

MIZZOU NURSING

NEWS FROM THE SINCLAIR SCHOOL OF NURSING | SPRING 2019



Pathways of Success

*Honoring alumni's
previous work while
continuing to build the
future of the Sinclair
School of Nursing.*



1. Associate Dean, Robin Harris takes a photo of Christian Thomas, Class of May 2019, and his mother during the Fall Family Open House. 2. Madeline Flynn, Class of May 2020, and her mother toured the simulation lab during the Fall Family Open House. 3. Faculty Emerita Verna Rhoades, BSN '54 acted as a patient during the medication verification simulation with, Class of December 2019, students Jane McCurren and Liz Frederick. 4. Dean Thompson takes in her first MU Homecoming with Elie Brandt, Class of May 2020 and SNA President, Liz Kimsey, Class of May 2019. 5. December 2018 graduates were all smiles on the second floor of Jesse Hall before receiving their diplomas.

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Opportunities Abound

Letter from the dean



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Feedback Welcome

Please let us know what you think about this issue or to submit suggestions for future articles in *Mizzou Nursing*. You can write to us at mussoncommunication@missouri.edu or send mail to:
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Sinclair School of Nursing
University of Missouri Health

Building the Future

To meet the demands of the nursing shortage, we are challenged to educate more students.

With the demand for nurses increasing in Missouri and across the nation, providing quality nursing education plays a vital role in addressing the nursing shortage. Nursing education requires space, faculty and expertise in nursing to educate our students to provide patient-centered care that is not only safe, but the best care possible. As we seek to continue our track record of teaching exceptional graduates, we are challenged by the limitations of our current building. It's dark, with limited collaborative student study space, fixed classroom space and a perception of isolation from the rest of the energy of campus.

We are striving to create a learning environment that allows for innovation in not only the classroom, but in all aspects of nursing education.

The new Sinclair School of Nursing (SSON) building would use the same footprint and location on campus, but the space will be transformed into one that creates a sense of community with students, faculty and staff. A new building will provide increased natural lighting, flexible teaching spaces, community study spaces for all students as well as a warmer and integrated learning environment.

This spring, the plans will go before the University of Missouri Board of Curators for approval before construction begins. Faculty, staff and students will be dispersed across campus for about two years, which will present its own set of challenges. We do know that the simulation lab will be moved into Stewart Hall, a building located near Memorial Union on campus.

We anticipate coming back together under one roof in January 2022. The school will look completely different as plans are in place to drastically increase both our research and simulation spaces. There will be three state-of-the-art active learning classrooms with the goal to increase undergraduate enrollment by 50%.

As the SSON looks to the future, we don't know exactly what education will look like.

However, we do know that our teaching and learning space must be open, adaptable and one that creates positive learning space for all of our students. At SSON, we have a reputation for educating some of the best nurses not only in Missouri, but in the nation. We work hard every day to continue this pattern. With a new building, we will be able to integrate best practices into all of our teaching and learning experiences. ■



Instructor Amber Vroman, Associate Dean Robin Harris, Professor Rebecca Johnson, International Architects Atelier Architect Andy Short, and Instructor Clayton Clark consider several options for simulation lab in the new building.



Associate Professor Lori Popejoy, Dean Sarah Thompson, Instructors Renae McIntosh, and Jennifer Whitaker provide their input for the new simulation lab.

The Alumni Association Student Board recognized 18 graduate students and 39 undergraduate students with the prestigious Mizzou 18 and Mizzou '39 awards at Traditions Plaza on a chilly February evening. The Sinclair School of Nursing had two outstanding students recognized.

18



Tipparat Udmuangpia , PhD class of December '19

Mizzou 18 - Chosen for their world-class research, collaboration with faculty and staff, and their demonstrated leadership with undergraduate students, the honorees represent a variety of majors, activities and organizations from across campus. Each recipient also chooses a faculty or staff member to be recognized for the impact they have made in the lives of MU students. Udmuangpia named Associate Professor Tina Bloom as her mentor.

39



Liz Kimsey, class of May '19

Mizzou '39 - In the spirit of service that was the cornerstone of the 1839 founding of the University of Missouri, 39 outstanding seniors are recognized each year. Chosen for their academic achievement, leadership and service to Mizzou and the community, the honorees represent a variety of majors, activities and organizations from across campus. Each winner also chooses a faculty or staff member to recognize as their adviser throughout their college career. Kimsey named Instructor Emerita Donna Otto as her mentor.



This spring, the University of Missouri will welcome all visitors to a family friendly open house — Show Me Mizzou Day on **Saturday, April 13**. Everyone's invited to this day of discovery and fun to explore our state's flagship university and learn the meaning of Tiger pride.

The campus will be open, rain or shine, offering 100 events for people of all ages to see us at work. Families will be able to attend presentations, tour campus and see research in action. In the afternoon, they will be able to experience the excitement of Mizzou Athletics by attending the Mizzou Football spring game and a Mizzou Baseball game.

Visitors will find everything from the MU Health helicopter to a lecture by MU's own renowned professor George Smith, winner of the 2018 Nobel Prize in Chemistry.

Come see firsthand how your public university's education, research and hands-on experience contributes to people around the world each and every day.

The Sinclair School of Nursing (SSON) will be hosting several activities during the event, perfect for all ages.

Healthy Hands - Student Nurses Association

This event for ages 4-7 will include education on proper hand-hygiene, small group activities that instill excitement for handwashing, reinforcement of skills learned and encouragement to practice at home.

Moving Towards a Healthier You - Student Nurses Association

This public health program is for middle school/junior high aged children and teens. Participants will experience activities surrounding health lifestyles, body systems and diseases, health food choices, stress management and coping skills, physical activity and more.

-School of Nursing Simulation Center Open House

The MU SSON Simulation Center encompasses the Essig Clinical Simulation Learning Center (ECSLC) and the Miller Safe Practices Room. Guests visiting the Simulation Center will tour its five rooms, state-of-the-art simulation viewing room and high-fidelity manikins (including SimMan 3G, Sim Baby and Sim Junior), and receive hands-on experience.

TigerPlace, Let's Go Bowling - TigerPlace

TigerPlace is a retirement community, managed by the Sinclair Home Care Aging in Place, a service operation of the SSON. Come experience some of the resident's favorite activities (such as Wii Bowling) and learn more about the mobility monitors located in resident apartments to allow them as much independence as possible.

What is a Nurse? Open House - Student Affairs

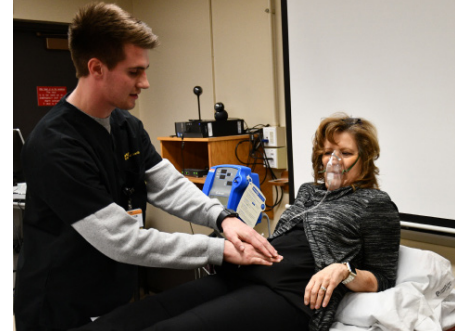
From the bedside and beyond! Curious to learn all the ways nurses have a hand in patient care? Attend this open house to experience the nursing profession and the wide variety of career options within the field. The possibilities are endless!

Human-Animal Interaction -ReCHAI

The Research Center for Human-Animal Interaction (ReCHAI) is a collaborative program between the SSON and the MU College of Veterinary Medicine. Come meet service dogs that are being trained to work with veterans with PTSD to help facilitate the veteran's independence.

Detox Dilemma

Mental health simulation provides students with real world experience in the safe treatment of patients experiencing alcohol withdrawal.



Top: Marti Holmes, Class of July 2019, observes Assistant Teaching Professor Anne Heyen as she feigns hallucinations pointing to a bird in her room that only she can see. Top Right: Caleb Van Schalkwyk, Class of December 2019, palpates ascites on Instructor Denice Mendenhall. Bottom Right: Instructor Nike Odemuyiwa simulates visual hallucinations for Amy Lehman, Class of May 2020, during the simulation.

Caring for patients going through acute alcohol withdrawal is a common problem for nurses in all aspects of nursing care, from emergency departments, intensive care units and in non-critical care units. Many nurses have never been educated to care for patients in this condition.

The Sinclair School of Nursing faculty recognized this educational gap and took steps to address it in the undergraduate mental health nursing course. Here, students engage in a simulation replicating care that will be needed for individuals experiencing acute alcohol withdrawal via simulation. This experience grew from what was formerly a lecture driven learning context to one of active learning for the students. A case study is presented to the students who are then asked to prepare for the simulation experience by learning basic information related to alcohol use/abuse and how to care for patients with evidence and patient safety at the forefront.

“The case was already there, along with learning outcomes and all the essential questions,” said Instructor Clayton Clark, BSN '08, MS(N) '12. “It was just a matter of transforming the patient history and assessment data into a script that could be used by a standardized patient.”

To start the simulation, students are provided with the patient's history and a standardized order set commonly

used for patients experiencing acute alcohol withdrawal. Students are also provided with visual and auditory learning to help them understand how to assess a patient experiencing acute alcohol withdrawal.

As the simulation begins, students are expected to perform an assessment using the Clinical Institute Withdrawal Assessment (CIWA) for Alcohol to determine the severity of symptoms their patient is experiencing. This tool will then be used to guide the treatment plan that the students develop using the standardized order set and help them develop a comprehensive care plan for the patient and family.

Simulation has become a critical educational tool allowing students to provide care for patients, and not just observe the care provided, where a very small mistake can be fatal. Simulation requires the student to come to the experience prepared, just like for patient care, provide direct and safe patient care, have the opportunity to go through a formalized debriefing session and then reflect upon the care that they provided – all within a controlled environment where no patient will experience harm or death.

The acute alcohol detoxification simulation provides all of these benefits for students and faculty. It is one more way the Sinclair School of Nursing is ensuring that our graduates are prepared as knowledgeable clinicians. ■

Participatory Health Research Certificate

This certificate teaches students to engage with their community while seeking out solutions.

For the past year, the Sinclair School of Nursing has offered graduate students the opportunity to gain experience in health care, public health and social work through community-centered research methods.

The Participatory Health Certificate (PHC), a 15 credit certificate through Mizzou Online, expects students to conduct health care research focused on health outreach and intervention in various communities across the United States.

"To me, participatory health research is very much like person-centered care," PHC graduate student Stephanie Stewart, Class of December 2019 said. "We are involving those in the community in the research process which provides them an opportunity to potentially be part of a change or solution to a problem."

The inspiration for the program came from Associate Professor and Director of the program, Maithe Enriquez's time as a postdoctoral researcher at UNC-Chapel Hill, where participatory research is widespread. After two years of work, in 2018, Enriquez was finally able to bring the program to the University of Missouri.

"[I was inspired by] seeing all of my colleagues doing wonderful things in [participatory research]," Enriquez said. "Recently it has gained a lot of traction because people have realized, 'oh yeah, this type of work is way better than the traditional approach.'"

Graduate students like Linda Anderson, BSN 1980, PHC 2018 and Stewart have had opportunities to research specific health conditions while also working directly with members of their communities. Stewart's program focuses on offering boxing classes for people with Parkinson's disease. "So far I have learned that this is a great method of research for those who truly want to engage those being researched," Stewart said. "I have long been a proponent of person-centered care, so this type of research makes sense and intrigues me."

Anderson worked with her preceptor and Associate Professor, Kari Lane at TigerPlace and focused on sleep issues and fall risks of the residents. Anderson had to switch her focus from the health conditions of the individual to health conditions of the community. "At the community level, the public is the 'patient' and the focus is more on prevention strategies," she said.

Not only does participatory research help the community, but also allows the students to view research in a new light – active participation with community members. "This program opened my eyes to

Left to right: Tara Patterson, Maureen Raffensperger and Stephanie Stewart cut a cake together to celebrate the opening of the Live with PD (Parkinson's disease) program in December.



new ways of researching a problem, in which previously I could only envision traditional quantitative approaches," Anderson said. "It has given me another valuable 'tool' to add to my research toolbox when looking at problems."

Though the program is still relatively new, it can easily be said that the graduate students involved have already made a difference according to Enriquez. She remains optimistic and enthusiastic about the future of the Participatory Health Certificate. "Partnering with the community to start a new program to then research whether this is helpful or not [makes the chances of success] really high because they actually got input from people who are living with these diseases when they designed the program," Enriquez said. "Researchers aren't sitting in an ivory tower anymore." ■

Research Success

Recent PhD graduate celebrates research award

Elizabeth Monsees, BSN '99, PhD '18, was recently awarded the 2019-2020 Association for Professionals in Infection Control and Epidemiology (APIC) Heroes Implementation Research Scholar Award for her work in integrating nurses into antibiotic stewardship processes. This 15-month, \$40,000 award provides career development opportunities for highly qualified individuals to plan, implement and develop a written report for a research project demonstrating value and implications for infection prevention and quality efforts across clinical settings. Monsees' project, titled "Frontline Stewards: Antibiotic Engagement Tool," leverages her previous work to test the implementation and evaluate the effectiveness of a nurse-developed Antibiotic Engagement Tool (AET).

Monsees was a Jonas Nurse Leaders Scholar in the 2016-2018 PhD cohort. "She unfailingly embraces all opportunities to lead the science in the area of nurses' contribution to antibiotic stewardship," said Lori Popejoy, Associate Professor, and Monsees PhD Chair.

Associate Professor and PhD Program Director, Deidre Wipke-Tevis remembers Monsees well as she was Monsees instructor for a medical-surgical nursing clinical experience at the Truman VA Medical Center. "Even though I was a brand-new nursing faculty member, I knew that Elizabeth was special and that she would definitely go onto graduate school someday," Wipke-Tevis said. 15 years later, Monsees was contacting Wipke-Tevis, about coming back to the University of Missouri, not to become a nurse practitioner, but to become a nurse researcher. Monsees previously worked in pediatrics and her interest and passion grew in quality, safety and infection control.

As antibiotic resistance rises worldwide to a crisis level, more and more people are at risk of death and disability as many current antibiotic therapies are no longer effective. Thousands of people suffer annually because of our collective misuse of antibiotics. Monsees' work will pave the way to assure the treatment of infections is appropriate as well as protecting people from premature death from diseases that antibiotics easily treated just a few decades ago. "I have little doubt that Elizabeth will make a difference for human beings impacted by serious and potentially deadly public health concern," Popejoy said. ■

Associate Professor Lori Popejoy, left, and Elizabeth Monsees, right, BSN '99, PhD '18, celebrate Monsees' successful defense of her dissertation in November 2018.



2019 MU Nursing Outreach Continuing Education Conferences

All events held in Columbia, MO
Details at nursingoutreach.missouri.edu

APRIL

- **12th Annual Evidence-Based Practice on the Frontline: Building a Culture of Quality, Safety, and Nursing Professionalism**
Pre-conference: April 10 (afternoon/evening)
Main conference: April 11 (full day)
- **2019 Clinical Oncology Symposium**
April 26

SEPTEMBER

- **22nd Annual Office/Clinic Nursing Update**
September 12

OCTOBER

- **5th Annual Perinatal Conference**
October 24

2019 Alumni Award Recipients

Alumni Achievement - Jennifer Hulett BSN '95, MSN '99, PhD '15



Jennifer Hulett is an outstanding, three-time alumnus of the Sinclair School of Nursing.

Her dissertation research involved exploration of relationships between and among spirituality, stress and neuroimmune biomarkers in breast cancer survivorship outcomes, an increasingly 'hot topic' in the field of psychoneuroimmunology.

Hulett crossed traditional collaboration lines during her dissertation research. Faculty from the areas of the College of Agriculture, Food, and Natural Resources, Fisheries and Wildlife, the School of Health Professions, the School of Medicine, the College of Human Environmental Sciences and Nursing all contributed to her innovative research program.

Professor Joshua Millspaugh, from the Wildlife Biology program at the University of Montana, wrote in his nomination letter of Hulett: "One of the most

rewarding aspects of our research is seeing our work applied to pressing issues that benefit the greater good. The opportunity to apply techniques we have been developing for animals to understand issues such as the interaction of stress and spirituality in breast cancer survivorship is truly inspiring to me. The success of this research is a direct result of Dr. Hulett's ability to link our research worlds together."

After earning her PhD, Hulett completed a highly competitive two-year postdoctoral fellowship at the University of Utah in the National Institute of Health funded (T32 mechanism) Interdisciplinary Training Center on Cancer, Aging, and End-of-Life Care. Since graduation, Hulett has completed peer-reviewed publications, and she's presented conference papers and research posters. She has an appointment as an assistant professor (tenure track) at the University of South Carolina College of Nursing.

Deidre Wipke-Tevis, associate professor and director of the Sinclair School of Nursing's PhD Program, wrote: "Psychoneuroimmunological research, such as Dr. Hulett's dissertation, is one of the priority areas for funding as identified by the National Institute of Health and the National Center for Complementary and Integrative Health."

Alumna of the Year - Lesa McCartney BSN '77, MS(N) '97



Lesla McCartney began her nursing career as a new graduate in the Medical Intensive Care Unit at University Hospital.

She soon moved to the Kirksville area in 1982 and began a 15-year tenure with the Kirksville Osteopathic Medical Center (KOMC). McCartney started as a staff nurse in the Home Health Department and soon became the

Director. Her dedication, hard work and attention to detail made her a perfect choice for the KOMC Quality Improvement Coordinator. Her tireless work ethic and finely-honed management skills paved the way for promotion to Administrative Director and then Assistant Administrator of Patient Care Services. In 1998, she transitioned to Preferred Family Health Care, Inc as Vice President of Performance Improvement and in

2016 was named Senior Vice President of Performance Management.

Lesla is an ardent supporter of the University. In 1997 she accepted a leadership role in support of the Mizzou Alumni Association (MAA) and became a board member of the Adair County Chapter. Since that time, she has served in several Adair County Chapter leadership positions, including President and Membership Co-Chairperson. Her enthusiastic leadership style motivated the chapter to increase membership, be more visible in the community. She was a driving force and inspires other alumni to follow her lead. In 2008 Lesla assumed a more active role in supporting the University by serving on the MAA Governing Board. Her efforts were tireless in promoting the interests of Mizzou, enhancing the public image of the university, and garnering legislative support. She served as Vice Chair and Chair of the Mizzou Legislative Network. She has made countless trips to Jefferson City to promote Mizzou, educate legislators on the importance of Mizzou to the state of Missouri, and to encourage their support of the University.

As one of her nominators wrote, "She's a woman of action, not just words."

Humanitarian Nursing Award - Cathy Blumhorst BSN '87



Cathy Blumhorst believes that “ALL people are created in the likeness of Jesus Christ, and I feel it is my calling to serve ‘the least of these.’” This belief has provided the light for her career path.

After graduation, Blumhorst spent over three years as a public health volunteer for the Peace Corps in Guatemala. She stayed in the area until 1994 to work as the

health and nutrition project director for Advancing the Ministries of the Gospel International. Blumhorst went on to work for the U.S. Department of State in Bolivia for five years, while raising her two children.

After earning her MS(N) from Graceland University in 2008 Blumhorst served as an active member of the Human Development Section research team at the National Institutes of Health.

From 2013 to 2018, Blumhorst practiced as an ANCC board-certified family nurse practitioner in Silver Spring, Maryland. Her fluency in Spanish allows her to care for a diverse population of patients ranging from 4 days to 92 years. This population include homeless and shelter residents, as well as immigrants and refugee/asylees.

Blumhorst accepted a position in January, with the National Institutes of Health's National Institute of Nursing Research to study the nature and causes of fatigue in relation to cancer and its treatments. She is working with a team to understand and identify biobehavioral mechanisms of fatigue in order to develop more effective ways to manage it and improve patient outcomes.

“We’re just trying to make life better for patients,” Blumhorst said.

Honorary Alumni - Lawrence Ganong



Larry Ganong graduated with both a PhD in Family Studies and a Masters in Education, specializing in Agency Counseling: Family Therapy, from the University of Missouri.

Ganong has dedicated three decades to MU and the Sinclair School of Nursing (SSON).

In addition to teaching, researching, and mentoring graduate

students, he served as co-chair of the PhD nursing program and chair of the Department of Human Development and Family Studies.

Ganong's career as a family scientist is renowned and his affiliation with family nursing research is very strong.

His work in defining stepfamily relationships and family nursing research is cited across the world.

Letters of support for Ganong cited his “masterful teaching methods,” involvement on PhD committees, willingness to guest lecture in research classes, and humility to share his cutting-edge research in local classrooms, community sites and extension courses.

Ganong has published widely in refereed manuscripts book chapters and books. Professor, Jane Armer wrote, “He is an internationally recognized family scientist and has represented our School of Nursing and University across the country and around the world.”

Former student, Dr. Katherine Kelly noted, “few schools of nursing have family researchers among their ranks and this contribution is critical to our understanding of the impact of health and illness on individuals. People's lives are experienced in the context of their families and our work must always take this into consideration. This will be a legacy that Dr. Ganong gives to our school and the many students he has taught and mentored over the years.”

Honorary Alumni - Richard Madsen



Richard Madsen earned a PhD in Statistics from Iowa State University.

He has been a professor in Statistics with the schools of Nursing, Medicine, and Veterinary Medicine since 1971. In addition to teaching, researching, and mentoring graduate students Madsen was a Fulbright Scholar in Malawi for one year and served as statistical teacher and consultant in South Africa for 25 years.

In his letters of support, notable SSON faculty and alumni credit Madsen's guidance for their success in research. Professor Emerita, Vicki Conn wrote, “Dick's tireless efforts on behalf of nurse researchers have been extremely important in our success. His expertise has been essential for the nursing success in securing

major national research grants such as from the National Institutes of Health (NIH).”

Madsen served as a member of Associate Dean, Greg Alexander's research team for over 10 years, providing statistical support, including methodological input and development of analytical models. Madsen also co-authored eight papers with Alexander on their research. “This experience has been a huge benefit for our nursing faculty and graduate students who require statistical input,” Alexander said.

Professor Emerita, Marilyn Rantz highlighted Madsen's invaluable expertise. “Dick Madsen has been an amazing and highly valued member of almost all of the grants of our nursing home quality research team, our Minimum Data Set research and nearly every NIH and other grants I have written and conducted since coming to MU in 1992.”

His dedication to teaching graduate students and collaborating with faculty demonstrates a deep commitment to cross-disciplinary partnerships and collaborations. His many contributions to the profession of nursing as a statistical mentor, consultant, collaborator, and teacher span over nearly 50 years.

Citation of Merit - Vicki Conn MS(N) '81



Vicki Conn earned her Master of Science in Nursing in 1981, Masters of Arts in Sociology of Health in 1983, and Doctorate in Philosophy in 1987. The next three decades saw Conn contribute not only to the SSON but to the profession of nursing as a whole.

Conn has received several achievements in the nursing field

throughout her prolific career and represents the excellence of the SSON. She is a Fellow of the American Academy of Nursing and has been recognized with multiple awards within the MU system (e.g., MU Alumni Association Faculty Award, 2004) and within national organizations (e.g., MNRS Senior Scientist Award, 2011). Her research has been funded by various sources, including the National Institutes of Health and the American Heart Association. She has achieved

national and international distinction for her work in meta-analysis research methodology, health behavior change, and chronic illness self-management. Conn led the development of the Meta-Analysis Research Center, served as the director and has over 300 publications and presentations.

As editor the Western Journal of Nursing Research, she has also increased the impact and reach of nursing research in diverse clinical areas and disciplines, influencing the care of patients across the lifespan.

Sharing her research excellence, Conn has served as an advisor for 75 master's and PhD students. Jo-Ana Chase, assistant professor noted, "What is not so easily seen in her CV and biosketch, though, is the influence Dr. Conn has had in shaping the future of nursing science and practice through her mentorship."

Conn has dedicated her work to improving the care of patients with chronic conditions, garnering numerous distinctions that have highlighted her productive career. She has inspired the next generation of nurse scholars and leaders to continue working towards better patient-centered outcomes. Her legacy is one of outstanding achievement, substantial contribution, and lasting impact in the field of nursing.

Distinguished Friend of the School - Barbara Gill MacArthur BSN '74



Barbara Gill MacArthur started her college career as a major in the College of Arts and Science. It wasn't until her sophomore year that she was told there wasn't a job in the biology lab for her, "because she really liked people."

"Dr. Purdy told me to find a job that will combine people and science," MacArthur said. "That's how nursing happened."

Much like today, there was a waiting list to get into the program. One day while eating lunch, a friend told MacArthur that a classmate had just dropped out of the nursing program. "I left that lunch table and ran as fast as I could right to the dean's office," MacArthur said. "I burst in and asked, 'Can I have that spot?' That's how I started in nursing, and I've never looked back."

"My career in nursing was more than I could have ever dreamed," MacArthur said. "It involved clinical practice, public policy work in health care, national and international work, and professional organizations that supported my learning and development. What I realized was that those are the hallmarks of a true profession: a body of knowledge, the ability to share

that knowledge in an organized way, organizations that are willing to advocate for and support the profession.

"Thank goodness for my peers that were willing to invest in all of that for others. That became my commitment, and I am privileged to be a nurse."

MacArthur is the vice president of Cardiac Services at The University of Kansas Hospital. Although she is the lone Tiger in a family of Jayhawks, her husband, Richard, is "wildly supportive of her personally and professionally." Richard practiced as a cardiothoracic surgeon.

The MacArthur's strongly believe in the inter-professional collaboration of nursing & physician teams and leadership, and seek to underscore their belief in upholding this model. Through mentorship and practice, they believe the ideology and philosophy can help to expand the concept and result in the best possible care for patients.

To support their belief's, the MacArthur's have established an endowed fund at the Sinclair School of Nursing. This fund provides graduate level scholarships to students in the DNP or Masters programs in the Nursing Leadership area of study.

"I am grateful every day for the education I got," MacArthur said. "I'm a product of people who invested in my education and answering the question, 'How do you do this?' " MacArthur is committed to providing the same leadership and guidance to nurses who can use their leadership to provide care for many patients. ■

You're Invited!
29th Annual
Sinclair School of Nursing

Awards Banquet
and
Alumni Reunion

Awards Banquet - Friday, May 3, 2019

Reynolds Alumni Center | 704 Conley Avenue

6:00 pm Reception | 7:00 pm Dinner and Awards

Alumni Reunion - Saturday, May 4, 2019

8:30 am | Sinclair School of Nursing building

Featuring the classes of 1959, '69, '79, '89, '99, & '09

All SSON alumni are invited to attend.

RSVP by April 12, 2019

Contact Sherry Cass, Event Coordinator, with questions.

(573) 882-2416 | casss@missouri.edu

nursing.missouri.edu/alumni-awards-banquet

Everything is a stepping stone on the path to somewhere

A degree from the Sinclair School of Nursing can take you anywhere.



Melissa Wilson, far right, and her research team from the United States Air Force School of Aerospace Medicine.

Last summer, Melissa Wilson, PhD '16, found herself flying above Las Vegas in an HH60 military helicopter, testing a stethoscope that would allow nurses and doctors to hear a patient's heart and lungs while in flight.

"The helicopter had no doors and I'm up there flying around," Wilson said. "Gunnery strapped me in, and they say, 'If you fall out of this side, this is what we're going to do. And if you fall out of this side, this is what we're going to do.' I'm like, 'How about I not fall out?'"

"This is where the perspective of a nurse is so critical. There are things about that stethoscope that an engineer, or anyone else may not even think about. But a nursing eye, someone who has

used the device, they can think about, 'What's essential in testing this component?' Who could ever dream up these things as a nursing researcher?" Wilson wondered.

Wilson is still in awe in her current role as a nurse scientist with the United States Air Force School of Aerospace Medicine.

After flying above the City of Lights, Wilson and her research team continued their testing of the newly designed stethoscope in a C-130 helicopter.

"It is so cool," Wilson said. "I could have never dreamed these things up, and quite honestly, I didn't know that this job existed."

"I could have never dreamed these things up, and quite honestly, I didn't know that this job existed," Wilson said.



Melissa Wilson, Nurse Scientist

Wilson's route to the Air Force was hardly a straight line. Entering college, she was determined to earn a business degree, but after taking the courses Wilson said she hated it. The next academic year she took courses that sounded appealing and was drawn to the humanities. She decided nursing sounded good. "I had no clue really what I was getting myself into," Wilson said. "And, of course, nursing school was extremely challenging. I didn't really know that I wanted to go into nursing. But I couldn't have chosen anything more perfect for me."

Wilson completed her BSN and MS(N) at the University of Cincinnati and worked in a variety of clinical positions. She was a night shift telemetry nurse in the intensive care unit and worked in cardiac and pulmonary rehabilitation at Mercy Hospital Clermont in Batavia, Ohio.

Her interest in teaching led her back to the University of Cincinnati where she was clinical instructor for eight years. After immersing herself in academia and loving it, she realized she would need a PhD to advance in her career.

Wilson searched for an online program that would allow flexibility to work full time while completing course work. After interviewing schools and talking with PhD Program Director, Deidre Wipke-Tevis, Wilson was sold on the Sinclair School Nursing. She was impressed with the connections faculty built with distance students from the beginning. Associate Dean,

Greg Alexander was Wilson's chair and helped her explore ways to merge several divergent ideas to form her dissertation area of study.

Her dissertation, "Barriers and Values of Moral Distress Among Critical Care Nurses" helped enhance the understanding of moral distress for critical care providers.

While completing her PhD, a colleague introduced her to an opportunity available as an Air Force civilian contractor. Wilson was hired in 2014. After graduating with her PhD in 2016, she accepted a position as a critical care nurse researcher.

She continues to apply her knowledge gained through her research on moral distress for critical care providers in the military environment.

Wilson now leads a team that examines clinical care research. One situation she described was considering "What does it mean to put a patient in the aircraft that may have a traumatic brain injury? We need to transport safely. Now that you add the conditions of flight into the patient's injury profile, what happens when you take them up in altitude and you have those pressure changes on the brain, what does that do? Does that worsen the traumatic brain injury, or it could actually make it better." These are the questions that challenge our research teams as they look for ways to improve the care of our men and women in military.



Missourians are sicker and die earlier than most Americans

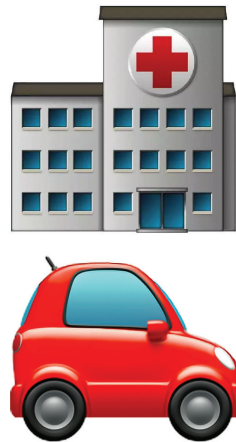
Advanced practice registered nurses (APRNs) could ease the shortage of providers, but state regulations hold them back. Missouri is currently one of only twelve states that is considered a restrictive practice environment, one of ten states that impose a supervise ratio requirement, and one of six states that place significant restrictions on the prescribing of controlled substances. The Sinclair School of Nursing is working hard to support nursing practice. House Bill 301 and Senate Bill 400 are moving through the legislative process to a vote.



Legislators can enact a policy-based solution

Missouri law **severely restricts** the ability of APRNs to help patients. Please follow the lead of 22 states (and Washington, DC) that permit them to use all of their abilities. APRNs:

- improve healthcare access and outcomes
- are more likely than physicians to practice in inner cities and rural areas
- are more likely to treat no- or low-pay patients
- are growing quickly in numbers — about 9 percent per year vs. 1 percent for physicians



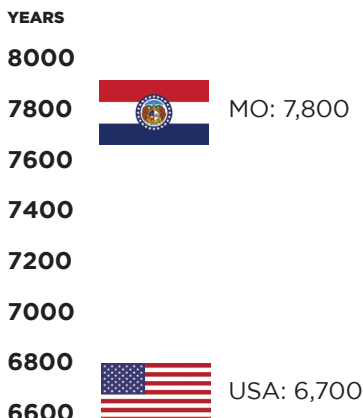
1 billion visits

Nationwide in 2017, advanced practice nurses handled more than **1 billion patient visits**. APRNs include nurse practitioners, nurse midwives, nurse anesthetists and clinical nurse specialists. They are educated to handle a range of health needs, including high blood pressure, diabetes, asthma, depression, anxiety, heart disease, back pain, arthritis, thyroid dysfunction, chronic obstructive pulmonary disease, prenatal care, well child exams and vaccinations.

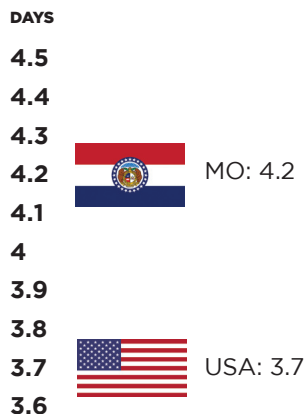
DID YOU KNOW? Citizens in states that let APRNs do their jobs are healthier and have lower rates of costly hospitalizations.

Missourian's health, poorer than most American's health

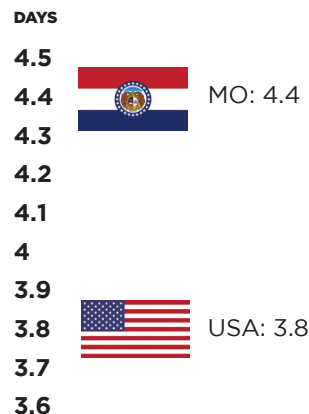
Years of **potential life lost** before age 75 per 100,000 population



Poor **physical** health days per month



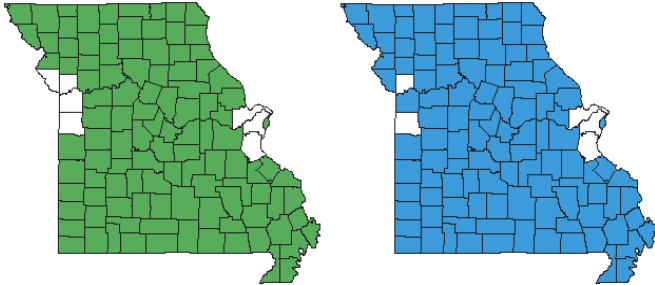
Poor **mental** health days per month



DID YOU KNOW? Over 50 years of research shows that APRNs provide safe, high-quality care.

Health Provider Shortages

In Missouri, 97 percent of counties have **severe shortages** of **primary care providers (green map)** or **mental health providers (blue map)** or both. Advanced practice registered nurses, or APRNs, could ease the shortfalls.



United States Department of Health and Human Resources, Health Resources & Services Administration. Available online at data.hrsa.gov/hdw/tools/MapTool.aspx#

How to save \$1.2 billion

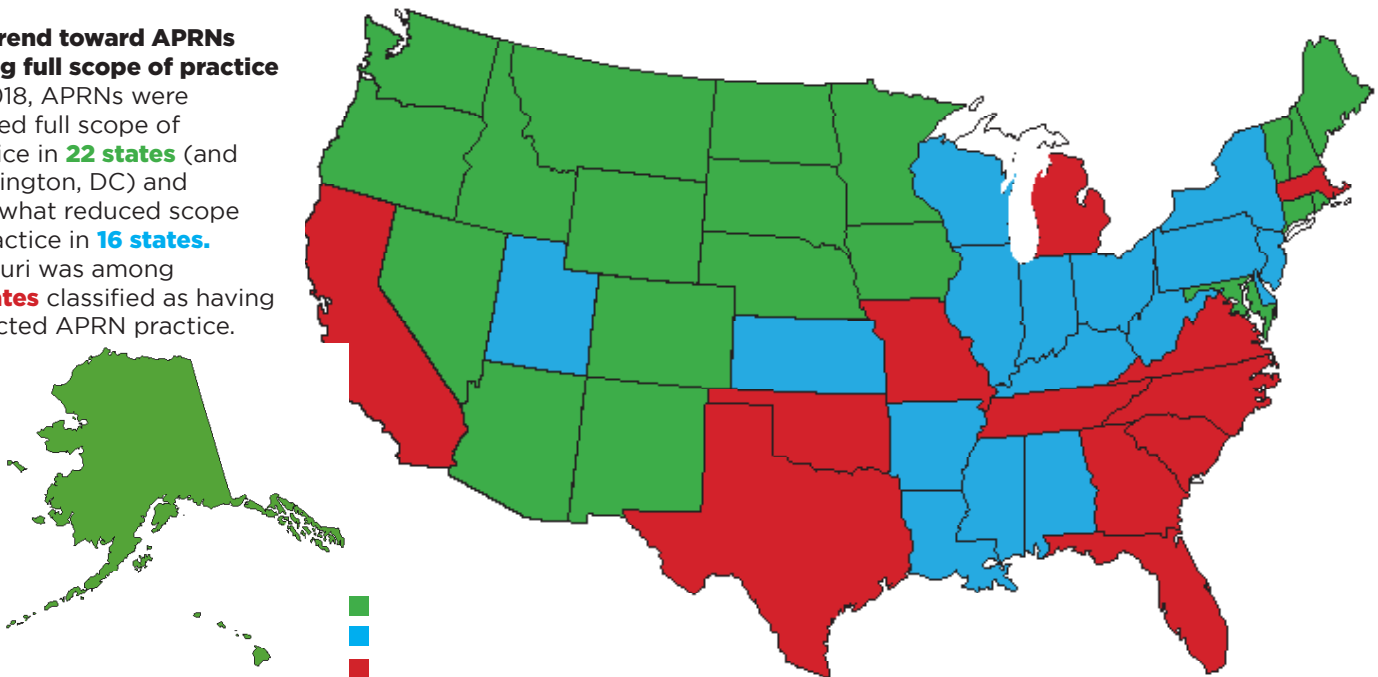
The Missouri Foundation for Health estimates that, by lifting restrictions on APRNs, Missouri could save **\$1.2 billion over 10 years**. Current restrictions include costly and cumbersome requirements that physicians supervise APRNs. Research shows that such supervision does not improve care quality.



DID YOU KNOW? APRNs score high on patient-satisfaction and low on rates of malpractice claims.

The trend toward APRNs having full scope of practice

By 2018, APRNs were granted full scope of practice in **22 states** (and Washington, DC) and somewhat reduced scope of practice in **16 states**. Missouri was among **12 states** classified as having restricted APRN practice.



American Association of Nurse Practitioners (2017, Dec.) 2018 Nurse Practitioner State Practice Environment. State Nurse State Practice Acts and Administration Rules. Available online: aanp.org/advocacy/state/state-practice-environment

DID YOU KNOW? Physician income does not decline in states that allow APRNs to use their education and training.

“Allowing Advanced Practice Nurses to practice to the full extent of their training and education would provide increased access to much needed high-quality healthcare particularly in rural Missouri. Residents in rural Missouri tend to be older and at higher risk, yet many have not seen a provider in years. Not having access to a medical provider results in fewer screenings, delayed diagnosis and treatment for common conditions such as obesity, hypertension, diabetes, and lung disease. Early recognition and treatment of these conditions, or better still prevention, can significantly improve quality of life, improve patient outcomes and lower healthcare costs for patients and their families as well as the state.”

—Miriam Butler DNP, APRN, FNP-BC, CNE

“Hundreds of research studies in the past 20 years show that care from an advanced practice nurse is comparable to a physician, and sometimes even better. My colleagues at the Sinclair School of Nursing, Drs. Sara Revelle, Lila Pennington, Marilyn Rantz and I found this to be true in our study that noted that any type of barrier placed on advanced practice providers will decrease quality of healthcare in the selected state. The citizens of Missouri deserve the best quality healthcare from all providers who have been educated to provide the care needed.”

—Gina Oliver PhD, APRN, FNP-BC, CNE

Global Health Lessons

Sinclair School of Nursing faculty facilitate travel abroad opportunities for nursing students to experience global differences in health care.

While ice and snow affect life in the middle of the United States, Assistant Teaching Professor, Val Bader travels each January with a group of 20 nursing students to the mountains of Costa Rica. This two-week immersion allows students to experience another country's culture and health care system.

The SSON teams up with the Monte Verde Institute to learn about the Costa Rican health care system. The students are immediately struck by the condition of the roads. "They haven't put any money into the roads," Bader said. "They've put their money into education and health. So they have bad roads and small houses, but they have what they need: food, clean air and water."

Students work with the Monte Verde Institute to provide community health education, in Spanish, to residents living in the mountains. "The impact is really on the students, because it broadens their education," Bader said.

Halfway through the year when the Midwest is feeling the summer heat, Associate Professor, Tina Bloom travels with her group of 20 nursing students for two weeks to the African country of Ghana.

"Our international partnerships really help fulfill that mission of MU getting out to the world," Bloom said.

For over a decade SSON faculty and students have traveled to Ghana to meet health care needs of the Ghanaian population. The SSON partners with the

group, Africa Our Home and they help connect our students with Ghanaian health clinics, nongovernmental organizations and teaching hospitals.

"Our community partners in Ghana have tremendous expertise," Bloom said. "The students learn a lot from them, and our students also bring a lot to the communities that our partners value."

This program allows the students to complete the clinical hours required for their community health course. While abroad, they learn about public health, prevention outreach, infectious diseases, global health and more.

Students help with community health outreach, travel on home visits with a Ghanaian nurse or community health worker, visit rural villages, run health screening clinics and provide vaccinations to many children.

The past few years students have raised thousands of dollars toward early childhood education in Ayedwe, a rural village. The 2016 group visited Ayedwe and fell in love with the community, which really prizes education. The students wanted to join them in their efforts to make a better future for the little ones there.

"They tend to go with the idea of they will be saving people," Bloom said. "And then realize they end up learning so much more about the world and themselves and come to appreciate our community partners strengths and gifts."



Above: SSON students provide community health education to residents in Costa Rica. Right: SSON students teach handwashing to the small smalls, preschool students, in Ghana.



Mizzou Made Alumni

TJ Headley turned his grief over the loss of his mother into an incredible gift for another little boy and his mother.

When TJ Headley, BSN '18, was a senior in high school in December 2012, his mother, Linda, was diagnosed with endometrial cancer. Her experience had a lasting impact on the direction of his life ... and the life of a little boy he had yet to meet.

Headley realized the impact nurses made while they cared for his mother.

"It wasn't just the health care aspect of it, but the psycho-social parts, too," Headley said. "The nurses that took care of my mother were incredible. They not only took care of her, but me and my dad, also."

Headley, a native of Bartlett, Illinois, decided to pursue a career in nursing. His mom supported the idea of him going to college and following his passion, whatever that may be. Headley applied twice to the highly competitive traditional Bachelor of Science in Nursing program at the Sinclair School of Nursing (SSON), but he wasn't accepted. Later, Enola White, an SSON academic advisor suggested the Accelerated BSN program to Headley. In this program, students complete a bachelor's degree in any major and then start an intensive 15-month nursing program.

Headley said he was hesitant about the accelerated program at first but realized that if he went that route, he would have two degrees in five years.

"When I was accepted, I just felt like everything was falling into place," he said. "This program has been challenging but has prepared me for, I think, anything."

Headley graduated from the program in the summer of 2018 and now works in the medical intensive care unit at University Hospital. Unfortunately, his mom didn't live to see him realize his dream. She died in December 2015.

"I think she would be proud," Headley said. "My dad tells me that all the time. He says she's smiling down from heaven."

Linda's condition also motivated Headley to become a bone marrow donor. He signed up with Be The Match, an organization operated by the National Marrow Donor Program. In December 2014, Headley was matched with a 3-year-old boy diagnosed with leukemia.

Headley BSN '18, met Brayden, for the first time at the Columbia Relay for Life event, two years after the bone marrow donation.



No contact could be made between donor and recipient until one year after the donation. In April 2016 at Columbia's Relay for Life event, Headley met then 5-year-old Brayden Granda.

"He was very hesitant at first," Headley said. "He was very shy. His mom, Terra, explained the situation to him, but he didn't realize the gravity of what meeting each other meant."

Headley's wounds from his mother's passing were still fresh when he met Brayden. His mother had wanted to meet him, so he was emotional.

"I think everyone that witnessed that event was crying," he said.

Headley has continued to help save lives as a bone marrow donor. In late September, he was contacted by Be The Match that he was a match for a 42-year-old man with leukemia. Headley donated peripheral blood stem cells in December.

Meanwhile, Headley and Brayden are still in touch. Headley has been a guest at Brayden's birthday parties, and they've gone go-kart racing together.

"To see him now is incredible," Headley said. "I didn't realize the impact that being a bone marrow donor would have." ■



Sinclair School of Nursing

University of Missouri Health

**S218 School of Nursing
University of Missouri
Columbia, MO 65211**

Greetings All! Winter might be hanging on in Columbia MO, but inside the Sinclair School of Nursing, there is a buzz of warmth and activity.

Dean Thompson is continuing to lead the faculty, staff, students and alums to even greater achievements. Everyone is excited about the new building, even though it will mean scattering out across campus during construction. No doubt that challenge will be met like all the others....full steam ahead!

Your alumni association continues to be a strong and visible presence amidst all this activity. Next week is the Fifth Semester Brunch for the class of December, 2020. That sounds so far in the future, doesn't it? I saw one of the December, 2017 grads in church a few weeks ago. I asked him when he was graduating and about his career plans. He smiled and said, "I graduated a year ago and I am working in Medical ICU." I apologized for losing track of the time. Old age? Too much happening in my life? I know many of you can identify with that scenario.

Other events this spring include both the welcome brunches for students entering the program and senior sendoff for graduating classes. Plus, convocation and Alumni Weekend. Mark your calendar now for May 3 and 4.

Friday, May 3 is the Alumni Board Meeting and the Annual Awards Banquet. This year's banquet will be on campus at the Reynolds Alumni Center.

Saturday, May 4 will be the reunion. This year we will honor those classes graduating in the years ending in 9, including '59,'69,'79,'89', '99, and 2009.

Please contact me anytime you have questions about the Mizzou Campus or the Sinclair School of Nursing. If I don't have an answer, I will find one for you. I would also welcome your thoughts and concerns. Best wishes to all!

Susan Devaney-devaney.susan@gmail.com

