

MIZZOU NURSING

NEWS FROM THE UNIVERSITY OF MISSOURI SINCLAIR SCHOOL OF NURSING | 2022-2023



The
Next MIZZOU NURSE

2023



FROM THE DEAN

In August of 2022, as the interim dean, I welcomed Sinclair School of Nursing students and faculty into their new space. Now nearly one year later, I am the newly appointed dean and we are preparing for the upcoming academic year. I am thrilled to lead the Sinclair School of Nursing as we face the challenges and opportunities presented by the modern health care system.

The work of our faculty, staff and students exemplifies the commitment to make a difference to society through exceptional work, a willingness to learn and a desire to improve the health outcomes for the people we serve.

This is a critical time to be a nurse, nurse educator, nurse researcher and nurse leader. I am ready, with this team by my side, to move forward into our future. And to continue the legacy of educational excellence, discovery and innovation that our predecessors have built over the last 122 years. Our future is bright, despite the challenges we are facing, because for the first time in many years, the world sees the essential role

nurses play in assuring safe and well-functioning health care systems.

And now we go to work. In a new state-of-the-art building that stands as a testament to the value of nursing to society and health. We are ready to educate the next generation of nurses, nurse educators, researchers and leaders for the future.

The Next Mizzou Nurse.

Lori L. Popejoy
BSN '93, MS(N) '96, PhD '07
Dean and Professor



ON THE COVER

Photo by Elesha O'Neil
Students pose at the kick off of summer semester in front of the new Sinclair School of Nursing Building.

MAGAZINE STAFF

EXECUTIVE EDITOR – ANISSA LOCKETT
MANAGING EDITOR AND ART DIRECTOR – CASEY BECHTEL
PHOTOGRAPHER – ELESHA O'NEIL
EDITOR – LINDA HUETHER

CONTRIBUTORS:
LORI POPEJOY
DEIDRE WIPKE-TEVIS
DONNA OTTO
NANCY BIRTLEY
ANNE SALES
AMBER VROMAN

**03 Building the Next
Mizzou Nurse**

Written by Lori Popejoy



04 Named Faculty Positions

Written by Linda Huether

**07 Addressing the Nursing
Shortage**

Written by Jack Wax



**11 Sinclair School of Nursing
Research Leads to Improved Health
for Missouri's Diverse Rural
Population**

Written by Jack Wax

**14 Building a Pipeline for
Nursing Success**

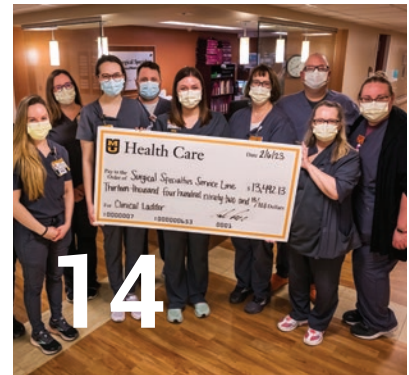
Written by Colin O'Brien

16 2023 Awards Recipients

Written by Elesha O'Neil

**19 Christian McKinzie Mizzou
Made Nurse and Local Artist**

Written by Anissa Lockett



20 APRN Faculty Practice

Written by Anissa Lockett

21 Alumni Banquet Review



TELL US WHAT YOU THINK! 

Please send feedback about this issue, or submit suggestions for future articles in *Mizzou Nursing*. Email us at mussoncommunication@missouri.edu.



From the Nursing Alumni Organization

Fellow Nursing Alums and Friends of the Sinclair School of Nursing,

I am thrilled to bring you greetings from our NEW home! The Sinclair School of Nursing (SSON) officially moved into the new 65,000 sq. ft. building August 2022, just in time for the

fall semester. It has been exciting for faculty, staff and students to reacquaint ourselves with each other after years of being without a program “home” and borrowing spaces across campus while also distancing during COVID-19, and it has been especially rewarding to see the students settle into their lounge and study spaces.

As we welcome alumni and other visitors to the new building, I am reminded that this is a second housewarming for the SSON. After extraordinary efforts on the part of campus leadership, legislative supporters, students and alumni, the School of Nursing was able to move out of the School of Medicine and step foot into its own building in 1979. It is truly inspiring to have witnessed the unwavering dedication of all faculty, staff, students and alumni to stay connected as a program and legacy without a

building, which makes us that much more grateful for the opportunity to have a home to call our own...again.

Perhaps the most exciting aspect of having a building again is the unification and amplification of efforts to continue the legacy of *Building the Next Mizzou Nurse* so that we can positively impact the profession and communities all over the world. Our alumni and stakeholders have impacted and touched every floor of the new building – from simulation lab equipment and spaces on the first floor, classroom and conference spaces on the 2nd and 3rd floors, up to the Rantz Research Suite on the 4th floor. The emerging crowning glory which will be showcased in the Donna and Dick Otto Lobby is the Nursing Alumni Organization’s interactive digital wall which will display our class composites, highlight alumni accomplishments, and educate students about the legacy they will be joining as Mizzou Nurses.

Join us this fall on October 21, 2023, for Mizzou Homecoming and come see it all for yourselves! M-I-Z!

Our homes should inspire us to go out into the world, to do great things and then welcome us back for refreshment.

-Melissa Michaels

Sue Yun Fowler, BSN '11, MA '97, BJ '95
President, Nursing Alumni Organization



History Speaks!

Stop by and view our new Interactive Wall ▶

SHARE YOUR NURSING HISTORY WITH US

If you are a graduate that has photos of your time with the Sinclair School of Nursing, please send them to mussoncommunication@missouri.edu. We would love to hear from you and preserve the past through visual memories of our alumni on our new Interactive Wall. Please be sure to send descriptions with your photos, if possible.

BUILDING the next MIZZOU NURSE

Written by Lori Popejoy, Dean

Nurses are the largest health care workforce in the U.S., numbering 4.5 million registered nurses. The COVID-19 worldwide pandemic laid bare the fragility of the nursing workforce in the U.S. According to the National Council of State Boards of Nursing (NCSBN), 100,000 nurses left the nursing workforce during the pandemic and nearly 900,000 more are projected to leave over the coming years. Nursing faculty face similar challenges – the American Association of Colleges of Nursing (AACN) in 2022 reported more than 2,166 full-time vacancies in 909 member schools. In 2021, U.S. nursing schools denied admission to 91,938 qualified applicants from undergraduate and graduate schools due to the insufficient number of faculty, clinical sites and preceptors, classroom space and budget constraints. U.S. schools of nursing are critical to solving the nation's health care crisis by providing a well-educated and practice ready workforce. Research intensive nursing schools, like the Sinclair School of Nursing (SSON), also educate the nurse scientists who lead the way in discovering solutions to the problems that plague patients and health systems. Like other reported workforce problems in nursing, AACN reports a 6.4% decrease in the number of PhD program enrollments.

With Crisis Comes Opportunity

With this nursing workforce crisis comes the opportunity to strengthen our health systems. To do so, we must meet the demands of nurses for respect and equity in the workplace. Nurses hold health systems together and are responsible for the moment by moment competent, compassionate and technologically complex care provided to patients each day in a multitude of health care settings. The work of nurses is often invisible and poorly understood; only when it is missing does the value of the work become clear. Nurses have been taken for granted for too long, and the price for missed nursing care in terms of patients' safety and survival is far too high for society to pay.

In this edition of *Mizzou Nursing*, you will read how our school is facing the challenges to talent acquisition in nursing practice, education and research. We are actively socializing pre-nursing students into the profession through a workforce training grant with our partner MU Health Care to educate, train and employ pre-nursing and nursing students as unlicensed assistive personnel while attending nursing school. We are recruiting into the school successful nurses who want to teach nursing to the next generation as they continue their own education. We are building the next generation of faculty researchers by meaningfully involving undergraduate students in research through

the MU Student Training for Advancing Research, MU Discovery Fellows and the SSON Essig Scholars program. Our faculty are changing lives not only through teaching but also through ground-breaking research that supports health and health care access of rural and minority communities.

The school of nursing is building the next Mizzou nurses, nurse educators, advanced practice registered nurse providers and interdisciplinary researchers who envision a better future for nursing, the patients we serve and the health care systems where we work. As the premier school of nursing in Missouri, we are prepared to lead the way in solving the existential problems facing nursing and health care in our state and nation.

The Time is Now

I want us to take just a moment and think about our bright future. For the first time in many years, the public not only supports and admires nurses but sees how crucial we are to a functioning health system. We educate amazingly talented students—who make a difference. We need to proactively establish pathways to lifelong wellbeing, safety and career success that starts with students and ends with retirement. We need to build a positive message about nursing to inspire young people to this amazing career that changes lives. Nursing schools must find ways to cooperate and collaborate to serve Missouri citizens. Our school is part of the solution for providing care for rural and at-risk communities by building innovative practices and partnerships, working collaboratively with other nursing schools and building a well-educated workforce capable of leading into tomorrow.

As dean, I look forward to our future together. I believe we are going to accomplish amazing things. ■

Named Faculty Positions

The Sinclair School of Nursing (SSON) is happy to announce the following faculty are being recognized from named endowments. These named endowments are prestigious to the faculty and allow them either a salary enhancement or support for their work. Congratulations.



Amy Vogelsmeier

Amy Vogelsmeier, MS(N) '97, PhD '08

is the recipient of the Helen E. Nahm Chair. Dr. Vogelsmeier is an associate professor in the Sinclair School of Nursing and a fellow in the American Academy of Nursing. She received her PhD in leadership and health-systems in 2008 and her master's degree in adult and gerontological nursing

in 1997, both from the University of Missouri, and her undergraduate nursing degree in 1989 from the University of Central Missouri. Vogelsmeier is a health services researcher with a focus on improving care for older adults residing in long-term care settings. She has been a principal investigator and co-investigator on multiple highly funded innovative projects at the University of Missouri, has over 70 publications in print and is recognized nationally for her work in nursing home systems and patient safety.

The Helen E. Nahm fund was established by her sister to honor Helen. Ms. Nahm was dean at the School of Nursing from 1941-1942. She left in 1942 to pursue her PhD, which she completed in 1946. The gift was made in recognition of Helen's achievements in nursing and her service to the University of Missouri. This fund was established in 1996 for distinguished faculty to teach or do research in the field of nursing.

For more information on how you can support the Sinclair School of Nursing, contact Donia Camarena at camarena@umsystem.edu.



Nancy Birtley

Nancy Birtley, DNP '15

is the recipient of the Rosemary T. Porter Faculty Scholar. Dr. Birtley is an associate teaching professor and the psychiatric mental health nurse practitioner (PMHNP) area coordinator in the Sinclair School of Nursing and teaches the PMHNP graduate courses. She owns a practice in St. Louis, Missouri, in which she provides psychiatric consultation

services to residents of approximately 20 long-term care communities. In this practice, she has precepted graduate APRN nursing students for more than 2,500 hours. Birtley's mission in her practice and academic position is to reduce the use of inappropriate psychotropic medications, especially antipsychotics, in the treatment of elderly persons with dementia. For her DNP scholarly project, Birtley developed and implemented an evidence-based practice (EBP) protocol for safer and more effective psychotropic medications to use prior to antipsychotics, and she published this work. She educates all of her students and nursing home staff, providers and leaders on inappropriate psychotropic use and EBP protocol. She has presented at numerous local, state and national conferences and has authored and coauthored journal articles to disseminate this important message.

Originally named the Nursing Shareholder Faculty Scholar Endowment Fund and established in 2007, this fund was renamed the Rosemary T. Porter Faculty Scholar in 2012 by friends, faculty and alumni of the MU School of Nursing to honor Dr. Porter's years of service to the SSON. The recipient of this faculty scholar position must be active in scholarly teaching and learning, must be a positive citizen and must participate in governance.



Jennifer Hulett

Jennifer Hulett, BSN '95, MS(N) '99, PhD '15

is the recipient of the Doolin Nursing Research Fellowship. Dr. Hulett is in her fourth year as an assistant professor at the Sinclair School of Nursing. She is a native of northwest Missouri and a triple graduate of our school. She did postdoctoral training at the University of Utah College of Nursing. Hulett's program of research examines the role of

mindfulness and meditative practices in improving health and well-being in breast cancer survivors.

The Doolin Nursing Research Fellowship was established in 2005 by Sandra Mellinger. Ms. Mellinger is a 1965 graduate of the SSON. She has served on the school's campaign board and is a former adjunct faculty member. She established this fund to encourage nursing research by those faculty members in the process of reaching senior status.



Nike Odemuyiwa

Olumayowa (Nike) Odemuyiwa PhD, RN, CCRN

is the recipient of the Alberty Richardson Faculty Fellowship in Medical/Surgical Nursing. Dr. Odemuyiwa is a trained analytical chemist, but when she migrated to North America, she wanted a job that would allow her to have a direct impact on people – so she became a registered nurse. She has worked in both Canada and the United States for the

past 18 years. For the last 6 years, the school has given her the ability to pay her gratitude to the profession forward by facilitating the learning of the next generation of nurses. As an assistant teaching professor, she instructs students in the care of adults in the Medical-Surgical section of the undergraduate nursing program. Whether in the classroom or at the bedside, Odemuyiwa's goal is to ensure her students emerge on the other side of their education as nurses who are critical thinkers, competent, committed and empathetic health care professionals, excellent team players and lifelong learners. Odemuyiwa's area of research focuses on how individual's source, access and use information on health issues, and how health care professionals communicate medical information to their patients and colleagues.

The Alberty Richardson Faculty Fellowship in Medical/Surgical Nursing was established by Steve Richardson and Sally Richardson, BSN '78, in 2004. In structuring this endowment to benefit a faculty who teaches in Sally Richardson's area of medical/surgical nursing, it is their hope they will contribute to the excellence in education while ensuring that there will be sufficient faculty to enable the school to continue to grow and educate future generations of much-needed nurses.



Sue Yun Fowler

Sue Yun Fowler, BSN '11

is the recipient of the Roxanne W. McDaniel Faculty Fellowship. After completing undergraduate and graduate degrees in Journalism, Fowler served in various student and academic affairs roles at MU working with and educating undergraduate students. After careful consideration, Fowler made a pivotal career shift and earned her BSN in

2011 from the Sinclair School of Nursing's accelerated program. Her early nursing career was spent working with the older adult population as a staff nurse and care coordinator at TigerPlace. After teaching LPN students, Fowler returned "home" to Mizzou and the SSON where she has been able to combine all her passions and experiences to serve as a nursing instructor for accelerated and traditional BSN students. She is a course co-coordinator for Fundamentals of Nursing and Gerontological Nursing and serves as a faculty co-facilitator for one of the Nursing FIGs (Freshman Interest Groups) every fall semester. In addition to her teaching responsibilities and committee work, Fowler serves as the Nursing Alumni Organization president and on the leadership board of the Alpha Iota Chapter of Sigma International. She also serves as the education leader for TigerPlace and on the Aging in Place (AIP) board. Fowler feels exceptionally fortunate and filled with gratitude to be able to indulge her passions by bringing together older adults with promising future Mizzou Nurses.

Roxanne McDaniel was a faculty member in the School of Nursing from 1989 to 2015 and was the associate dean for academic affairs for many years. Dr. McDaniel had a passion for the undergraduate program and wanted her fellowship to benefit a non-tenure track faculty member teaching in the BSN program. ■

Faculty Among Contributors to National HIV Curriculum

The Sinclair School of Nursing is participating in the Midwest Integration of the National HIV Curriculum which will prepare the next generation of HIV care providers to provide effective HIV care in an aging population. The National HIV Curriculum is a free educational website funded by the US Health and Resources Services Administration. SSON integration of the National HIV curriculum into the nursing curriculum is being led by Dr. Valerie Bader, BSN '84, and Vernon Welschmeyer, BSN '21.



Dean Popejoy Among Faculty Honored

Celebrated since 1968, the Mizzou Alumni Association Faculty and Alumni Awards highlight the contributions of exceptional individuals to the university's growth and core mission through their professional accomplishments, teaching and research excellence or service to the institution. Lori L. Popejoy, BSN '93, MS(N) '96, PhD '07, dean and professor of the MU Sinclair School of Nursing, was one of 11 honored for this 67th annual distinguished service award.

Blumhorst Honored

Catherine Johnson Blumhorst, BSN '87, was honored to receive the 2022 NIH Director's Award: as a member of NIH COVID Vaccine and Booster Clinic Team, nominated by the Office of the Director "For extraordinary initiative in the implementation and administration of the NIH COVID Vaccine Clinics (primary and booster) at Multiple Geographical Locations." Ms. Blumhorst currently works as a clinical research nurse practitioner with the National Institutes of Nursing Research (NINR) and as an attending care provider within the National Institutes of Health (NIH) Clinical Center, and is pictured (on right) with NINR Director Dr. Shannon Zenk.



National Student Nurses Association

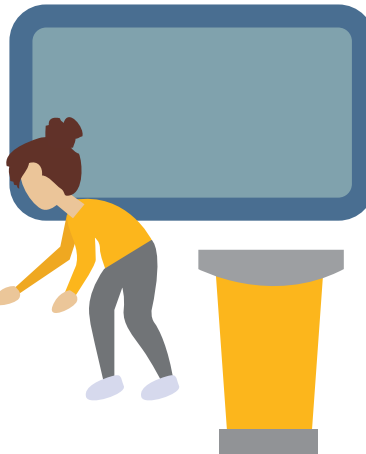
Donna Otto, BSN '72, MS(N) '81, and Dick Otto escorted 12 students to Nashville, Tennessee, for the National Student Nurses Association's (NSNA) annual conference April 11-15. One group of students presented resolutions on behalf of the Mizzou Student Nurses Association (SNA) titled, *In support of installing metal detectors at hospital entrances*. Another presented a resolution on behalf of Missouri Nursing Students' Association (MONSA) titled, *Integrating further interprofessional education into nursing curricula: The impact on the health care team and clients*. Both resolutions were approved by the NSNA House of Delegates. Our Mizzou SNA Chapter was also recognized for achieving recertification as a Stellar School. We remain the only Stellar School in the state of Missouri.



Addressing the Nursing SHORTAGE

Sinclair School of Nursing Responds to the Nursing Shortage By Teaching More Nurses to be Educators

Written by Jack Wax



The nursing shortage used to be a ticking bomb. Now that it has exploded, it is driving change in the nursing profession, health care institutions and nursing education.

Sinclair School of Nursing (SSON) is confronting the shortage and its consequences head on. Director of the BSN program Amber Vroman, MS(N) '14, says, "Our focus is on developing innovative approaches and education models that provide students with real-world clinical experience through direct-care clinical and high-fidelity simulation."

These new approaches rely on motivated students who will become committed nursing professionals. Associate Dean for Academic Affairs Dr. Robin

Harris, MS(N) '06, explains, "We are sending new graduate nurses into health care environments where there are fewer nurses and higher nurse to patient ratios. To prepare our future nurses, we must emphasize their role as team leaders. We need graduate nurses with integrity, who are knowledgeable and skillful, who use good clinical judgment and display strong leadership capabilities."

The current nursing shortage was predicted in the 1960s, but no one could foresee the COVID-19 pandemic and how it would dramatically increase the need for nurses. In Missouri, 97 out of 114 counties have been designated as health care professional shortage areas, according to an MU study conducted in 2021. Unless more nurses enter the field, the situation

will worsen. The same study found that 31 percent of all Missouri nurses are older than the age of 54 and will be approaching retirement age in the next decade. About one-third of nursing school instructors will also be retiring, which will tighten the bottleneck that limits the number of potential nurses. Then, there are the legions of working nurses, about 50 percent, who report that they are so stressed by their work that they are thinking about leaving the profession. Nationally, a significant shortage of RNs is predicted in 30 states. Simultaneously, the need for nurses is expected to grow as Baby Boomers age, requiring more health care services and more intensive nursing care.

To answer this challenge, the Sinclair School of Nursing has developed a wide-ranging set of initiatives for preparing nurses to succeed in their profession while providing optimal care to patients. Taken together, these initiatives can be considered a nursing pipeline, reaching from 18-year-old pre-nursing students, all the way to experienced masters and doctoral students. Components of that pipeline include: new ways of attracting and preparing pre-nursing students; partnering with MU Health Care for several

apprenticeship programs; providing graduate level students with training and options for becoming nurse educators; using high and low fidelity simulation and developing virtual reality experiences of challenging clinical situations; a required class that teaches self-care methods that can buffer stress; and supporting legislative efforts to empower APRNs to work without barriers.

This fall, the newest program – a collaboration with MU Health Care – will introduce pre-nursing students to the profession while paying them for doing much-needed work at the hospital. Robin Harris and Jennifer O'Connor, PhD '19, were awarded \$843,000 for a workforce training grant by the Missouri Department of Economic Development. Over the next three years, 300 pre-nursing students will be recruited and enrolled in this program that will educate, train and employ them as Unlicensed Assistive Personnel/Certified Nurse Assistants (CNA). Students will receive 75 classroom and lab skills training hours and will be paid as they complete the 100 hours of clinical training necessary for taking the CNA exam. The program will be offered as a 16-week academic credit course.

"A major benefit of this program is that it will take students who are unemployed or underemployed and bring them into the nursing pipeline," says O'Connor. "It will give students an opportunity to gain some health care experience, earn money and help prepare them for nursing school."

The program could give students a boost as they apply for nursing school. Harris says, "The students

want health care experience, and we want students in our program who have health care experience. That assures, the student knows what they are getting themselves into and that a career in nursing is something they want."

Juniors and seniors at SSON are eligible to apply for the RN Apprenticeship Program. This pilot project offers employment at MU Health Care and tutoring to students enrolled in the BSN program. The apprentice students rotate through various positions at the hospital -- gaining more autonomy as they go through the program. Hours worked at the



Our goal is to teach vital self-care skills that will mitigate burnout and support their well-being throughout their nursing careers

hospital not only provide valuable experience for the students, but also count toward required clinical time. This past winter, the first cohort graduated and are now working in health care settings.

To increase the number of nurse educators, SSON has launched a program for developing the school's faculty. Bachelor of science in nursing prepared nurses enrolled in one of the SSON master's or doctoral programs, may also be

hired as clinical faculty. The school provides these graduate students with support, encouragement and the experience needed to become nurse educators. Hired fulltime as clinical faculty, they qualify for a 75 percent discount on tuition. By the time these students graduate with their master's or doctorate degree, they will have two or three years of teaching experience. Dean and professor, Lori Popejoy states, "It is impossible for Sinclair School of Nursing to produce enough nurses to single handedly ease the nursing shortage in Missouri. We can, however, make a big difference through our graduate programs--educating nurses to work in nursing programs throughout Missouri."

Nursing in understaffed health care settings is highly stressful work that can result in nurses deciding to leave the profession. Learning to cope with stress has become an essential skill, now taught in the school's required resiliency course. Students learn breathing and relaxation techniques in addition to recognizing personal triggers and reactions to stress. "Our goal is to teach vital self-care skills that will mitigate burnout and support their well-being throughout their nursing careers," says Harris.

For students, it's a journey that may soon begin by donning an Oculus headset. Postdoctoral Fellow Knoo Lee is developing a simulation in which students can practice responding to a cardiac arrest in the virtual world. "In the simulation, the nurse will be in the emergency department, checking patients just as the code alert sounds. The nurse will have to take control of the situation by collaborating with

(Continued on page 13) ▼

RESEARCH ADVANCEMENT

Professor To Be Inducted

Anne Sales, PhD, RN, will be inducted as a Fellow in the American Academy of Nursing (FAAN) on Oct. 7, 2023, in Washington, DC. Dr. Sales is a professor at the Sinclair School of Nursing and the Department of Family and Community Medicine at MU School of Medicine. She was sponsored by our own Dr. Marilyn Rantz and Dr. Patricia Patrician of the University of Alabama at Birmingham. Being distinguished as an FAAN is the highest honor in the nursing profession.



Boosting Vaccine Confidence

To increase confidence among student's, the Sinclair School of Nursing developed new curriculum as part of a grant from the American Association of Colleges of Nursing (AACN) with funding through the Centers for Disease Control and Prevention (CDC). This content will be completed by undergraduate students enrolled in 'nursing in communities' course to better prepare students going forward to have effective conversations with people who may be feeling hesitant about vaccines. Resources from the curriculum were shared with nursing programs at Lincoln University, Central Methodist University and are available to other schools of nursing via the AACN.

First Annual Show Me Research Week Award Winners

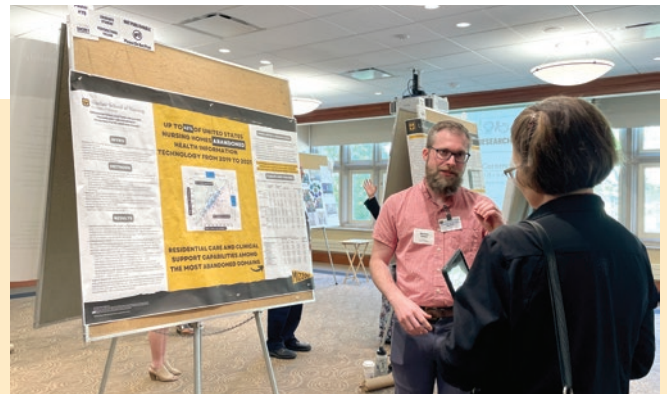
Sinclair School of Nursing PhD students swept the Behavioral and Social Sciences poster awards in the "Graduate/Postdoctoral" category at MU's first ever Show Me Research Week in April 2023.



1st Place: Matthew Farmer
Mentor – Dr. Kimberly Powell

2nd Place: Rachel Alexander
Mentor – Dr. Anne Sales

3rd Place: Takara Schomberg
Mentor – Dr. Jennifer Hulett



Matthew Farmer received \$250 first place award.

RESEARCH ADVANCEMENT



Midwest Nursing Research Society (MNRS)

SSON was well represented this year at the 47th Annual Midwest Nursing Research Society (MNRS) conference in Des Moines, Iowa, April 27-31. We had 10 faculty and 32 students, postdoctoral fellows and recent alumni presenting and/or receiving awards. Among our students, we had five Research and Implementation Interest Group Dissertation award winners, one MS(N) student receive a 2nd place poster award and one alumnus/ professor emeritus receive a Distinguished Contribution Award.

Student Highlight - EMMA MORROW

After earning her S.T.A.R. (Student Training for Advancing Research) recognition from the MU Office of Undergraduate Research her freshmen year, up-and-coming BSN student, Emma Morrow, then participated in MU Health Research Days in spring 2023. There, she earned the AACN Critical-Care Nursing Student Scholarship through the Foundation of National Student Nurses' Association, of which she is an active participant in both the national and Mizzou Nursing chapters.



University of Missouri President Mun Choi and Vice Provost for Undergraduate Studies Jim Spain pictured above with Amy Winkler and her presentation: *Adapting to Chaos During COVID: Telehealth in Nursing Homes.*

Discovery Fellow Spotlight - AMY WINKLER

Eleven Mizzou students participated in the University of Missouri System Undergraduate Research Day at the Capitol this spring. The event gives students an opportunity to showcase their accomplishments and allows our elected officials to see firsthand the exciting innovations taking place at MU and other system universities. MU Discovery Fellow Amy Winkler was among those that attended. Winkler also received the Sinclair School of Nursing Dean's Award based on the research she presented at Health Sciences Research Day last November.



Sinclair School of Nursing Research Leads to Improved Health for Missouri's Diverse

RURAL POPULATION

Written by Jack Wax

People living in rural Missouri may not realize it, but the University of Missouri Sinclair School of Nursing (SSON) is working to create a healthier future for them -- one where the health disparities that negatively affect the quality of their lives are reduced or eliminated. In small towns and in farm areas, Missourians face a shortage of primary care providers and specialists, difficulty finding and affording healthy food and fewer recreational resources that support physical activity.

The faculty and staff at the school of nursing are keenly aware of these obstacles and are investigating ways to lessen their impact. "We are definitely seen at the state, regional and national levels as having made a priority of focusing on rural populations," says Chelsea Howland, PhD '22.

Raised in a rural Illinois community, Howland is dedicated to serving rural populations and advocating for their better health care. In recognition of her commitment and achievements, she was selected as doctoral marshal for the university's graduate school commencement ceremony in December. Her professional as well as family experience with Type 2 diabetes motivated her dissertation research on an intervention to increase physical activity for diabetics. "I saw firsthand the impact diabetes and a lack of health care resources were having on my community," she said.

Study after study confirms that people living in rural areas have poorer health outcomes than their urban counterparts. Rural residents have lower life expectancies, higher rates of disease, disability and chronic pain and a less-healthy lifestyle. Often, when in need of medical help, they delay it due to a lack health insurance, Medicaid coverage or transportation needed to get to service providers hours away.

Sometimes, the rural culture itself works against healthy decision-making. Doctoral student Karry Weston, BSN '02, is studying the reasons why rural women are less likely to breastfeed their infants. Although her research has a sharp focus, it has broad implications. As essential as it is to understand each individual's circumstances, Weston emphasizes that it is equally important to understand the rural "habitus" or cultural setting. "I found that if we could take this idea of rural habitus and try to understand rural influencers and how rural people make these health decisions, it can translate to more than just breastfeeding. It can translate to nutrition, to exercise, to a lot of things that stem from how rural people are influenced by their community," says Weston. Her respect for, and intuitive understanding of, rural communities stems from her upbringing in the small town of Madison, Missouri. ▼

Another pressing issue for Weston is the paucity of research on rural populations. “Rural people aren’t represented well in research because it’s difficult to recruit them, and it’s easier to go to a city to find research subjects. Not including their perspectives means we aren’t serving everyone,” she says.

The need to understand the lives and cultures of people more broadly is especially important when it comes to the health of minorities, such as Blacks and Hispanics. Amy Vogelsmeier, MS(N) ’97, PhD ’08, has been analyzing data on nursing home residents who were transferred to hospitals. For those individuals, a transfer can be disorienting and deleterious to their more fragile health status. Finding ways to reduce or eliminate unnecessary transfers is critical to residents’ care. What she found while sifting through the data surprised her. Blacks and residents younger than 65, as well as patients with “full code” status, were four times more likely to be transferred to the hospital in a given year than others. The reasons behind this aren’t fully understood yet, but a review of the research about Black nursing home residents has provided Vogelsmeier and colleagues with additional impetus for research. “The literature shows that conversations about nursing care and advance health care directives with Black residents are less likely to happen. Maybe that’s because Black nursing home residents may have a lack of trust of health care providers; maybe it’s caused by an assumption of the health care providers, guessing about the residents’ needs and wishes. There’s much more to learn about what really contributes to their more frequent transfers,” she says.

The elderly, especially those who reside in nursing homes, are a vulnerable group that continue to be a research priority of SSON faculty. About one in five people living in a rural county is older than 65. A recent study by Alisha Johnson, PhD, RN, confirms previous work showing the positive effect that APRNs can have on residents’ health. “Their impact depends on the faculties’ acceptance and utilization of the APRN. The real magic that the APRNs brought was the ability to coordinate care over time. We were able to catch residents before they got so ill that they had to be sent to hospitals,” she says.

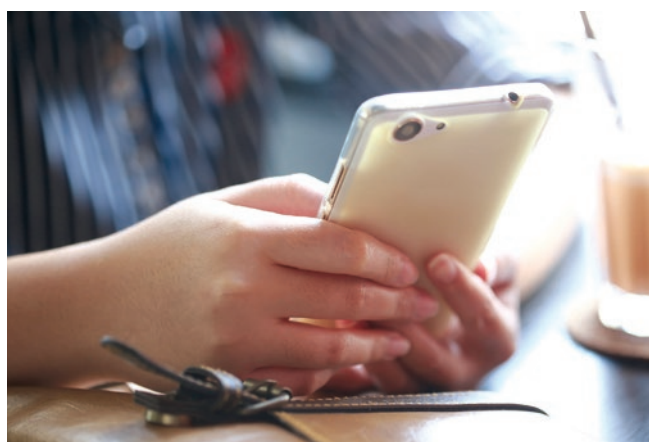
Uniquely, the APRN was able to make a difference at the

system level of the nursing homes. “They were able to look at the data and find trends, such as an increasing number of falls or more widespread use of antipsychotic meds. Then, what the APRN can do is create education models for the other staff,” she says.

Underlying much of the research at SSON is the understanding that the individual, the culture he or she is part of and health issues are intertwined and all must be considered when seeking effective interventions. Elizabeth Anderson, PhD ’21, has studied interventions in the workplace that could help breast cancer survivors with lymphedema. She interviewed breast cancer survivors about the different ways they altered their environments to cope with their symptoms, whether at home or at work. Lymphedema swelling may be a chronic condition, ranging from mild symptoms, such as tingling, to severe swelling.

Anderson found that Hispanic cancer survivors with lymphedema relied on their resilience and social support to cope with their condition. “They learned what they needed to do to continue to perform their work duties and minimize lymphedema symptoms,” says Anderson. “If something didn’t work, they tried again.”

Sometimes a small tweak in technology can make a big difference in the lives of nursing home residents and their families. Kimberly Powell, PhD, RN, is investigating how something as simple as switching from Fax to HIPAA-compliant texting can speed up decision-making when determining whether a resident requires hospitalization. Her study could lead to residents getting the health care they need before their condition deteriorates further. ▶



HIPAA-compliant texting is finding its way into saving lives.



MU students working with a patient in an extended care living facility.

SSON is testing ways to integrate more complex technologies, such as wearable devices and smart home systems, into the lives of older adults. Lori Popejoy, BSN '93, MS(N) '96, PhD '07, Blaine Reeder, PhD, and Rachel Proffit, OTD, OTR/L, have created an interdisciplinary group of researchers, the Age-friendly Sustainable Smart and Equitable Technologies for Access (ASSETs) team, to investigate the potential of various technologies. Among the studies the group is conducting is a major demonstration project with Missouri Department of Health and Senior Services. The ASSETs team is testing whether the combination of in-home sensors that monitor the movement, sleep quality and vital signs of older adults plus care coordination by an interdisciplinary team can enable them to remain independent in their homes longer after permanent discharge from a nursing home.

For a good many older people, the place where they intend to continue living is among their friends and neighbors in one of Missouri's small towns or surrounding rural areas. SSON faculty and their colleagues in other disciplines are creating the latest research and testing the newest technology in an effort to make living in rural Missouri healthier for them and their communities. ■

other health care professionals," Lee says. "We'll be testing its feasibility this fall, and ultimately we plan to build a systemic platform that we can disseminate to other higher education institutions."

One of the most effective ways to reduce the effects of the health care shortage in Missouri is in the hands of legislators in the state capitol. They have it in their power to unleash the potential of 12,000 Missouri Advanced Practiced Registered Nurses (APRNs). Currently, Missouri APRNs face more practice restrictions than APRNs in nearly every other state. "The restrictions placed upon APRNs limit their ability to provide care, especially in rural and underserved areas of the state," says Julie Miller, BSN '91, MS(N) '13, DNP '17. "Missouri state law requires an APRN to maintain career long collaborative practice arrangements with a physician which includes mileage proximity between the APRN and their collaborating physician. These laws place unnecessary restrictions on practice and limit the care that can be provided in areas of the state with the greatest need."

One of the most effective ways to reduce the effects of the health care shortage in Missouri is in the hands of legislators in the state capitol. They have it in their power to unleash the potential of 12,000 Missouri Advanced Practiced Nurses.



Research conducted by SSON faculty has confirmed that improved outcomes can result from integrating APRNs into nursing homes and assisted living facilities. The Missouri Foundation for Health estimates that over a 10-year span, APRNs could reduce health care costs by \$1.6 billion if barriers to independent practice are removed. The nursing shortage is incontestably a crisis, but just as it has brought positive changes at the Sinclair School of Nursing, it may also provoke a change in Missouri law that leads to better health for individuals, while lowering the cost of care. ■



Jessica Tompkins and fellow team members receiving a check for their combined clinical ladder rewards.

Building a Pipeline for Nursing Success

How the Sinclair School of Nursing helped two recent graduates, Katrina Schache BSN '21, and Jessica Tompkins BSN '21, quickly advance at MU Health Care.

Written by Colin O'Brien

When MU Health Care announced its Nursing Clinical Ladder Program in mid-2022, the goal was clear: Provide an opportunity for advancement and professional development while keeping trained nurses at the bedside.

That announcement caught the eye of Jessica Tompkins, BSN '21 and Katrina Schache, BSN '21, prompting excitement and determination. Both had completed their 12-month nurse residencies at MU Health Care in 2022 after graduating from the Sinclair School of Nursing.

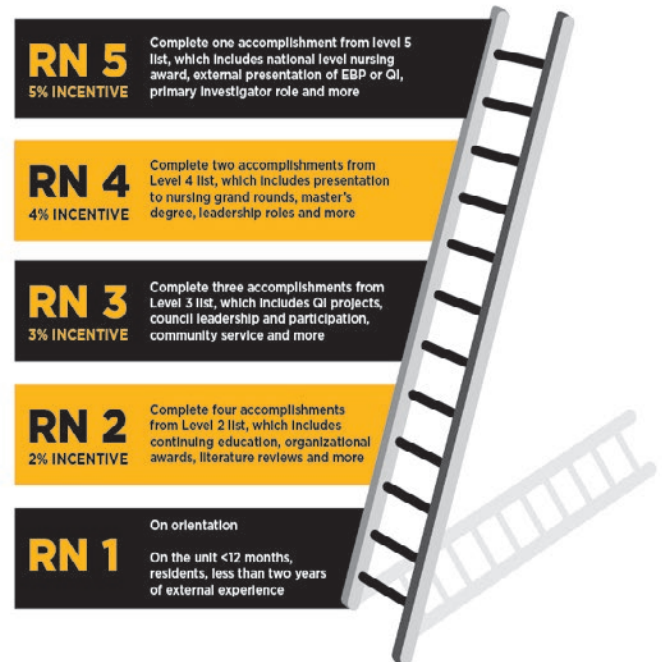
The curriculum they were taught in nursing school, and their on-the-job learning at MU Health Care, helped prepare them to take advantage of the clinical ladder as soon as it was announced.

"Jessica asked me, 'Have you heard about the clinical ladder?' and I said, 'I saw the email, what did you learn about it?'" Schache said. "She explained the different levels and how it worked, and said 'Katrina, I think we can get level four or five based on what we've done during nurse residency and what we're doing now in our units.' And I said, 'OK, let's do it.' We submitted our materials, and now we're celebrating with our 5% reward."

The clinical ladder is available to all full-time nurses, whether you've just completed your nurse residency or been a nurse for more than a decade.

Schache works in the cardiac intensive care unit, where she started as an extern between her junior and senior years. Tompkins worked as a mental health technician in the Missouri Psychiatric Center while in nursing school and excitedly joined the surgical ICU for her practicum. ▶

Nursing Clinical Ladder Levels of Advancement



*The listed examples are not a comprehensive list. There are multiple areas of accomplishments on each level. Incentives are a reward based on hours worked in the past year at the bedside and level of achievement.



Katrina Schache mentoring a fellow nurse.



Jessica Tompkins enjoying a shared leadership meeting with fellow nurses.

Tompkins and Schache applied their understanding of being bedside caregivers and researchers - part of the Sinclair School of Nursing's professional practice model - to benefit patients at MU Health Care.

"One opportunity I had within the clinical ladder that has helped me advance was a literature review that Katrina and I did," Tompkins said. "We started as nursing students and carried it through as new grads at MU Health Care. Our literature review covered inpatient fall prevention, so it was a really cool collaboration between MU Health Care and the Sinclair School of Nursing. Katrina and I presented at the Midwest Nursing Research Society's annual conference, and it was awesome to be supported by my work and my professors."

The structure of the clinical ladder supports nurses who want to learn and grow at the bedside, helping develop clinical experience and care practice, as well as leadership skills, in charge nurses and staff nurses.

Tompkins had an interest in shared leadership before she found out it counted toward clinical ladder advancement.

"Shared leadership is one of my favorite things to participate in," she said. "It's important for staff nurses on the unit to come together with some of our unit leaders to figure out what matters to our unit and what matters to our patient population. We review policies and figure out how to take the next step forward, how do we take care of our nurses and our patients? It's a cool group."

The mentor-mentee relationship was added to the nurse residency at MU Health Care because it helps new nurses get settled in and allows established nurses to teach what they've learned on the job. Schache saw the benefits of it as a mentee while in school.

"From the beginning, my managers, mentors and preceptors helped me learn and believed in my growth and my success," Schache said. "They encouraged me to step into new roles and broaden my knowledge and skills."

Because MU Health Care is an academic health system, attached to the Sinclair School of Nursing, continuing your education has fewer hurdles and advancing your career is an attainable goal. Tompkins got support from her unit to obtain new certifications and return to school, and said she appreciates feeling like everything she does is contributing to moving the unit forward.

The addition of the clinical ladder gives nurses a financial lift for doing what they love.

"There's a lot of different opportunities within the clinical ladder, and I think that helps make it attainable for a lot of different nurses," Tompkins said. "There are nurses who want to help precept and help charge on the unit, and there are nurses who want to help do evidence-based practice and want to do quality improvement projects and present that information. The clinical ladder supports everyone to be able to do those things and get rewarded for it as well." ■

NURSING ALUMNI ORGANIZATION 2023 AWARD RECIPIENTS



Debra Deeken

ALUMNI ACHIEVEMENT AWARD

Debra Deeken, BSN '92, MS(N) '10, DNP '19, is a natural leader and three-time Sinclair School of Nursing graduate. During her time as a BSN student, Deeken became interested in oncology. She credits that interest to the late Dr. Verna Rhodes, BSN '54, who, at the time was a med-surg clinical instructor at the

Ellis Fischel Cancer Center. Deeken recalls, "Dr. Rhodes was an oncology nurse and had done a lot of research in oncology. She had such a positive influence on my life and entire career." After receiving her BSN, Deeken began working at University Hospital, where she would spend the first 22 years of her career at Ellis Fischel. She expresses, "My education at SSON was really the incredible foundation for my success. I use that knowledge every day."

Deeken has served in multiple critical leadership roles in her 30 years at MU Health Care, such as the first director of ambulatory health, the operations section chief of the hospital's COVID response and, most recently, the director of clinical operations and nursing for the Missouri Psychiatric Center. In 2017, she also joined the Missouri Organization of Nurse Leaders and served as the chair of the membership committee, co-chair of the

nominating committee and currently is a representative on the Board of Directors.

Even after all she has accomplished, one of the most admirable things about Deeken is that she still strives to improve. She stresses, "It is very important to me to continue to grow and push myself and do things that are uncomfortable for me." She has taken that dedication to learn and gives it right back to students at the Sinclair School of Nursing.

When Deeken returned to the school to earn her DNP, she did her scholarly project on finding ways that the SSON and MU Health could collaborate. The project started in 2018 and has since transformed the relationship between the nursing school and the hospital. It now serves as a foundation for a committee and multiple subcommittees dedicated to continuing the collaboration and has resulted in a myriad of positive outcomes, including a nurse apprenticeship program.

Today, Deeken guest lectures across campus and is an indispensable asset to the university system. "Debra inspires her fellow nursing colleagues by her passion for the nursing profession and drive to advancing our education to best serve our patients," states Christina Hoff-Vollrath BSN '92, MS(N) '09, DNP '21. We are proud to have a well-known and trusted innovator among our many alumni.



Kris L'Ecuyer

ALUMNI OF THE YEAR AWARD

Dr. Kristine (Kris) L'Ecuyer, BSN '87, has been a nurse for more than 30 years. She reflects, "I can say with confidence I would not be where I am now without the foundation I was given at Mizzou, and I am especially proud to be a Mizzou Nurse." She says that she wasn't the best nursing student, being nowhere near the

top of the class, and laughs, "I'm not sure my classmates would even remember me!"

At first, L'Ecuyer struggled to enjoy her experience in nursing school. However, when she began her med-surg clinicals at VA hospital, things changed. She recalls one day going over patients' medications with Dr. Mary Beck, MS(N) '84. "Mary asked me a question, but I was unsure of the answer. Rather than having a negative reaction, Mary talked me through it. Her calm and encouraging manner helped me realize I could do this. In that small way she gave me confidence," L'Ecuyer says.

L'Ecuyer began her teaching career at St. Louis University in 1993. There she found her passion for supporting the role of the staff nurse preceptor. "I personally benefited from many generous and encouraging preceptors as a student and new nurse, and I saw the impact that preceptors had on my students,"

L'Ecuyer says. "Preceptors are the backbone of nursing clinical education and I firmly believe that they are the unsung heroes of nursing. They're also a critical part of transitioning new nurses to the complex health care system we live and work in."

Through her PhD dissertation, numerous publications and research, L'Ecuyer began promoting the role of the staff nurse preceptor and continues to advocate for their on-going development as educators of nursing. L'Ecuyer developed a list of competencies that were validated and analyzed to create the Preceptor Self-Assessment Tool (PSAT-40). Used internationally, PSAT-40 allows educators to identify the strengths and learning needs of their preceptors to guide training. "Her work will move nursing education to new levels over the next several years across the nation," states her former instructor and now colleague, Dr. Mary Beck.

Currently L'Ecuyer serves as the associate dean for undergraduate and pre-licensure education at St. Louis University School of Nursing. Even if her undergraduate classmates do not remember her, she is unforgettable now. L'Ecuyer is a changemaker in the Missouri nursing community and across the globe. Today, she continues to be passionate about the nurse preceptor role and still performs preceptor workshops with the Missouri Hospital Association, where she enjoys seeing former students in action.



Edith Harrington

HUMANITARIAN AWARD

Edith Harrington, BSN '46, is a MizzouMade nurse, nurse educator, World War II nurse cadet and historian. Her dream of being a nurse goes back to a very young age when helping her father recover from a serious injury. Being the oldest sibling, Harrington helped with a lot of his care. Her

passion for becoming a nurse led her to Mizzou in 1942.

"Things were a lot different than they are now," Harrington states. "Back in those days, we didn't have cars. We traveled by horse and buggy or by bus or train." She also recalls the nursing school's space was less impressive, compared to the new School of Nursing facility she toured in the fall of 2022. She says they had their training in the basement of Noyes Hall, which at the time, was a hospital. "It was just a basement. It wasn't fixed up or anything. It had two beds in there and one side was our classroom with chairs."

Harrington's second year of nursing school also marked the beginning of WWII. With a lack of nurses, the United States Public Health Service called on young people to train as nurses and serve on the U.S. Cadet Nurse Corps. This allowed

Harrington to continue her nursing education at Mizzou while also serving her country. The cadet nurses were popular among the enlisted soldiers. According to Harrington, we had more time to sit and listen, offering the soldiers emotional support along with medical care.

Harrington and her peers were able to take their state exams in Topeka and become licensed RNs before they ended their service as cadet nurses. She and her husband settled in Macon, Missouri, and Harrington taught nursing classes at the local vocational school for the last 17 years of her career. She loved being a nurse but has a soft spot for her teaching days, promising that every one of the classes she had was a good one with students joking that she had eyes in the back of her head.

In 2021, Missouri Governor Mike Parson chose Harrington to be the grand marshal in the Missouri Bicentennial Parade, riding in a World War II era jeep and waving to the masses. "Ms. Harrington served her country honorably and cared for our military service members during WWII, and she represents some of the best qualities an American and a Missourian can have," stated Parson.

Today, despite just celebrating her 100th birthday, Harrington is still active in the community. She serves on the state historical society and with her excellent memory, she enjoys talking and inspiring current Sinclair School of Nursing students and others about her life and nursing career.

33rd annual awards ceremony



David Mehr

HONORARY ALUMNI AWARD

David Mehr, MD, MS, is an outcome-focused family physician, geriatrician, health services researcher and emeritus professor at the MU School of Medicine.

Mehr's interest in nursing home studies has resulted in numerous research collaborations with countless Sinclair

School of Nursing faculty. He has been part of many notable projects and grants, four funded by the National Institute of Health (NIH). One project in particular, was an interdisciplinary collaboration with Marilyn Rantz, PhD, RN, FAAN, and Lori Popejoy, BSN '93, MS(N) '96, PhD '07, studying lower respiratory infections (LRI) in nursing home residents and developing a clinical prediction rule which estimated which patients were high risk. This study has widely impacted nursing home care of LRI, allowing for a lower rate of hospitalization.

More recently, Mehr was the project director for an Agency for Healthcare Research and Quality (AHRQ) grant to build infrastructure at MU for patient-centered outcomes research. This included three major projects, one of which included Popejoy and Amy Vogelsmeier, MS(N) '97, PhD '08, testing

interventions to improve transitions from skilled nursing facilities, back to the community.

Mehr takes great joy in spending time helping students and research faculty. Not only does he act as a mentor, advising students during their studies and research, but he also sits on dissertation panels and conducts mock reviews for grant applications.

Popejoy summarized Mehr's dedication as, "He has been a steadfast mentor for the entirety of my career. I am grateful for his commitment to nursing and willingness to mentor and support the research and practice of nurses."

Though Mehr claims that he retired in 2019, he continues to work part-time to fuel his love for research. Clearly a creative problem solver, he says, "I particularly like the idea stage and development stage, the early parts of research." In addition, he continues to advocate for interdisciplinary collaboration and remains an invaluable asset and friend to the Sinclair School of Nursing.

NURSING ALUMNI ORGANIZATION 2023 AWARD RECIPIENTS



Harriett Copher Haynes

CITATION OF MERIT AWARD

Dr. Harriett Copher Haynes, BSN '63, decided she did not want to be a passive bystander in the health and welfare of individuals at a young age, after witnessing a woman being struck by a car in the inner city of St. Louis. Despite her family having very few resources to pay for school, they

instilled in her the importance of education so when she was offered the Curator's Scholarship at Mizzou, she couldn't say no.

After graduating from the School of Nursing and going on to earn a master's in public health, Haynes was offered a spot in the counseling psychology PhD program at the University of Minnesota, where she worked her way up to director of counseling services.

Having started her college career during a time of intense racism, Haynes was all too familiar with the problems that plagued marginalized students on the Minnesota campus and used her role to positively impact students. "In a leadership position you can really be influential," she explains. She placed counseling services in the middle of campus and served on the Governor's Mental Health Council for several years, stating

that her experience as a nurse, psychologist and person of color made her a good voice for people who have a hard time accessing adequate mental health care. In recognition of her outstanding professional and societal contributions, the Minnesota Psychological Association has awarded Haynes both the Diversity in Leadership Award and the Community Involvement Award.

Haynes was also very active in the Association of University and College Counseling Center Directors. She helped create a program that invited minority people to attend the association's annual conference, encourage them to present and then connect them with a mentor. As a result, the association created the Harriett Copher Haynes Diversity Leadership Mentoring Award which has not only increased the number of people of color in director positions but has also inspired many to become leaders within their own communities.

To students facing barriers as she did at the beginning of her nursing journey, Haynes offers this, "Find your voice. I like encouraging people to think of possibilities, not of what they can't do. Your voice needs to be heard." Dr. Harriett Copher Haynes has not only found her own voice but devoted her life to helping others find theirs. Her forward thinking and contributions to the health care profession continue to break down barriers and advocate for adequate mental health outcomes for all.



Latha Ramchand

DISTINGUISHED FRIEND
OF THE SCHOOL

Dr. Latha Ramchand was appointed Mizzou's Executive Vice Chancellor and Provost in August 2018. She is an advocate for the nursing profession and recognizes the critical need for the Sinclair School of Nursing. Ramchand is a champion for students and is

empathetic to the challenges nursing students face as they transition from the nursing major to the profession. She is a staunch supporter of nursing research and the translation and implementation of research findings to practice.

Ramchand's passion for nursing is genuine as she has experienced the impact of nurses on the health and wellbeing of her and her family. Nursing staff played a critical role in her father's health in India and served as an extension of her family when she could not be there. "The nursing staff was with him 24 hours a day. They gave him the love and support he needed in between my visits and kept me informed of his health," Ramchand warmly expresses.

In 2022, Ramchand's son was diagnosed with cancer, and it was a nurse that first discovered a concerning area that led to

the diagnosis. "Nurses are good people, they have your best interest in mind, even when the news is not always good," she adds. Her son is now in remission, and Ramchand is thankful to a nurse for her sharp mind and experience that helped discover her son's cancer early.

She carries that gratitude forward and recognizes the need for the school to not only educate more nurses but to grow faculty and preceptors. "Missouri's health care needs are very significant, and the Sinclair School of Nursing can help address these health issues," she explains. "Research translated to the care and solution is very important to make health care outcomes better for all Missourians."

Dean Lori Popejoy considers Ramchand a true gift to the school. She states, "As humans we are connected by our experiences—Provost Ramchand has experienced the deep concern and fear that we have when our loved ones are ill and the gratitude when someone is there at the bedside helping your family get through tough and fearful times. Faculty, staff and students are grateful that Provost Ramchand has an appreciation for the clinical expertise, professionalism and caring commitment of nurses."

Both personally and professionally, Ramchand has given her time, treasure and talent to advance the school of nursing and its mission to serve the state of Missouri and beyond.

Christian McKinzie

Mizzou Made Nurse and Local Artist

Written by Anissa Lockett



It only takes moments after you sit down with Christian McKinzie, BSN '22, to discover he is one of the most fascinating people you may ever meet and not your typical nurse graduate. To start, Christian is a trained army medic who served in Afghanistan prior to studying at the Sinclair School of Nursing. He is also a leather-wearing motorcycle enthusiast that sports gauges in his earlobes and throws clay (pottery) in his spare time. Oh, and did I mention he is a grandpa, father of three and husband of 21 years? Yes, McKinzie is all these things and so much more. McKinzie is a Mizzou Nurse.

McKinzie grew up with the idea that nurses were important and multi-faceted – having watched his mother, who is a 20 plus year naval nurse officer. McKinzie didn't quite follow in her footsteps immediately, but rather, started his young married life working in retail jewelry sales as a diamond consultant and later, a prison guard.

It wasn't until he was 31 that he started his active-duty career in the Army. He was excited to learn a new skill but soon discovered that the clinic life of being a trained army medic was not for him. He honed his trauma skills at his first unit, 2-1 Cavalry Squadron. Three years later, he would move to Alaska and honed his clinical skills with the 1-52 Aviation Battalion. In the middle of this clinical time, he jumped at the chance to enter combat care where he would become the senior medic



responsible for point of injury, critical care for a 25-man quick response force. Soon this team deployed to Afghanistan as part of a Quick Reaction Force (QRF) unit responsible for any aerial asset in three quarters of the country. Christian was responsible for advanced medical treatment on the ground and trained in high altitude and extrication techniques to remove injured persons from crashed helicopters. He was part of numerous inter-agency training missions as well as three real-world missions while in Afghanistan and thankfully all three were successful and triage was not necessary.

When Christian wasn't on a critical care mission, he was back doing basic clinic work. He notes during this period he came to respect his time in the clinic. "I spent many years being angry with people for seeking medical treatment for what I perceived as non-emergent issues. While in Afghanistan, I had the realization that being mad at these people isn't going to change anything. I was determined to have a better and more positive outlook so that I could provide a high quality of care to those that

(Continued on page 21) ▼

APRN

FACULTY

PRACTICE

Written by Anissa Lockett

There are many known benefits to developing a faculty practice within a nursing school that inspired Julie Miller, BSN '91, MS(N) '13, DNP '17, to accept the lead in launching a faculty clinical practice here at the Sinclair School of Nursing (SSON). One of the most notable benefits is currently being delivered with our first faculty practice hire of Cheryl Stallo, FNP-BC, MS(N), APRN, (pictured) and her placement at the Columbia Surgical Associates in the Wound Clinic.

Stallo completed her practicum in wound care while receiving her master's in nursing as a family nurse practitioner. She developed a passion for serving patients with chronic wounds by delivering the latest in wound care healing. Dr. John Adams in vascular surgery at the Columbia Surgical Associates is thrilled with Stallo in her new role. He explains, "She is the BEST we have in the Wound Clinic. She makes everyone around her better! I'm not sure how we would function without her."

Stallo is settling into her practice and fulfilling a large and specific need in the clinic, namely her knowledge of the latest advancements in wound healing. It is not only good for the patients she serves, but also her team that she works. She shares her deep knowledge of wound care with her physician and rural clinic colleagues and nursing students who she will mentor. Miller states, "There is nothing but opportunity when you have a nurse practitioner like Cheryl in a critical role



like wound care. She is providing health care to patients and educating those around her." She adds, "In our faculty clinical practice, our goal is ultimately to provide care to patients who need it while enhancing the education experience of our APRN students."

Stallo is excited for the opportunities within her own practice. She states, "I would love to see additional collaboration with specialties such as infectious disease care, vascular surgery and primary care. We can continue to build these partnerships and add more as the program grows."

Faculty clinical practice is another pathway to student clinical placement and student projects and research. It also exposes faculty and students to nontraditional health care delivery models. Another benefit is that students who had a learning experience in a specialty practice, much like Stallo had with wound care, may seek employment postgraduation, setting in motion placing newly graduated clinicians on a faculty career path and regenerating the cycle to educate more students and clinics.

Adding more faculty nursing partnerships will be the next step in faculty practice at the school. Miller says, "We will continue to look for ways to partner and collaborate with both inside and outside institutions. We believe a hybrid model for the faculty and clinician role is a good model for our faculty, our students and the community. We are excited to see it grow." ■

Awards Banquet Review

2023 STUDENT AWARDS

7th Semester Student Award for Excellence - Emilie Maas
8th Semester Student Award for Excellence - Alex Fontcha
Accelerated Student Award for Excellence - Katherine Krosley
RN-BSN Student Award for Excellence - Faith Roth
MS(N) Student Award for Excellence - Sarah Kochanski
DNP Student Award for Excellence - Nicole Yates
PhD Student Award for Excellence - Daphne Chakurian

2023 FACULTY & STAFF AWARDS

Staff Award for Excellence - Eryn Buckner
Faculty Award for Excellence in Research - Kimberly Powell
Faculty Award for Excellence in Teaching - Denice Mendenhall
Betty Crim Faculty Enhancement Award - Christyl Barnes



CHECK OUT ALL OF THE PHOTOS AT
<https://www.flickr.com/photos/sinclairtigers>



Pictured top to bottom: Dean Popejoy with PhD Student Daphne Chakurian, Oz Koeplin and Donna Otto pictured with Sheryl Feutz-Harter, BSN '75.

(Continued from page 19)
Christian McKinzie

were in need," McKinzie states. "What others deem as an emergency is an emergency for them. I learned to find the compassion I needed," he adds.

Due to medical issues from of his military service, McKinzie returned home in late 2017. He medically retired from the army in 2018 after being diagnosed with multiple sclerosis (MS). His family decided to move back to Missouri where he would enroll at Mizzou and pursue a nursing degree.

While studying nursing, McKinzie was exposed to many opportunities and found once again that trauma nursing made the most sense for him. He carries forward the compassion he found in the army and sees how helpful it can be in the trauma field. "I start talking to patients and notice how conversation helps them be less fearful. I found I have a knack for talking with them," he explains.

While McKinzie was working towards his bachelor's degree, he discovered ceramics during one of his elective courses. He found he loves to throw pottery and made sure that he carved out time each semester for a studio ceramics class. When the schedule did not allow for a class, he made time through the university's MUCK, MU Clay Klub. He says, "It's a great creative outlet. A way to turn off my mind and relieve stress." McKinzie graduated in December 2022 with his BSN and a minor in fine arts. It didn't take long for McKinzie to find his place working in the Emergency Room at University Hospital. He also hasn't counted out pottery as a future. "I had a pretty successful pottery show as a student. Bill Stackman (the dean of students at Mizzou) owns three of my pieces," he proclaims. I wouldn't count anything out for Christian McKinzie, he has a bright future wherever it leads him. ■

University of Missouri
915 Hitt Street
Columbia, MO 65211



Take a Virtual Tour

OF OUR NEW BUILDING

Scan this QR code with your phone and see our new building.

nursing.missouri.edu/building-progress/



FOLLOW US!

  MizzouNursing