

MIZZOU NURSING

NEWS FROM THE UNIVERSITY OF MISSOURI SINCLAIR SCHOOL OF NURSING | SPRING 2017

DNP Graduates Impact Health Care



6 - Volleyball star juggles practice, classes and clinicals

9 - Paving the Road for Advanced Practice Nurses in Missouri

18 - Join us for the 27th Annual Alumni Awards Banquet

FROM THE DEAN



There is no doubt that Advanced Practice Registered Nurses (APRNs) impact health care. Our Doctor of Nursing Practice (DNP) program was launched in 2012. Since that date we have had 89 graduates who are nurse practitioners in Pediatrics, Family, and Family Psych/Mental Health and other graduates are Clinical Nurse Specialists (CNS) in Adult/Gerontology and Pediatrics. DNP graduates for May and December 2016 total 36. Currently we have 215 students enrolled in the DNP program.

The impact of these care providers is profound. They diagnose and treat health problems and enhance access to health care wherever they practice. They advocate for policies that promote health. They are members of multi-disciplinary teams planning optimal care and evaluating outcomes. They refer patients for care to other practitioners and provide care for persons throughout the life cycle.

In this issue, you will take pride in just a few examples of our advanced practice nurse graduates. Dr. Cyndy Mehrer cares for children and adults with neurodevelopmental disorders at our MU Thompson Center. Her respect for the uniqueness of each individual is reflected in her story enclosed. Her care for families of children with autism has enabled them to develop and have quality of life. Dr. Sara Landreth is an adult/gerontological CNS who brings comfort to families and persons at the end of life in her role in hospice care. Dr. Ashley Field Makowski is a family nurse practitioner who works in urgent care managing varieties of patient problems and performing minor procedures. Our \$19.8 million grant from the Centers for Medicare/Medicaid Services has demonstrated that APRNs in nursing homes are effective in significantly reducing unnecessary expensive hospitalizations.

Although it is a challenge with the student's schedule, we do have student nurses who are athletes. Marvel at Kira Larson, our MU volleyball star.

Also in this issue, review our alumni award winners for the 27th Annual Awards Banquet. Join us on April 21, 2017, for this celebration as we honor these awardees and Dr. Sandra Gambaro Shelley our Distinguished Friend of the School.

Most importantly maintain your pride in your Sinclair School of Nursing. We continue to choose greatness, manifesting excellence in all that we do. We need your support.

Judith Fitzgerald Miller

Executive Editor

Dean Judith Fitzgerald Miller, PhD,
RN, FAAN

Writer/Photographer/ Designer

Erica VandenHouten

Editors

Linda Huether, Ana Compain-Romero

Nursing Alumni

Organization President

Katy Musterman, BSN '08

Mizzou Nursing is published twice a year for the alumni, students, parents, faculty, staff and friends of the University of Missouri Sinclair School of Nursing.

FEEDBACK WELCOME

Please let us know what you think about this issue or if you have any suggestions for articles in *Mizzou Nursing*. You can write to us at mizzounursing@missouri.edu, or mail to the address below:

Mizzou Nursing
S218 School of Nursing
Columbia, MO 65211

The University of Missouri does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, gender expression, age, disability or status as a protected veteran. For more information, call Human Resource Services at 573-882-4256, the Director of MU Equity/Title IX Coordinator at 573-882-9069 or the U.S. Department of Education, Office of Civil Rights.

 Sinclair School of Nursing
University of Missouri Health





Kira Larson celebrates with teammates after securing a point for her team. Read about her success as a member of the team and in the classroom on page 6.

6 Representing Mizzou On and Off the Court

Teamwork and determination push volleyball star and nursing student Kira Larson to excellence.

9 Paving the Road for Advanced Practice Nurses

Learn about legislative restriction on APRNs and see where some of our DNP graduates are now.

16 Medical Missionary in Africa

Faculty help make out-of-classroom learning experience possible.

Hundreds of men, women and children gather to receive health care in Madagascar. DNP student Stephanie Oetting traveled to the country to help administer care. Read her story on page 16.



18 Exceptional Alumni to be Honored

Join us for the 27th Annual Awards Banquet to see staff, student and alumni recognized.

22 SSON Loses Beloved Employee

Thom Bowling is remembered as an employee who made SSON a family.

24 Verna Adwell Rhodes Professorship in Nursing

See how you can help with this new endowment.

Admissions

Office of Academic Affairs

Janice Hoffman
573-882-0228
hoffmanjj@missouri.edu

Undergraduate Program

Sherri Ulbrich
573-884-0921
ulbrichs@missouri.edu

Master's Program

Cherine Heckman
573-882-0277
heckmanch@missouri.edu

PhD Program

Deidre Wipke-Tevis
573-884-8441
wipke-tevisd@missouri.edu

DNP Program

Robin Harris
573-882-7969
harrisrc@missouri.edu

Dean's Office

Dean Judith Fitzgerald Miller

Linda Huether
573-882-0278
huetherl@missouri.edu

Alumni Relations

Donna Otto
573-884-7293
ottod@missouri.edu

Communications

Erica VandenHouten
573-884-2690
vandenhoutene@missouri.edu

Office of Advancement

Matt Osterthun
573-884-3505
osterthunm@missouri.edu

Office of Research

Vicki Conn
573-882-0231
conn@missouri.edu

Office of Outreach

Shirley Farrah
573-882-0215
farrahs@missouri.edu

FROM ADVANCEMENT



Hello, Sinclair School of Nursing family. In October, I was thrilled to join the Office of Advancement, where my mission is to connect you to the school in ways that are meaningful to you. Already, I have met many of our treasured alumni who have reaffirmed for me what I already knew: Nurses, we believe Mizzou nurses especially, care deeply for their patients in ways that leave an indelible mark on those of us lucky to have been enriched by their touch.

My recent personal experiences with nurses have solidified this fact. My youngest son has autism spectrum disorder. For nine years, the only way we have been able to have his teeth cleaned is to take an annual visit to Women's and Children's Hospital, which is distressing for all of us. My 90-year-old mother has been prone to taking some serious falls in the past 10 years, which have required more than just Band-Aids and over-the-counter medication. In each case, a Mizzou nurse has been central to helping put us at ease by listening – really listening – and delivering personalized patient-centered care.

We frequently hear about the similarly profound differences our faculty make in the lives of our students. One such former faculty member left the classroom long ago, but has continued with her lifelong dedication to Mizzou and the development of oncology nursing research, education and practice. Verna Rhodes and her husband, Jim, of Columbia, Missouri, have established four endowments in the school. If you were one of Verna's students or former colleagues, the inside of the back cover will interest you. There you will learn how you can honor Verna's legacy by contributing to the Verna Adwell Rhodes Professorship in Nursing.

You will also have an opportunity to support Verna's endowment on March 15 when the school will take part in the first-ever Mizzou Giving Day. That day, we hope you will support at least one of the three funds that are our top priorities. Those include the New Nursing Building Fund, the Nursing Dean's Fund for Excellence and, of course, the Verna Adwell Rhodes Professorship in Nursing.

I hope you will each consider coming to the 27th Annual Awards Banquet April 21, 2017, at the Country Club of Missouri in Columbia, where I look forward to meeting you all. Fair warning, I am a hugger and I will want to know all about you.

Ana Campain-Romero



Sam Phillips, 8th semester traditional BSN option student, received the “Great Catch” award from University Hospital. Sam provided emergency care to a patient who was choking while he was working as a nurse tech and is credited with saving the patient’s life. Sam was surprised by the prize patrol composed of hospital and school of nursing administrators and staff during a shift with his senior practicum preceptor Randy Vanskike. Sam is pictured with John Hornick, RN, Director of Nursing at University Hospital, and Dr. Janice Hoffmann, SSON Associate Dean of Academic Affairs.

Over the January intersession, 20 undergraduate nursing students participated in a study abroad trip to Monteverde, Costa Rica. These students were completing their required community health clinical hours. The group visited a health clinic, a nursing home and a hospital and provided health education to older members of two rural communities. Students spent 10 days living with a family and were immersed in the culture. While some students knew some Spanish before the trip, all arrived home with a more extensive Spanish vocabulary.



Congratulations to Dr. Jane Armer (right), Professor, who has been selected by Sigma Theta Tau International to receive the 2017 International Nurse Researcher Hall of Fame Award. She will be honored by receiving this award at the Sigma Theta Tau International meeting in Dublin, Ireland. Dr. Armer is pictured working with nursing student Stacey Frasher, who is a McNair Fellow.

Join MU Nursing Outreach for these upcoming conferences!

April 5 start date: MU Enhanced Learning Development Academy for Long-Term Care, Yr. 7
(Cohort 2) *Blue Springs/Springfield, April 5, 2017-October 12, 2017*

April 12-13: 10th Annual Evidence-Based Practice on the Frontline: Building a Culture of Quality, Safety and Nursing Professionalism

April 21: 2017 Clinical Oncology Symposium

June 12-16: Meta-Analysis Summer Institute

For more information, visit
nursingoutreach.missouri.edu



REPRESENTING MIZZOU ON AND OFF THE COURT

Teamwork and determination push volleyball star and nursing student Kira Larson to excellence

This season, the University of Missouri women's volleyball team went all the way to the Sweet Sixteen in the NCAA tournament before being eliminated by the University of Minnesota, one of the top teams in the country. Along the way, Kira Larson, 5th semester nursing student, was a powerful front row player and named to the All-SEC team.

Being a Division 1 student-athlete means having a demanding schedule, including traveling to and from competitions all around the country, workouts, practices, team activities and media interviews. Many people told Larson she could not do it all while also having a rigorous academic schedule, but she is well on her way to proving them wrong. Larson added the rigors of nursing school to an already full schedule.

Originally from Fargo, North Dakota, Larson was highly recruited out of high school to play volleyball at the Division 1 level. She began her college volleyball career at the University of Nebraska, a decision she made after her freshmen year in high school.

"When you commit to a school that early, you have no idea what you want to major in, and I didn't either," Larson says.

Larson redshirted her freshmen year and took a mix of business and science classes. Most student-athletes do not major in the sciences, but Larson found herself determined to do so.

"Everyone told me you cannot major in a science field if you are an athlete," she says. "I really liked the science classes; business just wasn't for me."

She has always been interested in a career in nursing since suffering from some skin issues as a child. She saw and shadowed a nurse practitioner in dermatology in Fargo and knew that was something she wanted to do. She transferred to MU since Nebraska did not have a nursing program. This time, though, she wanted to be at a school with a nursing program and a top volleyball program. Despite recruitment by many universities across the country, Mizzou quickly stood out.

"I visited the nursing school and the athletic department and fell in love with Columbia and Mizzou," Larson says. "Now the problem would be how to actually get into nursing school as they had not had many athletes in their program through the years."

Larson decided on the University of Missouri and began the hard work her journey was going to take. She had an immediate impact on the volleyball court while also taking challenging courses and needing to get good grades in order to ensure she had a chance at being accepted at the highly competitive Sinclair School of Nursing.

"Applying to nursing school was very scary for me," she says. "I had the grades and knew I could rock the interviews. As a student-athlete, I do interviews and have a microphone in my face all the time. I was most worried about my lack of work experience and volunteering. Every chance I got, when there was a break from school, I would shadow various dermatologists in my hometown. You are not allowed to work as a student-athlete

on scholarship, so I knew that many nursing school candidates would have more work experience.”

Nevertheless, Larson was accepted into the Sinclair School of Nursing, and it has only gotten more difficult. Now, she must juggle two demanding schedules, meaning little rest for Larson, especially in the fall, when volleyball is in full swing.

“Being gone competing every week around the country means that I will miss some class,” she says. “When many of my teammates are sleeping on airplanes, I am studying. When they are watching Netflix in hotel rooms, I am studying. You can often find me in some obscure room downstairs in a hotel, with books and notes scattered across a table, studying.”

Larson says a lot of her determination comes from so many people telling her she could not accomplish it and from the support she has received from the Sinclair School of Nursing. This includes a weekly study group that helps her go over material she may have missed in classes and the staff and faculty who have supported her along the way.

“From my advisor to the dean of the nursing school, you could not find a better group of more caring

people that try to help me in any way they can,” she says. “I am so grateful that they believe in me. When everyone else told me I could not do it, they told me it would be difficult but I could do it. Also, my coaches have been amazing being able to accommodate my crazy schedule. I appreciate that they are concerned about me not only as a volleyball player but as a student as well.”

And Larson has found success both on and off the court. On the court, she was named to the All-SEC team, the All-Regional team and honorable mention on the All-American team. She also recently found out she was selected to the SEC All-Academic team. In the classroom, she has a strong GPA and was asked to be a microbiology teaching assistant.

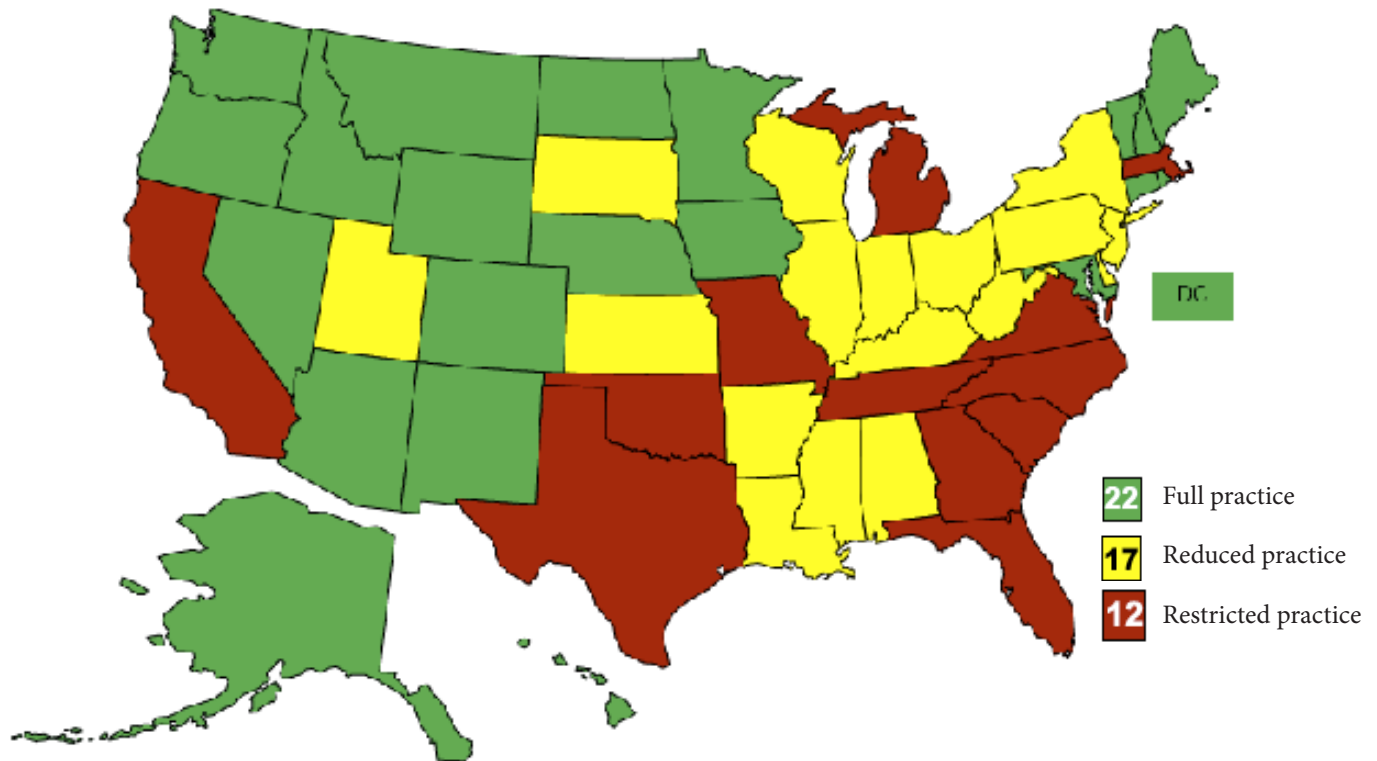
While she may not have started here, it seems the University of Missouri was a perfect fit for Kira Larson. “I don’t think I could have done this anywhere else other than at Mizzou. Mizzou wants you to succeed. They encouraged me and convinced me I could do this. From the nursing school to the athletic department, this place is amazing, and I am so glad I made the decision to come here!” she exclaims.



Kira Larson (10) stands at the net with her teammate, Alyssa Munlyn during a match against Purdue University.

Photos belong to MU Athletics

PAVING THE ROAD FOR ADVANCED PRACTICE NURSES



In the Fall 2016 issue of *Mizzou Nursing* magazine, Dr. Marcia Flesner began a series of articles on the legislature surrounding the practice of advanced practice registered nurses (APRN) across the country.

Throughout the country, there are 22 states, including Washington, D.C., that are considered green states. In these states, APRNs have full practice under the authority of the State Board of Nursing.

Yellow states are considered reduced-practice states, where state laws reduce the ability of APRNs to engage in at least one element of APRN practice and requires a collaborative agreement with a physician in order to provide patient care. There are 17 of these states. Red states are considered restricted-practice states, where state laws restrict the ability of an APRN to engage in at least one element of nurse practitioner practice and requires supervision, delegation or team management by a physician in order to provide patient care. There are 12 such states, including Missouri.

In red states, regulations are a burden to both the state and patients. Regulations serve as barriers of

access to health care that increase the cost and time associated with the delivery of health care, especially for patients in rural areas, where there is a lack of primary care physicians. This also means financial implications for the state.

“People who have access to primary care have fewer preventable emergency department visits and hospital admissions,” Dr. Flesner wrote in her first article. Here at the Sinclair School of Nursing, faculty are dedicated to push legislation forward in order to ensure better access to care for patients and better practice opportunities for APRNs. At the same time, they are dedicated to educating the brightest students in the Doctor of Nursing Practice (DNP) program to become APRNs both in Missouri and throughout the country.

In the following section, find Dr. Flesner’s second article in her series on APRN legislation. Then, find the stories of several DNP graduates who are now active APRNs in Missouri, despite the regulations. APRNs like them need the ability to practice without regulations to have the largest impact possible.

PROPOSED LEGISLATION MUST GO FORWARD

By Marcia Flesner and Valerie Bader

In the last issue of *Mizzou Nursing*, I shared the topic of turning Missouri into a “Green State” so that advanced practice registered nurses (APRNs) would not have unnecessary state regulations restricting their practice and restricting access to their services. APRNs in 22 states including the District of Columbia (the “Green States”) have full practice authority, meaning they can evaluate patients, diagnose, order and interpret diagnostic tests, initiate and prescribe treatments and medications. Missouri is a “Red State,” meaning APRNs cannot provide the care they are well-educated to provide.

Nursing groups have been working for the last 20 years in an attempt to revise or eliminate the restrictive Collaborative Practice (CP) regulations (see table), but physician associations have been opposed to the efforts. In the November/December 2016 Missouri State Medical Association (MSMA) newsletter, the Director of MSMA Legislative Affairs states, “With the shortage of both nurses and physicians, increasing the responsibility of nurses is not the answer to the physician shortage” (Cabbabe, 2016). While APRNs have many supportive physician colleagues, we still face opposition.

Missouri nurses and their numerous supporters (health care employers, nursing home owners, insurance companies and coalition groups) are appealing to Missouri legislators to change the expensive and burdensome CP regulations. In 2017,

legislation has been submitted in the Missouri House and Senate that would remove the CP regulations. House Bill 165 (HB165) is sponsored by Rep. Tila Hubrecht (R-Dexter). Hubrecht is an RN who sponsored similar legislation in 2016, and she is an articulate spokesperson in the House about nursing issues. Senate Bill 42 (SB42) is sponsored by Sen. Wayne Wallingford (R-Cape Girardeau). Sen. Wallingford is a retired colonel with the U.S. Air Force, having served 25 years. During his service, he earned multiple awards, including the Silver Star and Medal of Heroism. Sen. Wallingford supports removing CP regulations and sponsored similar legislation in 2016. Nursing has two strong allies in these legislators.

So what happens next? Both bills will be referred to the Professional Registration Committees in the House and the Senate for a public hearing. Proponents and opponents will offer their testimony about the bills. To change Missouri from the Red State category, we need to have both bills passed out of committee and sent to the appropriate chamber to be voted on by the legislators.

So what can you do to help? Contact your Missouri state senator and representative asking them to support passage of both bills. Call or e-mail asking your representative to support HB165 and your senator to support SB42.

Below are links to the Missouri Senate and House of Representatives, which you can use to locate contact information for your legislators. Contact them to share



your messages.

Senate website: senate.mo.gov

House directory: house.mo.gov/member.aspx

Personalize your message by sharing why you support removal of the CP regulations. Do you live in a county that has no health care providers requiring people to drive long distances for health care? Remember, there is a shortage of physicians in Missouri and nurse practitioners (NP) are prepared with a primary care focus (AANP, 2016). APRNs live in 117 of 119 Missouri counties according a 2016 document from the Missouri State Board of Nursing. The enrollment and graduation rates of NP programs have consistently increased since 2005. Increased access to APRNs who can provide primary care can impact health care access and costs in Missouri. If you have received care from an APRN and were satisfied with the care, share your story. Also, APRNs specialize to help people with mental illnesses, and many counties have few, if any, service providers for important mental health services. Removing CP regulations will provide much needed access to these services.

If you have a personal relationship with your legislator, contact them when they come home. Remember the Capitol is not in session on Fridays, so seek your legislator out for a personal talk on why you support removing CP regulations while they are home.

If you no longer live in Missouri and are an APRN in a Green State, send letters to the people in the district you once lived. Share how practicing in a Green State leads to jobs and access to care and how you benefited from your education provided by the Sinclair School of Nursing.

Maybe you are not quite convinced APRN regulations should change. Considering the following important research: among most people and certainly

nursing home residents, treating illnesses as soon as possible, reduces more expensive care required for a full-blown health care crisis.

Sinclair School of Nursing researchers wondered if staffing nursing homes with APRNs would ultimately reduce cost because the APRNs would recognize and treat illness earlier than traditional nursing staff. The researchers placed APRNs in 16 Missouri nursing homes and collected data on the cost of providing care and the quality of care. Preliminary findings revealed amazing reductions in transfers and dramatically reduced cost of providing care. The final data analysis by the Centers for Medicare and Medicaid Services is not yet available. The preliminary findings are so compelling that the research has been extended for four more years! If taxing regulations are removed from APRN care, the lives of our elderly can be enhanced even more. Look for the final analysis of this research in future issues of *Mizzou Nursing*. APRNs accomplishments in elder care can inform the nation about policies that promote health through the end of life. To realize all the benefits of APRN care, we must remove expensive and taxing CP regulations.

The legislative approach is the best way to remove CP regulations that negatively influence Medicare and Medicaid patients as Sinclair School of Nursing researchers (Oliver, Pennington, Revelle and Rantz, 2012) have reported. Being a Red State is bad for health outcomes. If you live in Missouri, spread that message to the Capitol. Be the wonderful alumni I know you are and help with this important legislative effort. If you want to read either legislative proposal, you can find the bills on the websites listed earlier or contact me at flesnerm@missouri.edu and I will e-mail you the bills. Additional information on this topic can be found at <https://betteraccessbettercaremo.com/>, the website of the Better access, Better Care Coalition.

The proposed bills would eliminate restrictive laws such as:

1. Geographic area mileage requirements: 30/50 miles depending on location.
 2. Collaborative pair required to practice together for 1 month before APRN can practice at a location where collaborating physician is not present.
 3. Limitation on how many APRNs can collaborate with a physician: 3 per physician.
 4. Requirement that patient arrange a follow-up visit with physician within 2 weeks for select situations, adding cost for the patient.
 5. Collaborating physician required to perform 10 to 20% chart reviews taking them away from clinical practice.
 6. Collaborating physician must be present for sufficient periods of time at least every 2 weeks on site where APRN is practicing.
 7. Restriction of Schedule II controlled substance prescriptive authority and limits on Schedule III controlled substances to 120 hour supply; places burden and additional cost on patient.
-

DR. CYNDY MEHRER, DNP, PMHNP-BC



Once Cyndy Mehrer, DNP, PMHNP-BC, found her passion of working with children with autism, she pursued excellence to the highest degree. She did not begin her professional career in nursing, however.

In fact, Dr. Mehrer's first degree from the University of Missouri was a bachelor's of science in education, which she used to teach sixth grade in southern Missouri. She would soon find a passion for health care and return to Columbia to complete her bachelor's of science in nursing (BSN '92), her second degree from the University of Missouri. Her BSN was no small feat as she earned it as a mother of three and while working full time in the VA hospital in Medical ICU and cardiac step-down unit.

Upon graduation, Dr. Mehrer obtained a position as a nurse clinician with the University of Missouri genetics department and, under the direction of Dr. Judith Miles, helped give birth to the Autism Medical Clinic. In 2005, after a gift from Bill and Nancy Thompson, the Autism Medical Clinic and several other departments merged to form the Thompson Center for Autism and Neurodevelopment Disorders.

Based on the medical home model, the Thompson Center's diagnostic, assessment and treatment services emphasize family-centered care that is comprehensive, coordinated, compassionate, culturally-sensitive and accessible for all.

Dr. Mehrer's first role with the Thompson Center was as the Psychiatry Program Nurse Manager. She served in this role for five years before enrolling in the Sinclair School of Nursing's Doctor of Nursing Practice (DNP) program and continued to work throughout her enrollment. However, she knew that she could do more.

"For 14 years, I achieved personal satisfaction in supporting patients and their families in discovering their areas of dysfunction and individual strengths to cope and manage symptoms to prevent further disability," she says. "That said, I knew I could contribute to the field of autism on a much larger scale in evidence-based autism diagnosis, treatment and quality improvement (QI) research."

With her passion for nursing and those with autism in her pocket, Dr. Mehrer completed the five-year DNP program in May 2016 with a 4.0 GPA as a member of Phi Kappa Phi and Sigma Theta Tau.

Upon receiving her third degree from the University of Missouri and second from the Sinclair School of Nursing, Dr. Mehrer became the first advanced practice registered nurse (APRN) employed at the Thompson Center. Her certification

and training in psychiatry mental health across the lifespan allows her to diagnose and treat children and adults in an integrated model. When patients have the same provider for both psychiatry and psychotherapy, there is continuity of care, she says.

Dr. Mehrer also says her existential life philosophy defines her passion for those with autism. "Children and adults with autism and neurodevelopmental disorders are not defined by their diagnosis, labels, stereotypes or definitions preconceived by society, but rather, through each person's conscious and independent uniqueness, the meaning of life and personal potential are determined," she says.

Dr. Mehrer gives back to the SSON through the DNP e-mentoring program. "Mentoring is a valuable experience for both the mentor and mentee, creating opportunities for scholarly guidance, personal and professional growth and lasting friendship," she says.

Dr. Mehrer says her role as an APRN allows her to benefit her patients and the health care system as a whole. She explains that more needs to be done in the state of Missouri to allow APRNs to expand their practice.

"The changing complexity of the health care system is benefited by the role expansion and employment of nurses with practice doctorates," she argues. "DNPs have a broad leadership skill set that positively improves patient experiences, produces quality patient outcomes and reduces costs."

DR. SARA LANDRETH, DNP, ACCNS-AG, CCRN



Whenever people think of hospice care, many think of “giving up” or a time of grief, but to Dr. Sara Landreth, it is so much more than that.

Landreth graduated from the Sinclair School of Nursing with a Doctor of Nursing Practice (DNP) with an emphasis in adult/geriatric care in May 2016 and has been working to improve the University of Missouri Hospital System since then.

Helping people in difficult situations has always been Landreth’s calling. She originally graduated with a bachelor’s degree in psychology, thinking she was going to be a counselor. She started working with people with various disabilities and found herself really enjoying the nursing aspect of her job.

Landreth then decided to enroll in the Sinclair School of Nursing’s accelerated bachelor of science in nursing (BSN ’08) program. In that program, she found herself enjoying neuro care and took a job in the Neuro ICU that began upon her graduation. Early on in her career, Landreth gravitated toward end-of-life care.

“I really liked doing things that were solutions-based,” she says. Thus, she took her next step with a DNP. Today, after accepting a role as an advanced practice registered nurse (APRN), she describes her role as the perfect combination of supportive and palliative care. She gets to focus on the big picture for each patient and the hospital as a whole.

“In an ideal world, my role would be a perfect combination of direct patient care, staff education and systems-based improvement,” Landreth says. “I’m working to balance out the three in my new role.”

But it is the patient care and developing care plans that Landreth enjoys most in her role. Many times, when someone is in the hospital, there are many different people in and out of the room, each coming with new and perhaps confusing information.

Landreth’s role is to clarify goals of the big-picture care plan, especially with complex medical conditions such as cancer, and to see the patient throughout the hospital until the end of their stay, including discharge planning or helping to coordinate hospice discharge. Hospice discharge is the thing most people associate with her job, and Landreth says she sees it as a personal responsibility to change the way people think about hospice.

“I can really help people through difficult times and let them know they have options, including refusing care and going to hospice,” she says. “There’s

a lot more to it. People think hospice is giving up, but it’s not. It is focusing on quality of days over quantity of days. As technology has advanced, we have to think about what is appropriate to do versus what we can do.”

Allowing people to have the highest quality end of their days is what allows Landreth to stay happy in a job surrounded by people in dark times, she adds.

Overall, going back to school and earning her DNP has more than paid off as she gets to spend more time with the patients she is serving and improve the hospital from a higher level. “People always ask me, ‘Why are you so happy?’ when I’m at work. I went to school to have the time to talk to people, and it has worked out exactly like I thought from the beginning.”



Dr. Robin Harris is the director of the Sinclair School of Nursing DNP Program. She hosts several online information sessions each year. Look for one next fall if you are interested in the DNP program. Contact her at: HarrisR@missouri.edu

DR. ASHLEY FIELD MAKOWSKI



For most students, graduating from the bachelor of science (BSN) program means entering the workforce before considering continuing their education. Ashley Field Makowski knew if she took a break from school, she was unlikely to ever continue. So, immediately after finishing the BSN program in May 2011, she enrolled in the Sinclair School of Nursing's Doctor of Nursing Practice (DNP) program to become a family nurse practitioner, graduating in 2016.

While in the undergraduate program, Dr. Lila Pennington, who is active in the DNP program, served as Makowski's clinical instructor in her geriatrics class. Makowski took the opportunity to have conversations with her about the program.

Makowski knew she wanted the autonomy and increased options in her career that becoming a nurse practitioner would offer. So, she decided it would be best to pursue her DNP at a younger age to "complete it before life happened," adding that she may be interested in teaching later in her career.

For now, Makowski is currently working as a full-time nurse practitioner at Broadway Urgent Care in Columbia, Missouri. While she knows her typical day will last from 9 a.m. to 6:30 p.m., she never knows what she will see in her patients. She has seen everything from minor injuries and illnesses, such as influenza and sinus infection, to cases of appendicitis and masses and cancers.

"It really is just a grab-bag of different diagnoses, which is why I love it," she says. "We also function like a mini emergency room."

Broadway Urgent Care has an x-ray machine in house, and they are attached to a lab and physical therapy center. Therefore, Makowski has the capabilities to give IV fluids, perform EKGs and interpret lab and x-ray results. She also performs minor office procedures like sutures, incisions and drainage of abscesses, skin tag removal, punch biopsies, cryotherapy for skin lesions, reducing dislocations, removing foreign objects from eyes and other body parts, splinting fractures and more.

Makowski found the autonomy she was looking for when she first started her DNP career. "It's very hands-on, and there is a good mix of simple and complex patients," she says.

She also says the DNP program allowed her to practice her skills through many clinical hours and make connections at Broadway Urgent Care. As a practicing advanced practice registered nurse

(APRN), Makowski knows the impact APRNs can have for their patients and the health care system.

"The implementation of the Affordable Care Act led to millions more patients with health insurance looking for adequate health care, meaning there is a lack of health care providers nationwide," she says.

Additionally, many physicians are choosing to pursue specialty areas, leaving a large gap in primary care settings. APRNs can help to fill this gap and bring a different perspective to the health care world, Makowski says.

"APRNs also bring a different perspective to the table when it comes to care and treating the patient," she says. "Having the background of nursing, I feel that we have a more holistic approach to care. Each member of the health care team offers their own unique perspective and sets of skills that helps create a patient-centered treatment plan."

If you are interested in pursuing
a DNP, visit
**[nursing.missouri.edu/academic-
programs/dnp/](https://nursing.missouri.edu/academic-programs/dnp/)**

MEDICAL MISSIONARY IN MADAGASCAR

Faculty help make out-of-classroom learning possible



When senior Stephanie Oetting, a 2009 BSN graduate and current student in the Doctor of Nursing Practice (DNP) program, learned she had the chance to experience health care in Africa, everyone knew she had to jump at the opportunity.

Oetting spent a week in October 2016 working alongside missionaries in medical clinics in five villages throughout Madagascar. The trip was in partnership with Lutheran Church – Missouri Synod’s Mercy Medical Teams, who send regular medical mission trips to areas throughout Africa. The team included nine Americans and three Madagascan doctors who partnered alongside a general surgeon.

Each day, the team traveled to a different remote village, where they would see between 400 and 570 patients. In these clinics, Oetting says the team performed “quick, down-and-dirty medicine.”

Many of the patients walked miles and miles to be seen by the Mercy Medical Team. When they arrived at the clinic, patients went through intake, where they were given a deworming medication as that is a common problem in the area. From there, they went to triage. It was in triage that Oetting got the most experience.

The most common complaints reported by patients included headaches, abdominal pains and muscle aches. While most of these seemed minor, there were a few cases that really struck Oetting and made the trip “more real” to her.

“There was one child who came in with fluid leaking heavily out of his ears and so many that probably had colon cancer, but there was nothing we could do for them,” Oetting says. “Those cases were really hard.”

However, there were some cases that restored her hope. One was a two-year-old who needed surgery on his wrist. The team was able to set

him up with surgery in a nearby city. Though it would take the boy and his family two hours by public transportation to get to the surgery site, he was going to get the care he needed. The Mercy Medical Team even went so far as to arrange the public transportation for the boy's family.

Another moment that stuck with Oetting was making a home visit to a recent stroke victim. When the team got to the man's home, they suspected he had had a stroke more than 48 hours prior to their arrival. They rushed him to a local hospital for care, and the man recovered, but it was this situation that showed Oetting the differences in care between America and third-world countries.

"Here in America, when it comes to strokes, we think 'time is brain,'" Oetting says, "but this man didn't have that luxury. Luckily, he recovered well. I think seeing third world medicine is something everybody should do."

It seems her instructors agreed with her. Oetting first learned of the trip through her church, and when she learned there was a scholarship opportunity to cover part of the

cost for students, she knew she had to jump on the opportunity. "My instructors were all very supportive," Oetting says. "They thought I needed to go and helped me rearrange my course and clinical schedule around the trip."

Lessons learned on this trip will help Oetting as she begins her professional career after graduating this spring. The biggest thing she learned, she says, was to focus on patient expectations rather than her own expectations.

"When you go on a mission trip, you have all these expectations of how much you can help," she says. "But when I got there and saw how little we could do by Western medicinal standards, I was discouraged and wondered how much we were really helping. But then I remember that these patients wouldn't spend their days walking to see these clinics when they are there twice a year if they weren't helpful. I had to drop my own expectations."

Oetting says she left learning more about the heart of nursing and how to care for patients emotionally. Once completing her DNP, she hopes to continue as a medical missionary.



▲ The temporary clinics were set up in churches or other buildings. While the missionaries did not have the conveniences of a hospital, they provided care to hundreds of patients at each site.

EXCEPTIONAL ALUMNI TO BE HONORED

Each year, the MU Sinclair School of Nursing and the Nursing Alumni Organization co-host a banquet and awards program to recognize graduates and friends for their commitment to the profession of nursing, their accomplishments and their service. In the following section, you will find this year's recipients and their accomplishments.

Please join us this year to celebrate their accomplishments. The Annual Awards Banquet is at 6 p.m. on Friday, April 21, 2017, at the Country Club of Missouri in Columbia, Missouri. There will also be an alumni reunion at the Sinclair School of Nursing at 8:30 a.m. on Saturday, April 22, 2017. The reunion will include a tour of the school and the University of Missouri Hospital. It is open to all SSON alumni, with a special invitation to the graduates of 1957, 1967, 1977, 1987, 1997 and 2007.



At last year's Annual Awards Banquet, members of the class of 1966 reconnected and celebrated their 50-year reunion.

SSON student Ciara Demings and Enola White, Recruitment and Retention Academic Advisor, enjoyed the reception prior to dinner together last year. Both were nominated for awards.



(Left to right) Suzanne McDavid, Sharon Burnett, Jo-Ana Chase, Dr. Roxanne McDaniel, Lanelle Baskett and Karen Ehlmann were honored at last year's banquet. Join us to celebrate this year's award winners.



Mindy Stites, Alumni Achievement Award

Since graduating with a master's of science in nursing from the Sinclair School of Nursing (SSON) in 2012 and obtaining her advanced practice registered nurse (APRN) certification from the state of Kansas in 2012, Mindy Stites has made a large impact at the University of Kansas Hospital. Currently, she works as a critical care clinical nurse specialist (CNS). She directs multiple multidisciplinary teams that have led to the evaluation of new technologies and the implementation of best-practice initiatives in her unit. Stites' dedication to high-quality, evidence-based patient care has gained her recognition throughout the University of Kansas Hospital, where she received the Nurse Innovator of the Year Award in 2014. Some of her work has also been recognized by the American Association of Critical Care Nurses at the national level. Since 2012, she has completed six research/quality improvement projects, presented nine posters and 17 podium presentations at local, regional, national and international venues. She has two first-authored, peer-reviewed articles

and one first-authored book chapter. In addition to success in her career, Stites uses her position to bring recognition and recruit students back to the Sinclair School of Nursing. "While no easy feat, being in Jayhawk territory, Ms. Stites demonstrated strong evidence of support toward the enhancement of MU's reputation as a truly outstanding school of nursing," says Maria Fox, her colleague. Dr. Carolyn Crumley also says, "I have personally heard her attest to other colleagues on several occasions that her success is attributed to the education she received at MU." She gives back to campus by precepting SSON CNS students. She does all this while raising two young children.



Dr. Mei Fu, Citation of Merit

After obtaining three degrees from the Sinclair School of Nursing, Dr. Mei Fu has found a passion for breast cancer lymphoma and academia. She currently serves as a tenured professor at New York University. Her work with breast cancer lymphedema began while she was working on her PhD, which she earned in 2003, following her master's of science in nursing in 2000 and her bachelor's of science in nursing in 1997. "Her research outcomes bridge nursing science and clinical practice through her efforts to help establish lymphedema programs at national and international cancer centers. She has generated and widely disseminated a solid body of knowledge to effect change in lymphedema care," says Dr. Jane Armer. Her pursuit of research has resulted in 33 scholarly publications, including eight book chapters, 25 invited scholarly presentations, 28 podium presentations, eight peer-reviewed competitive instructional sessions and symposiums, in addition to peer-reviewed poster presentations and keynote speaking. Dr. Fu's work has been widely recognized. She was

inducted as a Fellow of the American Academy of Nursing and given a commendation by the City of New York Office of the Controller for distinguished leadership, dedicated service and commitment to excellence in the City of New York. She is also a founding member of the American Lymphedema Framework Project, which was established in 2008 and is housed at the University of Missouri. Outside of lymphedema research, Dr. Fu is also passionate about nurturing the next generation of ethnic minority nurses. As such, during her graduate study, she helped develop the Chinese translation of the Rhodes Index of Nausea, Vomiting and Retching, which is used by more than 50 researchers from China, Taiwan, Australia and the United States. Today, she serves as the president of the Chinese American Nurses Association, which establishes scholarships for Chinese American nurses. Dr. Fu's accomplishments and tenure at one of the top nursing schools in the country bring attention to the Sinclair School of Nursing.



Dr. Colleen Galambos, Honorary Alumni Award

Dr. Colleen Galambos is a vital part of the TigerPlace team. Dr. Galambos earned her master's of social work from the University of Maryland in 1981 and her PhD and doctorate of social work from Catholic University of America in 1995. She came to the University of Missouri in 2003 as the director of the School of Social Work. Currently, she serves as a professor in the School of Social Work with a joint appointment in the Sinclair School of Nursing (SSON). Dr. Galambos is also the coordinator for the Gerontology Minor for the Interdisciplinary Center on Aging and director of the graduate certificate in Gerontological Social Work. Her vision for quality improvement for older adults in a long-term care setting has always emphasized the intertwined roles of nursing and social work. As a researcher, Dr. Galambos is an exceptional collaborator with faculty from the SSON. She is currently working on two large federally-funded projects that have been awarded to the School of Nursing – the first for \$14.8 million and the second for \$19.8

million. Her knowledge about issues that face nursing home residents provides tremendous insight including issues related to advance care planning and end of life care. Both grants are comprised of interdisciplinary teams, and Dr. Galambos is the consummate collaborator among both teams, providing the complement of social work within each team. Evidence of this collaborative effort includes numerous publications with faculty from the schools of nursing and medicine. Her collaborative spirit also extends into the classroom. She is highly sought as a key member for PhD committees by doctoral students at the SSON, and in her social work classes, she encourages the use of screening and assessment tools developed by nursing. Outside the classroom, Dr. Galambos is highly recognized. She is a distinguished author who has served as the editor-in-chief and on editorial boards of leading social work journals and has been given special recognition by the Centers for Medicare and Medicaid Services, U.S. Ignite Summit and the Robert Wood Johnson Foundation. She was inducted as a Gerontological Society of America Fellow and was named as a Social Work Pioneer by the National Association of Social Workers, making her one of only 250 living pioneers. Whether at local, regional, national or international conferences, Dr. Galambos speaks highly of the SSON's reputation.



Candy Neuner, Humanitarian Award

Candy Neuner's life has been marked by giving back, whether it be to her job, to her community or to her alma mater, the University of Missouri Sinclair School of Nursing (SSON). She graduated from the SSON with her Bachelor's of Science in Nursing in 1999. Today, she works in the Pediatric Pulmonary Allergy Division of Child Health at Women's and Children's Hospital. She is described as someone with a high level of nursing knowledge, compassion and care to vulnerable populations. To her coworkers, she is a huge support to those who are experiencing health or life challenges. For her patients, she quickly recognizes and responds to their needs beyond her responsibilities. She works hard to identify any barriers families might experience related to therapy goals, such as being unable to afford medications. Neuner is also passionate about giving back to the community. She volunteers and participates in the Cystic Fibrosis Walk and has served as a fundraiser for organizations such as Pascale's Pals and the Children's Miracle Network and serves as a board member for the Family Counseling

Center. In 2008, she co-chaired the Model Citizen Fashion Show with her husband, Brian. The show raised more than \$120,000 for the Thompson Center for Autism and Neurodevelopmental Disorders. Neuner, partnered with her husband and Richard Miller, has also been highly influential in raising awareness for the SSON through the annual Dean's Dinner, which started in 2011. The annual event has educated community leaders, physicians and state politicians about the great strides the school is making.



Carolynne "Cay" Casey, Alumna of the Year

In December 2016, Carolynne "Cay" Casey wrapped up a 50-year career in which she excelled in every area including leadership, education, research and clinical practice. She earned her bachelor's of science in nursing (BSN) in 1965 from the SSON. She then moved to California and began a career as a school nurse in San Diego County that lasted more than 30 years. For most of her time as a school nurse, Casey served at Lafayette Elementary School, a school with a large population of special needs students, including many deaf and hard-of-hearing students both in special classrooms and integrated within the general population. There, she provided kind, competent and complete health care, even going so far as to learn sign language to best communicate with her students. Dr. Casey then went on to become a special education itinerant nurse, working specifically with a group of temporarily medically home-bound and hospitalized students. While serving as a school nurse, she became one of very few school nurses to obtain a doctoral degree, which she earned from the University of San Diego. Making use

of her doctoral degree, Casey left clinical practice and transitioned into a faculty role at San Diego State University as a School of Nursing Lecturer, Committee Member for Pre-Professional Health Student Evaluations, Community Health Clinical Instructor and Community Liaison with San Diego Health and Human Services and the School Nurse Credential Program Graduate School Instructor. She was known as a seasoned nurse who was an expert in her area and had extremely high standards and a willingness to mentor all those eager to learn. Dr. Casey focused her scholarly writing and information dissemination talents on the development of the writing skills of others. In the past two years, Dr. Casey has leveraged her extensive knowledge and experience with those with special needs to integrate educational experiences with people with developmental disabilities into the nursing curriculum, which has been noticeably absent in nursing curriculum across the country. She wraps up her career leaving a legacy of students behind her and with some recognitions, including the San Diego County School Nurse of the Year Award and the Hughes Career Achievement Award from the University of San Diego.



Sandra Gambaro Shelley, Distinguished Friend of the School

When Sandra Gambaro Shelley reached the stage in her career where she knew it was time to give back, giving to the Sinclair School of Nursing made the most sense. Since 1993, Sandra has owned and operated Sandra Shelley & Associates, Inc., a consulting firm where she focuses on the topics of transformed healthcare work environments, change management and leadership development. In 2015, she established the Ben and Gloria Gambaro Fund in Entrepreneurship in Nursing in the Sinclair School of Nursing. Sandra says being a nurse has benefited her in every area of her career, so giving back to that field was important to her. She wanted the gift to be something that over time, represented that which was incredibly important to her. Throughout her career, Sandra says she was struck by how innovative nurses are and how infrequently they receive the recognition they deserve. She also wanted to make sure her gift honored her parents. "I am the person I am because I have two parents who couldn't be recognized," Sandra says. Her parents owned two successful businesses despite not graduating high school and passed on the entrepreneurial spirit to their six children. And she knew her gift had to go to the SSON because of her love for and legacy at the University of Missouri. Sandra's daughter, Emily, graduated from the SSON in 2006, and a handful of her nieces and nephews are also alumni. Before starting her consulting business, she was the Senior Manager of Healthcare Operations at Ernst & Young, LLC in Chicago and the Vice President of Patient Services at St. Louis Children's Hospital. She also spent some time holding faculty positions and serving as a bedside nurse. Sandra received her bachelor's of science in nursing from the SSON in 1974, her master's of science in nursing from Boston University in 1976 and her PhD from Rush University in Chicago.

children. And she knew her gift had to go to the SSON because of her love for and legacy at the University of Missouri. Sandra's daughter, Emily, graduated from the SSON in 2006, and a handful of her nieces and nephews are also alumni. Before starting her consulting business, she was the Senior Manager of Healthcare Operations at Ernst & Young, LLC in Chicago and the Vice President of Patient Services at St. Louis Children's Hospital. She also spent some time holding faculty positions and serving as a bedside nurse. Sandra received her bachelor's of science in nursing from the SSON in 1974, her master's of science in nursing from Boston University in 1976 and her PhD from Rush University in Chicago.

SSON LOSES BELOVED EMPLOYEE

For 13 years, Thom “TJ” Bowling was the face of the Sinclair School of Nursing (SSON) and lit up the lives of students, faculty and staff he interacted with on a daily basis. In October 2016, Bowling passed away suddenly and unexpectedly, leaving a hole in the heart of the SSON.

It was clear that working with nursing students and their families and being a light in the SSON was a passion for Thom, but he had many jobs along the way. After graduation from high school in Montgomery City, Missouri, Thom managed *The Wellsville Optic News*, which was owned by his parents, before he moved to Columbia. In Columbia, he managed and owned several hair salons before stepping into his role as an administrative assistant at the SSON in 2003.

In this role, he clearly flourished. Thom advanced to become the executive staff assistant of student services and was a finalist for the prestigious Mick Deaver Award for Student Relations Excellence in 2011. In 2008, he received the SSON’s Staff Award for Excellence. He was also elected to a position on the Staff Advisory Council and served there from 2010 to 2013.

However, it was not his advancement or his accolades that will be remembered. Rather, it will be his warm smile and friendly demeanor that will carry his legacy onward. Shortly after his death, students placed a poster board in the school to write messages to their beloved friend.

“Thank you for your kindness and guidance,” one student wrote. Other student comments included: “seeing your face many mornings always made my days easier;” “a very unique person who treated everyone he met the same;” and “he would introduce me to news students and parents as one of his kids.”

Many students echoed the sentiment that he



treated – and referred to them – as his kids, and those who knew him know this to be true.

In a 2012 interview with the University Hospital magazine, Bowling said, “I love getting to see students’ progression. Lining students up at graduation is always a very happy, but also melancholy moment for me. I tear up at every graduation as my kids cross the stage. It’s phenomenal to be able to watch a kid fulfill a dream they’ve had of one day becoming a nurse. That’s great.”

The SSON misses Thom and knows his shoes will never be completely filled, but it is determined to carry on his legacy. After his death, the Thom Bowling Memorial Scholarship Fund was created to pass on his love for his students. The Student Nurses Association has also purchased a brick in his honor to be displayed on campus.

If you would like to contribute
to the Thom Bowling
Memorial Scholarship Fund,
please contact the Office of
Advancement at 573-884-3505.

A VISIT WITH ALUM

Jeanne Moore chats with Sinclair School of Nursing Dean



By Judith Fitzgerald Miller, Dean,
Sinclair School of Nursing

Meet Jeanne Allender Moore, a 1945 graduate of the Sinclair School of Nursing. Jeanne was born in 1922 and lives in a beautiful condo on the water in Bradenton, Florida. She recounted some of her nursing school days having four-month clinical rotations in a St. Louis hospital for psych/mental health, four months in St. Paul at Miller Hospital for obstetrics and at the University of Minnesota for pediatrics. She also spent one month in a tuberculosis sanitarium outside Minneapolis and worked at the Visiting Nurse Association in Kansas City, Missouri.

Mrs. Moore's late husband, Jack, an engineering graduate from the University of Missouri, was an executive with the John Deere Corporation, which caused them to move several times before eventually settling in Florida.

Jeanne reminisced about friends, including Eileen Hacker (BSN '43), who was featured in the Fall 2016 *Mizzou Nursing*.

Jeanne indicated she was interviewed by Helen Nahm prior to entering the School

of Nursing, since she was transferring after having finished one year at Northwest Missouri State Teacher's College. She recalled Ruby Potter, who became dean, as well as Louise Hilligas and Lila Beldon, who were faculty at that time. Jeanne had many interesting facts to share, including that her mother-in-law, Gladys Moore, was the Director of Nursing at Noyes Hospital when it was moved to the new University of Missouri hospital building in 1956.

Jeanne has two daughters, one son, seven grandchildren and seven great grandchildren. All provide great joy for her.



GIVE BACK TO THE SINCLAIR SCHOOL OF NURSING



Verna Adwell Rhodes Professorship in Nursing

The professorship will help the SSON attract and retain high-performing faculty for generations to come by providing funds for salary support for professorship, graduate assistant support, state-of-the-art technology and additional resources to support teaching and research. Strengthening to faculty will start a domino effect, attracting excellent students, generating additional research funding and serving as a talent magnet for future hire. The SSON requests your support in helping to raise \$1 million or more to establish the school's first-ever endowed professorship.



New Building Fund

A new building for the SSON (estimated cost: \$62 million) will feature approximately 104,000 square feet of usable space, including active learning classrooms, clinical seminar rooms, a simulation center, research innovation center and state-of-the-art technology. We propose to admit 40 more students to the clinical major each year (a 25% increase). The architectural design will reflect the strength and leadership of all who work and study there.

If you would like to donate to either of these funds, please contact Ana Compain-Romero, Office of Advancement for the Sinclair School of Nursing, by calling **573.884.0421** or emailing **compainromeroa@missouri.edu**.

You're Invited

Mark your calendars and join us!

27th Annual
Sinclair School of Nursing
Awards Banquet
& Alumni Reunion

Awards Banquet

Friday, April 21, 2017

Reception at 6pm, Dinner at 7pm

Country Club of Missouri

1300 Woodrail Ave, Columbia, MO 65203

Alumni Reunion

Saturday, April 22, 2017

8:30am at SSON

Featuring graduates of '57, '67, '77, '87, '97, '07

All SSON alumni are invited to attend.

RSVP by March 31, 2017.

Registration and sponsorship forms can be found online at
nursing.missouri.edu/alumni/alumni-awards-banquet

Contact Chalyn Elking, Event Coordinator, with questions.
(573) 884.3775 or elkingc@missouri.edu

