans is a \$10 million Focused Program Award to the Roy J. and Lucille A. Carver College of Medicine's Department of Orthopedics and Rehabilitation. The grant, from the DOD's Congressionally Directed Medical Research Program, seeks to advance the department's investigations into preventing, delaying, or mitigating the onset of arthritis after joint injuries.

Orthopedic surgeon Joseph A. Buckwalter IV, a world-renowned arthritis expert and principal investigator of the study, says the research could especially benefit active young people and military personnel, as certain injuries that the researchers are focusing on can lead to chronic pain and decreased function that compromises quality of life. The type of arthritis being studied makes up 14% of all severe cases and is the most common cause of permanent disability among military personnel, costing \$15 billion in medical expenses annually in the United States.

The FY19 funding data does not include a \$115 million award from the National Aeronautics and Space Administration to Iowa physicist Craig Kletzing, the single largest externally funded research project in UI history. The university anticipates it will receive some of that funding in FY20 and will include it in that year's end-year report.

FY 2019 External Funding





Research into Practice

RESEARCH & SCHOLARSHIP

Bunch's Assessment of Rapid Response Teams Published in *JAMA*

Jacinda Bunch | Assistant Professor



“Assessment of Rapid Response Teams at Top-Performing Hospitals for In-Hospital Cardiac Arrest,” a manuscript co-authored by College of Nursing Assistant Professor **Jacinda Bunch**, PhD, RN, along with Kimberly Dukes, PhD (co-first author) and Saket Girotra, MBBS, MS, MD (senior author), both from the Department of Internal Medicine at UI's Carver College of Medicine, has been published by the *Journal of the American Medical Association (JAMA) Internal Medicine*.

Rapid response teams (RRTs) are synonymous with hospital medical emergency teams, which are highly specialized health care professionals that evaluate and treat patients who may experience sudden decline in their clinical condition.

In this study, the authors wanted to assess the differences in RRTs at top-performing hospitals versus non-top-performing hospitals based on survival of in-hospital cardiac arrest



(IHCA). According to the author, very little has been documented about RRTs and IHCA care across hospitals with varying levels of performance.

Bunch, Dukes, and Girotra found patterns that highlighted differences in the structure and function of RRTs at top-performing and non-top-performing hospitals. Top-performing hospitals in IHCA tended to have dedicated rapid response

hospitals that is funded by the National Heart, Lung, and Blood Institute (PI: Brahmajee Nallamothu, University of Michigan and Paul Chan, Mid America Heart Institute). This process included interviews

“We found that, in top-performing hospitals, bedside nurses felt empowered by the organization to activate an RRT based on their clinical judgement and experience, without fear of criticism or blame.”

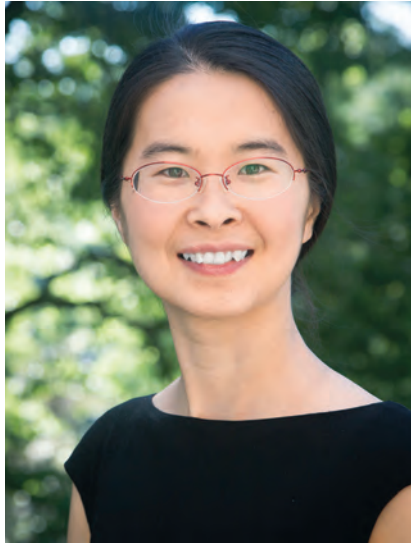
— Assistant Professor **Jacinda Bunch**

teams without other patient care responsibilities, allowing members to quickly respond to emergencies. RRT members seemed to create a partnership with bedside nurses before, during, and after rapid response calls, such as proactive rounding, inclusion in patient care, and debriefing.

This RRT study utilized data collected from Hospital Enhancement of Resuscitation Outcomes for In-Hospital Cardiac Arrest (HEROIC), an ongoing mixed methods study of resuscitation practices at U.S.

from nine hospitals; however, the team is planning additional research to include a wider range of hospitals, including those with fewer resources.

“Once validated, implementation of best practices broadly could potentially strengthen rapid response teams and improve patient safety,” added Bunch.



Liu Delves into Dementia Mealtime Research to Improve Patient Outcomes

Wen Liu | Assistant Professor

Understanding the dynamics between a caregiver and a person with dementia, with a focus on mealtime behavior and nutrition, is the subject of new research by **Wen Liu**, an assistant professor of nursing and a member of the University of Iowa Aging Mind and Brain Initiative cluster.

Liu studies the antecedents, characteristics, and consequences of compromised eating performance and food intake among individuals diagnosed with dementia. She is also perfecting a computer-assisted behavioral coding tool to extract data from videotaped mealtime observations. Liu is one of a handful of nursing experts in the nation working in this area.

The coding tool will allow Liu to collect data and then analyze it to identify patterns of temporal associations between caregiver-centered and task-centered behaviors, as well as resident mealtime difficulties and intake. Funding for this work comes from an R03 grant from the National Institutes of Health, as well as from the American Nurses Foundation.

The behavioral coding tool has been tested in a small sample of videos by Liu and her research team's previous work. This will be the first time she will use the tool to examine a larger and more diverse sample of videos.

"We hope to be able to describe the patterns of caregiver-resident mealtime interactions, as well as to examine whether caregiver behaviors influence resident mealtime difficulties and intake temporally," says Liu. "We want to identify specific caregiver behaviors that reduce mealtime difficulties and promote intake."

Liu is hopeful that her work will result in the development of innovative mealtime care programs for persons with dementia, and that these programs will also help caregivers learn how to use evidence-based care to help patients eat well to improve the quality of their lives.

People with dementia are at particular risk of malnutrition because, at mealtime, they can exhibit functional and behavioral difficulties, which can lead to dehydration and weight loss. This can result in increased confusion, morbidity, and mortality.

"Despite the risks associated with mealtime difficulties and inadequate intake, people with dementia are not being provided optimal mealtime care," explains Liu. "Caregivers are in a critical position to reduce resident functional and behavioral difficulties by focusing on maintaining independence in eating, food intake,

"Caregivers are in a critical position to reduce resident functional and behavioral difficulties by focusing on maintaining independence in eating, food intake, and hydration as critical components of dementia care."

— Assistant Professor **Wen Liu**

and hydration as critical components of dementia care."

Liu will also use her research to help students learn more about dementia care and the intricacies of research.



UI College of Nursing Prepares Next Wave of Modern Health Care Leaders

On one of the busiest patient floors at University of Iowa Hospitals & Clinics, **Dan Lose**, a 2016 doctor of nursing practice graduate of the UI College of Nursing, oversees a staff of 140, an annual budget of \$10 million, and a daily churn of patients that puts his medical and management skills to the test.

“Health care is changing and nurses are at the forefront of that change. Nurse leaders bring the perspective of patients and front-line staff to the decision-making table, and I believe that our input is imperative.”

— **Dan Lose**

In many ways, Lose is the embodiment of a new generation of nurses: health care professionals who are extremely skilled at patient care, but also key health care leaders and innovators who play a pivotal role in

advancing health care, research, and technology.

Since its inception in 1898, the UI College of Nursing has been focused on educating the next generation of nurses. Today, as the profession regionally and nationally struggles to meet the needs of a growing patient population with more complex health needs, college leaders say they are at the forefront of creating new programs and conducting meaningful research that will empower nurses to take on new management and leadership roles in hospitals and clinics.

“The University of Iowa College of Nursing has an impressive history of leadership in nursing education and research,” says **Julie Zerwic**, the eighth dean of the college. “As we move forward, we constantly seek out new education methods that will ensure that our students have the skills they need to lead interdisciplinary health care teams to tackle future health challenges.”

Zerwic and others familiar with the college’s history say that it has long been a place where innovation has

Left to Right: **Becky Wendt** and **Dan Lose**

been emphasized—both in research and in teaching that improves student success.

The college is also a national leader in evidence-based nursing, in which nurses use research to safely change and/or update practices, says **Ann Marie McCarthy**, professor and associate dean for research and scholarship at the college.

“Nurses from the college and UI Hospitals & Clinics developed the Iowa Model of Evidence-Based Practice to support changes in health care practices to benefit patients,” says McCarthy. Some examples of this approach include the creation of a “distraction in action” tablet app to help children relax during difficult medical procedures, as well as recent changes in elder care at UI Hospitals & Clinics, including a reduction in the use of physical restraints on patients in acute care and fall prevention education for older adults.

In addition to research, the college also leads the way in nursing education trends, says McCarthy. Today, the college offers multiple advanced degrees, including master degrees, Doctor of Nursing Practice degrees, and PhD degrees. The Doctor of Nursing Practice degree is the newest program offered and includes focuses on family medicine, psychiatry, and anesthesiology. UI is the only school in Iowa to offer a nursing PhD program, the goal of which is to educate nurse scientists who can find new solutions to symptom management and health education and promotion.

This emphasis on research to solve problems and keep patients safe, combined with the creation of new, advanced nursing degrees, has resulted in nurses playing a more central role in health care decisions and management, says McCarthy.

“Early on in the history of nursing, nurses were seen as people who would do their work in tandem with a doctor, but that’s not necessarily the case anymore,” says McCarthy. “Today, nurses can open their own practices and work independently of a doctor. It’s always been a great degree, but at the college we’re seeing a new level of student interest in the field, and I think that reflects the exciting and wide range of possibilities that a career in nursing offers. You can really chart your own path.”

Another driving force behind the evolution of nursing education at the University of Iowa, McCarthy says, was

a 2010 report titled, “The Future of Nursing: Leading Change, Advancing Health,” published by the Institute of Medicine and the Robert Wood Johnson Foundation, which advocated for strengthening the nursing profession through advanced education. The report was released about the same time as the *Affordable Care Act* went into effect—when there was a need to increase the number of nursing professionals in the United States to meet new patient demands.

When the Future of Nursing report was released, former College of Nursing Dean **Rita Frantz** took a leadership role in implementing recommendations statewide, creating an action team to oversee the process and seeking the help of college experts. Frantz and deans from other nursing colleges wanted Iowa to lead the health care movement advocated in the report, and they acted quickly to implement new educational programs to reflect the report’s recommendations.

“As we move forward, we constantly seek out new education methods that will ensure that our students have the skills they need to lead interdisciplinary health care teams to tackle future health challenges.”

— Dean **Julie Zerwic**

Lose says he was lucky to work with Frantz on the implementation process.

“That report is probably one of the big reasons I am where I am today,” Lose says. “It made everyone realize the big changes ahead in health care, and it pushed nurses to be at the forefront of that change. People still talk about ‘the report’ nine years later. It continues to have a profound impact on nursing education and the profession as a whole.”

Lose says he feels fortunate to have been able to enter the Doctor of Nursing Practice program and tailor it to his areas of interest. When he wanted to learn more about health care finances, his professors helped him set up internships with Principal Financial in Des Moines and with the CEO of a local hospital.



PREPARING FOR THE FUTURE



"I'm glad I went to UI for my nursing degrees because I learned from world-renowned faculty who provided me with valuable opportunities to learn and grow as a nurse," says Lose.

April Prunty, a 2009 graduate of the college's MSN program and current student in the college's PhD program, says she is also thankful for her UI College of Nursing experience. Today, Prunty co-directs the college's Nursing Clinical Education Center, which houses high-fidelity mannequins to simulate sophisticated nursing care scenarios, including childbirth, strokes, and heart attacks.

Every year, *U.S. News & World Report* ranks the college among the best in the nation for nurse education. Many of the college's programs are ranked within the top 20 nationally, including its clinical nurse leader, health systems (nursing administration), adult/gero acute care, adult/gero primary care, and nurse anesthesia programs.

"A big part of the reason I came back was because of the wonderful experience I had as a student at the UI College of Nursing," says Prunty. "Although clinical simulation wasn't used to the same degree when I was a student, the education I received at Iowa was top-notch and, when I graduated, I definitely felt like I could conquer the world."

Prunty says she is proud of the efforts the college makes to ensure students have the best education possible, including regular investment in new medical and teaching technology and classroom upgrades. The College of Nursing Building recently underwent an \$11.8 million renovation, which was completed the summer of 2019.

"Our nursing learners are changing," says Prunty. "This is a generation of students who were raised with technology—with iPads and laptops—and so when they come into the simulation lab, they are already very comfortable with the technology that is in use there. At the college, we are constantly looking at how to adapt our curriculum to better serve student demand."

Looking forward, Zerwic says she plans to continue focusing on student learning and success to ensure that the health care needs of the state and the nation are met. She is particularly interested in using active-learning approaches that allow students to work collaboratively, which simulates the work they will do as members of interdisciplinary health care teams. Recently, the college recruited UI theater students to play the roles of sick patients so nursing students could hone their skills. Zerwic says this method of simulation training has been a success and she's excited to expand such efforts to ensure all students get a chance to participate.

"I'm excited to be at the UI College of Nursing at a time when the expertise that nurses bring to the health care field is being recognized and validated in so many exciting ways," says Zerwic. "I couldn't be more proud of our nursing students and alumni, who are dedicated to patient care and who break new ground in health care leadership and research every single day."



120TH ANNIVERSARY



Nursing at Iowa Celebrates 120 Years

Last fall, several alumni spanning multiple generations joined us in Iowa City to celebrate 120 years of nursing at Iowa.

This celebration in mid-October covered four days of fun-filled activities, including an all-class dinner; campus tours, which provided behind-the-scenes access to some of the newest buildings on campus; a game watch party at Kinnick Stadium; and a private concert performance at Hancher Auditorium.





BUILDING RENOVATION



Nursing Building Gets Interior Renovation

Built in 1971, the College of Nursing Building is a monumental, Brutalist concrete building sitting on a limestone bluff on the west side of the Iowa River.

The building recently underwent an expansive, multi-floor renovation. The intent for the renovation project, which began in 2017, was to respect the existing architecture of the building while updating finishes and spaces in the renovated areas to make the building more welcoming, collaborative, and open.



In addition to adding several collaborative spaces, the redesign also offers students some secluded areas to study or unplug.



Formerly the student lounge and computer lab, this expansive new classroom on the building's lower level offers a stimulating learning environment with an abundance of daylight, technology, and mobile furniture.



One of several new, intimate conference rooms, complete with A/V components and easily movable furnishings. This particular space takes full advantage of the first floor's floor-to-ceiling windows.



Students collaborate in one of four new classrooms on the ground floor. This space once housed offices for graduate students and IT staff.



Building modifications enabled the college to address the need for updated technology and state-of-the-art facilities.



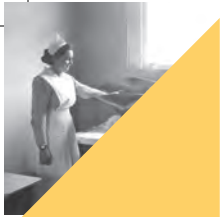
The design team focused on a key imperative to give light back to the students and faculty who use the building.



Spatial reconfigurations also adapted to current pedagogical methods that emphasize active student learning.



While the original structure makes a significant and timeless architectural statement, the spaces inside had, over time, become dated and ineffective.



IN MEMORIAM



1930s

Fern (Dietz) McCall (GN '38)
Kathryn Allen Payne (GN/BS '38/MSN '60)

1940s

Ruth (Beed) Titus (GN '40)
Gladys (Dillon) Tracy (GN/BS '41)
Joy Isabelle (Miller) Heller (GN '43)
Ruth L. Hass (GN '44/MS '59)
Jane (Thoensen) Bickford (GN '45)
Mary Louise Elder Jindra (GN '45)
Rose Gordon Hayne (GN '46/BS '47)
Jean (Livingstone) Brown (GN/BS '47)
Ruth (Brower) Caressi (GN '47)
Maribel (Strong) Ebel (GN/BS '47)
Phyllis (Moore) Kinard (GN '47)
Sybil (Dockstader) Mitchell (GN '47)
Martha (Hasenclever) Mueller (GN '47)
Evelyne (Jenkins) Narkevitz (GN '47)
Dolores (Martin) Boeke (GN '48)
Doris J. Condit Bounds (GN '48)
Norma (Nolte) Ferguson (GN '48)
Georgia (Betz) Bond (GN '49)
Jeanne (Smith) O'Brien (GN '49)
Jean P. (Conwell) Smith (GN/BS '49)
Ann (Pickering) Tainer (GN/BS '49)

1950s

Virginia (Crum) Lawhorn (GN '50)
Eileen Steffenson McManus (GN '51)
Mary (Noel) Polance (GN '51)

Irene K. (Davis) Willer (GN '51)
Meri Elaine (Hill) Chess (GN '52)
Marjorie (Hundertmark) Lorenc
(GN '52/BA '53)
Josephine (Lorenc) Wilson (GN '52/BSN '77)
Patricia (White) Daw (BSN '53)
Caroline (Macumber) Deinema (GN '54)
Peggy (Kelso) Mussehl (GN '54/BSN '68/
MSN '90)
John A. Kitterman (BSN '55)
Lorraine (Caspers) Smith (BSN '55/MSN '73)
JoAnn (Tracy) Wentzien (BSN '55)
Evelyn (Kipp) Davis (BSN '56/MA '79)
Colleen (State) Augustine (BSN '58/MA
'79/PhD '92)
Marion (Mueller) Boehm (BSN '58)
Carolyn (Kolker) Lewis (BSN '58)
Nancy (Kitch) Walker (BSN '58/MA '87)
Roxy (Scott) Ventling (BSN '59)

1960s

Judith (Jensen) Sick (BSN '61)
Carol (Woolridge) Chittenden (BSN '63)
Georgiana (Majer) Flint (BSN '63)
Janet R. Proctor (BSN '64)
Joann Edwards (MA '65)
Barbara Hoffman Stauffer (BSN '65)
Barbara (Meffert) Wright (BSN '67)
Judy (Andersen) Kamm (BSN '68)
Beverly Tegland Gallatin (BSN '69)

1970s

Mary (Perrin) Gates (BSN '70)
Roberta J. Bowdish (BSN '71)
Constance (Mallow) Litzel (BSN '72)
Kathleen (Heller) Evans (BSN '74)
Veronica A. Brighton (BSN '75/MA '77)
Estelle (Halley) O'Brien (BSN '76/MA '82/
MSN '94)
Roberta J. Bowdish (MSN '76)
Mildred E. Buckley (MA '77)
Kathryn (Burnham) Katz (BSN '77)
Mary W. Wildenberg (MA '78)
Lynne M. Pucin McCabe (BSN '79)

1980s

Jeanne (Hagele) McGinnis (BSN '80/MS '87)
Stephanie E. Pavnica (ADN '81/BSN '84/
DDS '91)

1990s

Diane (Almquist) Schweer (BSN '88/MSN '96)
Diana R. McDonald-Morton (MA '93)
Elizabeth A. Kelly-Spies (BSN '96)

2000s

Marva J. Hoogland (BSN '01)
Gloria J. Vander Plaats (BSN '04)
William R. Fuqua (BSN '06)

2010s

Cheryl L. Wright (MSN '13)



Many Thanks to Our Generous Donors

The Nursing Building, which sits on a limestone bluff west of the Iowa River, was built in 1971 and had never been updated. The goal of the College of Nursing's recent \$10 million renovation project was to honor the facility's existing architecture while updating spaces that would make the building feel more welcoming, interactive, and open. The updated facility features a versatile and welcoming student commons—with collaboration rooms, individual study areas, and meeting spaces—as well as nine new 21st-century classrooms and functional administration spaces. Thank you to the donors who helped us exceed our \$2 million renovation campaign goal with collective contributions of over \$3.6 million. Your generous support allowed for the expansion of the renovation with the addition of the 3rd-floor classrooms and the east terrace. The following new spaces were named in honor of our lead building donors:

- Jerold O. and Jacqueline R. (Peterson) Dock Terrace

- Dr. Rita and David Frantz Student Commons

- Geraldene Felton Student Success Center

- Corine Ashland Hadley Boardroom

- Gerlach Family Student Commons West

- Jerold O. and Jacqueline R. (Peterson) Dock Classroom

- Carol Tangen Hills and Jared S. Hills Classroom

- Suzanne and William Ammerman Student Commons East

- Bonnie J. Bell Reception Area

- Retha Ellen Vornholt Kennan BSN 1955 Collaboration Room

For more information about ways you can support the College of Nursing, contact:

Dayna Ballantyne

Director of Development, College of Nursing

University of Iowa Center for Advancement
One West Park Road
Iowa City, IA 52242

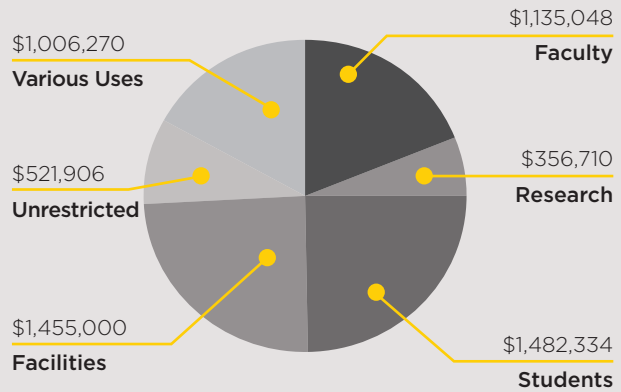
dayna.ballantyne@foriowa.org

800-648-6973

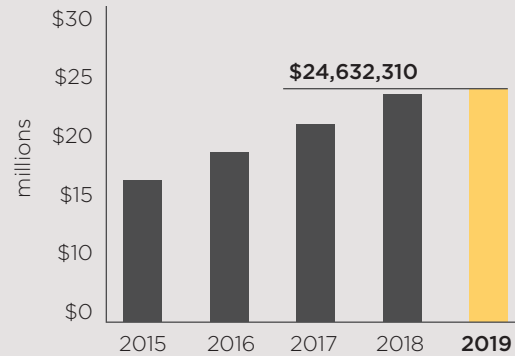
DEVELOPMENT

Fundraising Data for FY19 (July 1, 2018 - June 30, 2019)

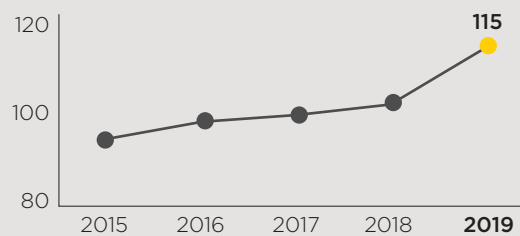
Total Productivity: \$5,957,268
Total # of Donors: 1,050



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