

MIZZOU NURSING

NEWS FROM THE SINCLAIR SCHOOL OF NURSING

| SPRING 2018



Health Care in the Heartland: A Rural Crisis

FROM THE INTERIM DEAN



Though it may be just for the time being, I am excited to be back on campus leading the Sinclair School of Nursing as we continue to pursue greatness. The SSON was my home for 26 years, and I am grateful to once again be working with tremendous faculty and staff, some of whom our old friends and others who are new faces. I took the reins from my friend and former colleague, Judith Fitzgerald Miller who retired December 31, 2017, and will remain until a new dean is appointed.

For more than nine years, Dean Miller worked tirelessly to bring the SSON to national prominence, and her legacy will not soon be

forgotten. In fact, we plan to honor her and preserve her legacy by building the Judith Fitzgerald Miller Leadership Suite, which will office future deans, associate deans and their executive staff. Our hope is that all future SSON leaders will feel inspired by the legacy of leadership that Dean Miller established. I hope you will read more about her legacy on page 6 of this issue.

In this issue, you can also read about many of our faculty and students who are working to establish their own legacies. Our school is constantly adapting to meet the health care needs of our citizens. Across the country, there is a shortage of nursing faculty and nurses. Our new RN-MS(N) program addresses this problem by allowing RNs without a bachelor's to become nurse educators in less than four years.

Access to health care in rural areas is also becoming a national crisis. See in this issue how faculty and students are using their passions to help rural populations. Our students are constantly proving to us how selfless they are. Recently, a group made fundraising for a preschool in Ghana their semester project. We are proud our students have impacts all over the world.

You will also find your invitation to the 28th Annual Awards Banquet and Alumni Reunion in this issue. Mark your calendars for April 20 and plan to attend. I hope to see many of you there to reconnect.

A handwritten signature in black ink that reads "Judith Fitzgerald Miller".

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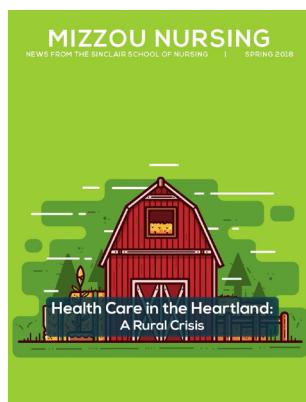
Mizzou Nursing is published twice a year for the alumni, students, parents, faculty, staff and friends of the University of Missouri Sinclair School of Nursing.

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

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 **Sinclair School of Nursing**
University of Missouri Health





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Dean Judith Fitzgerald Miller stepped into retirement December 31, 2017, leaving behind her a path of greatness. In more than nine years as dean, Miller brought the school to national prominence.



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21 Students Moved to Action

On a recent study abroad trip to Ghana, students did more than complete their community health requirement. They left with a plan to help a small village named Ayedwe build a preschool for their "small-smalls."

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FROM ADVANCEMENT



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Ana Compain-Romero



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ONE DAY. ONE GOAL. MAKE MIZZOU
STRONGER.

MIZZOU
GIVING DAY

#MizzouGivingDay givingday.missouri.edu

FROM THE NURSING ALUMNI ORGANIZATION



Susan Devaney,
BSN '72, MS(N) '80

Greetings to all in this new year. Even though winter will be with us for a while, the new semester is like spring. Campus had been asleep for about five weeks. Now the students have returned, ready to begin a new season of learning and living. As I write this message to you, the spring semester has been a cold one! Students have bundled up against sub zero temperatures as they trek across campus. I remember that long walk from Jones Hall to the temporary buildings behind the Memorial Union for a 7:40 a.m. zoology lab. I still believe the coldest spot on campus is under the Union arch. Those temporary buildings are long gone, and Jones Hall is in the past, too--replaced by a new residence hall. Like the seasons, time and activity marches forward on the Mizzou campus.

I was very pleased to share in the festivities honoring Dean Judith Fitzgerald Miller on her retirement. On behalf of all of you, I presented to her an honorary alumna membership. She told me later that it was the most memorable of all the gifts she received, and that she will always treasure her time at Mizzou. Her enthusiasm and energy certainly will be remembered by many, including me. She is moving back to her home in Wisconsin, and

we wish her well. (On a personal note, I will miss her presence in church. I always tried to sit near her because she has a beautiful voice!)

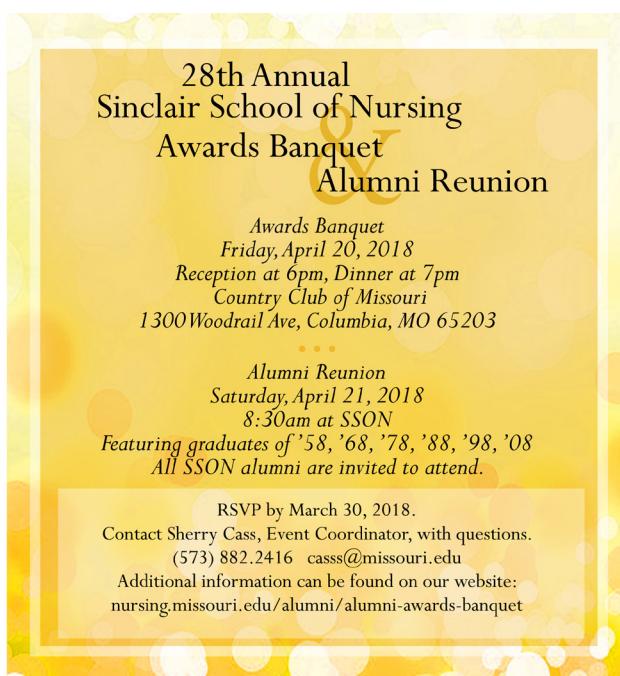
The provost has selected me to a member of the search committee for a new dean. Thank you to Donna Otto for the nomination. I promise to work diligently with the committee to appoint a dean who will continue moving us forward.

I look forward to seeing many of you at the annual awards banquet on April 20 and at the reunion on April 21. Please mark your calendar and plan to attend, especially if you are in the class of 1958, '68, '78, '88 '98 or '08.

Again, I remind you to contact me at any time if you have questions about campus or your SSON. If I cannot answer them, I will find someone who can. Feel free to reach out to me at devaney.susan@gmail.com

Susan H. Devaney

You're Invited
Sinclair School of Nursing
University of Missouri Health



**See page 17 for information
on the banquet and to
see the winner's of this
year's Nursing Alumni
Organization Awards!**

Leaving a Legacy

Passionate. Persistent. If you had to describe Judith Fitzgerald Miller, you'd probably choose one of those two words.

Miller came to the Sinclair School of Nursing (SSON) ready to go. Before she even assumed the role of dean in August 2008, she wrote down a list of 13 goals she hoped to accomplish. She came in running, and she never slowed down.

In her initial "Letter from the Dean" in *Mizzou Nursing*, Miller wrote, "My initial goals as dean are to support this school as one 'on the move.'" And, like Dean Miller herself, the school was constantly on the move. Miller had a vision for the future and worked tirelessly to secure the SSON's placement as a premiere nursing school.

Now, as she steps into retirement, she can look back at her years as dean and see the legacy she built by accomplishing her 13 goals and so many more.

In all of her accomplishments – and there are many – Miller is quick to acknowledge the many people she worked with throughout the years.

"We have always had such strong people in my time here," she says. "Everyone has had such value in what we accomplished. It has been really refreshing to be in this environment, where everyone is moving toward greatness with gusto."



Miller and the SSON faculty and staff achieved greatness in her tenure as dean in many ways. In 2014, *College Atlas Encyclopedia of Higher Education* named the SSON the No. 1 nursing school in the country.

In her innovative thinking, Miller knew the school – and more importantly, its graduates – needed to be ready for an ever-changing health care environment. Thus, under her leadership, adapted – pushing graduate courses online and starting new programs along the way. In 2010, the SSON launched its Doctor of Nursing Practice degree.

Miller was passionate about supporting the school's students throughout her tenure. She grew the school's enrollment in both numbers and diversity, obtaining four competitive grants annually to support students.

"I am so enthusiastic about securing our future and helping our students," Miller says. "If there was ever any stone that could be unturned to make us better or stronger, I was going to turn over that stone."

Alumni and donors believed in her and her mission. She became the rallying cry for donors, who gave to the school in record amounts, bolstering scholarships, faculty support and the nursing building.

Tenure began

Initiated the
Dean's External
Advisory Council

DNP program launched

Undergraduate
program expanded
by 20 students

2008

2009

2010

2011

2012

PhD program
transitioned to
distance-mediated

School received
\$14.8 million CMS
grant



▲ Dean emerita Judith Fitzgerald Miller waves to the crowd at the 2017 homecoming parade.

Miller says. "I have developed such a love for them because of how they have unabashedly rallied for us."

Miller found another stone to turn over in the nursing school building. While here, she developed the Student Commons, an area for students to gather and study. The Essig Simulation Center also expanded with the addition of the Miller Safe Practices Room, donated to the school by Richard Miller, BA '70, in honor of his daughter, Grace, BSN '12.

Her passion radiated throughout the building, leading to an environment of success.

"I know how nurses make a difference in people's lives," Miller says. "I wanted to set a climate for everyone to soar at all times. I have a huge passion for nurses and what we can do and tried to be an ambassador. It's an easy thing to do when we have such good things going on here."

That passion was also well-known around the University of Missouri. Miller's fellow deans and administrators knew her to be persistent and as someone who would never take "no" for an answer. "In all my years serving as a leader

in higher education, I've rarely seen a dean accomplish as much or advocate as passionately for her school," says Garnett Stokes, former provost and executive vice chancellor for academic affairs.

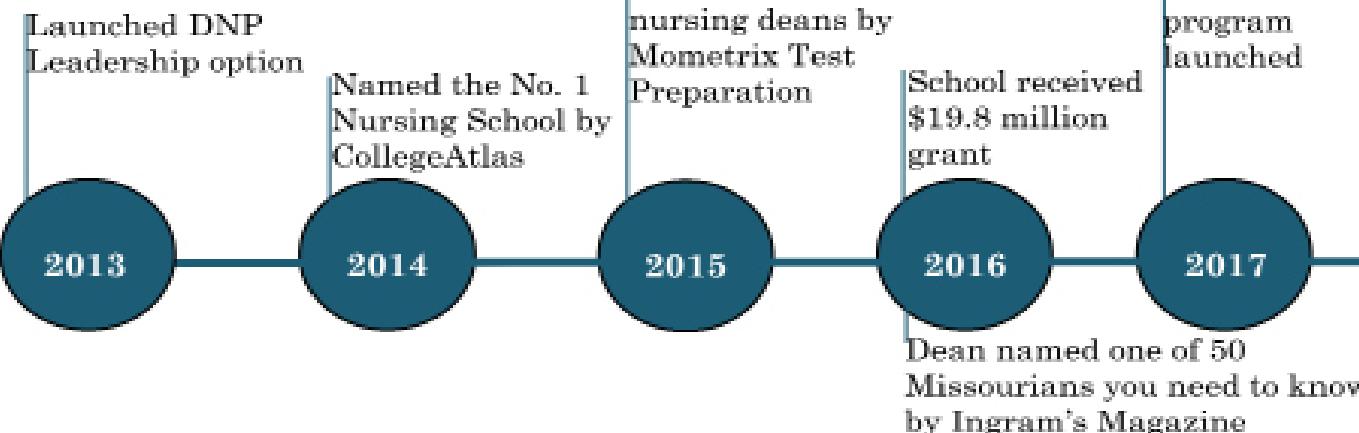
Her relentless drive Dean Miller through challenging times as well. Throughout her tenure, the school's budget was consistently tightened. When she arrived in 2008, the U.S. economy plummeted, and Dean Miller quickly realized she would not be able to rely on state funding or increased general revenue allocation from campus.

"I had to figure out how to boost our budget internally here," she says. "Over the years, it has been a challenge to sustain us through budget cuts. We tried a lot of mechanisms that have been very successful."

Despite tough financial times, Miller pushed the students and faculty to thrive and was often recognized for her success. She was named one of the 30 most influential deans of nursing by Mometrix Test Preparation in 2015. In 2017, Ingram's Magazine named Dean Miller one of the "50 Missourians You Should Know." Throughout her career, she held national offices for the American Association of Colleges of Nurses.

Throughout all of the challenges, successes and accolades, Dean Miller emphasizes it is the relationships she will miss the most. "Separation will be so hard for me because of the bonds that I have," she says. "The faculty have been great partners with me. I am going to miss all of these loving relationships from donors and alumni, the energy you get from students. Interaction with them has been a real delight. I'll also miss the intensity of the days ... filled with all exciting things and issues to solve. Saying goodbye is very hard for me."

Miller is, however, looking forward to a slower-paced but productive retirement. She has returned to Milwaukee to spend more time with her family. She plans to write a book on hope and get involved with the arts.



The SSON Rolls On



With Dean Judith Fitzgerald's retirement at the end of 2017, the Sinclair School of Nursing (SSON) needed a leader who would keep the school moving full-steam ahead while a search for a new dean takes place. Dr. Roxanne McDaniel, PhD, RN, has been charged with that task and will serve as the SSON's interim dean.

McDaniel is a familiar face to the SSON. She was a leader in the school for 26 years before retiring in 2015. In 2002, after teaching adult health and oncology courses, she was named the associate dean of academic affairs. As associate dean, McDaniel strengthened and developed the SSON's academic programs and faculty, ensuring the programs the school offered prepared students and met the needs of the community.

Wanting to expand capacity for undergraduate enrollment, McDaniel and Dr. Priscilla LeMone developed and implemented the accelerated BSN option which began in 2003. She supported undergraduate nursing students who participated in the Ann crow Essig Undergraduate Nursing Research Mentorship Program. Forward-thinking,

she helped propel the SSON forward into the digital age by working with colleagues from the University of Missouri-Kansas City and the University of Missouri-St. Louis to help develop the school's first online graduate courses.

Former Provost and Executive Vice Chancellor for Academic Affairs Garnett Stokes, who appointed Dr. McDaniel as interim dean, believes the SSON is in good hands. "Dr. McDaniel's considerable and recent administrative experience at MU will be invaluable to the Sinclair School of Nursing during this time of transition," she says.

On her end, McDaniel is ready to get back to work and keep the school moving forward.

"It is a privilege to have been appointed the interim dean of the SSON," she says. "I look forward to working with faculty, staff and students as we continue with our missions of research, education and service."

While McDaniel leads the school, a search is underway for the SSON's new dean. Stokes assembled a search committee that will work with a search firm to bring in top candidates from across the country. The committee will aggressively pursue potential candidates through the spring semester with the goal of appointing a new dean before the start of the Fall 2018 semester.

"There is every reason to be optimistic about the future of the University of Missouri and the Sinclair School of Nursing," Stokes says.

Dr. Roxanne McDaniel (right) retired from the SSON in 2015 but has remained active attending annual events, such as the Nightingale Society reception, where she is pictured here with Judith Miller.



Priscilla Koeplin Left her Mark on the SSON

Beloved, decorated professor shaped nursing worldwide

Former faculty member and longtime friend of the Sinclair School of Nursing (SSON), Sybil "Priscilla" LeMone Koeplin, RN, DSN, FAAN, passed away December 5, 2017.

As a faculty member and director of the undergraduate nursing program at the SSON, Koeplin was innovative and crucial to the growth of the school. She provided leadership in curriculum development and was instrumental in designing and obtaining state approval of the accelerated BSN program option, which launched in 2003.

Koeplin impacted countless nursing students, who often recognized her with various awards and recognitions. On five occasions, she received a faculty award voted on by students. Her talents were also recognized outside the SSON when she received the Provost's Outstanding Junior Faculty Teaching Award and the William T. Kemper Fellowship for teaching Excellence, which is awarded to five outstanding teachers across the University of Missouri each year.

Koeplin's impact wasn't only felt in Missouri however. A highly-respected author, whose works,

"My heart belongs to Mizzou"
-Priscilla Koeplin

garnered national and international attention, Koeplin helped shape the discipline of nursing worldwide. She co-authored eight international editions of Fundamentals of Nursing and was the principal author for six editions of the textbook Medical/Surgical Nursing. Fundamentals of Nursing has been utilized as a textbook for beginning nursing students by more than 350 universities.

Koeplin received one of nursing's highest honors in 1998, when she was inducted as a Fellow in the American Academy of Nursing (AAN).

Before retiring as an associate professor in 2001, Koeplin deepened her connection to the school and its students by establishing the Aird-LeMone scholarship in honor of both her parents and her late husband's

parents. She was also one of the founding members of the Nightingale Society, which honors and recognizes the school's major donors for their gifts made to the SSON and the Nursing Alumni Organization.

Koeplin fell in love with the SSON and was known to frequently say, "My heart belongs to Mizzou."



And the SSON loved Priscilla. Priscilla was recognized as an honorary alumna in 2007 because of her many contributions to the school and the field of nursing. She and her husband, O.H. "Oz" Koeplin (photo above), were also named the Distinguished Friends of the School in 2015 for their financial dedication to the school and, particularly, its students.

"Priscilla was the ultimate teacher," says Interim Dean Roxanne McDaniel, who worked with Koeplin. "She loved teaching. She said the students at MU were the best and the faculty were lucky to teach them. Former students always comment on what a wonderful teacher she was and her ability to take complex concepts and make them easier to understand."

At a memorial service for Koeplin in Columbia, her family honored her love for the SSON by asking donations be made to the school in lieu of flowers or gifts.

If your career in nursing was shaped by Priscilla Koeplin and you would like to honor her memory, please call Ana Compain-Romero at 573.884.0421.



Health Care in the Heartland

You'll find them in every nook and cranny of the state – small towns where the man in the checkout line played high school basketball with your dad, the hometowns where family roots run deep and the fields where farmers who live on gravel roads work the land for their paychecks.

But these small towns throughout Missouri and across the country are facing a public health crisis. Access to health care in rural areas is decreasing, and rural America is getting sicker.

A Growing Problem

In regard to health, the rural population is consistently less well-off than their urban counterparts. In rural counties in Missouri and across the country, rates of arthritis, asthma, heart disease, diabetes, hypertension and mental disorders are significantly higher than in cities. Smoking, obesity, lack of health insurance, drug and alcohol abuse, and the opioid crisis riddling the country is having a particularly crippling effect on

rural America.

Despite a population more likely to participate in risky behaviors and suffer from more chronic health conditions, health care in rural counties is usually scarce – if it exists at all. Many providers can be an hour's drive away or more, meaning many residents do not have a medical home. No medical home leads to poor preventative care like regular medical checkups and lack of preventative screenings, such as

mammograms or cholesterol checks. This results in more serious and expensive medical conditions down the road.

“Some smaller towns have gotten a Walgreens or pharmacy with a quick clinic in it,” Sandy Meyer, BSN ’80, explains, “but residents treat them like a medical home. That’s a problem because that’s not what they are meant for. They can’t do a wellness check on you or your children.”

Meyer is a pediatric nurse practitioner in Washington, Mo., who sees patients from rural towns more than an hour away.

“We see people from all over the place,” she says. “We do as much as we can to be accessible with our scheduling and payments, but we can’t make ourselves any closer to these towns.”

Beth Mettes is a current Doctor of Nursing Practice (DNP) student at the Sinclair School of Nursing (SSON). Even though she works as a circulating nurse in the operating room at University Hospital, she lives in a rural community outside of Macon, Mo., where she has witnessed this problem firsthand.

“While we have a rural access hospital, many of the needed specialty health services are still over an hour away,” she says. “If you need a specialist, it is expected you will travel, which is especially difficult for the elderly. Many that I’ve talked to get so worn out before they get to the doctor that they are too exhausted to walk in to their appointment or have wasted an entire day by driving to the appointment, waiting, seeing the nurse, then the doctor, and then driving home. This becomes expensive and time consuming.”

Across America, 82 percent of rural counties are classified as a medically underserved area. In all areas of the country, a shortage of primary care physicians is a concern, particularly so in rural areas. To add to physician shortages, rural areas are also lacking

dentists, pharmacists, nurses and mental health professionals. More than half of rural counties have no mental health specialists at all.

It seems the problem will continue to worsen with time. Like those they serve, rural health care providers are also aging. More than one third of rural registered nurses is over the age of 55. Rural areas have a harder

time attracting young medical professionals, and more medical students are choosing to pursue specialty areas rather than primary care.

With more than a million people living in rural areas, Missouri is suffering. The state ranks 33rd in terms of access and affordability of health care and 38th in avoidable hospital use and cost of care. When it comes to making healthy lifestyle choices, Missourians rank in



▲ Beth Mettes, current DNP student, lives on a farm in rural Macon, Mo. When she graduates, she plans to care for her community she loves.

the bottom 20 percent of the country.

“Smoking and drinking are access-to-care issues,” Meyer says. “When people don’t have access to care, they self-medicate. It may be hard to get to a doctor for pain, but they can drink.”

Part of the Solution

As part of Missouri’s only academic health center, the SSON is a vital part of the solution to the problems plaguing the state’s rural population. The core of the school’s mission has always been to educate nurses who can serve wherever they are needed.

With all areas of the state and country facing a shortage of registered nurses and nursing faculty, the SSON is exploring options for expanding its programs. Despite limited space and faculty, the accelerated BSN program is expanding with assistance from University Hospital. The newest cohort will have 70 students who will graduate in July 2019. The SSON has also launched a new degree program that aims to address the shortage of nursing faculty. More nursing faculty

will increase the number of nursing students. The new, online RN-MS(N) program allows registered nurses to earn their BSN and master's in nurse education in four years or less. (Read more about the program on page 16.)

The school is working to expose students to the option of rural health care. Last summer, in partnership with the Missouri Area Health Education Centers, nine undergraduate students traveled to Chillicothe, Mo., on a rural immersion trip that aimed to open their eyes to the need for health care in rural areas.

With online graduate programs, nurses from rural counties can learn and eventually serve the areas in which they live. DNP student Beth Mettes is one such nurse. Mettes lives in Macon, Mo., which has always been home -- and if she has her way, always will be.

"I have deep roots in my hometown," Mettes says. "Living and practicing in a rural setting is the only place I'd want to be."

Once she graduates from the program in May, she hopes to open a clinic that will serve her community and create a medical home for her community.

"I have a special place in my heart for farmers, so practicing in a rural setting allows me to take care of their health concerns," Mettes says. "Because I've established relationships with them, I'm hoping to convince them to get regular checkups and establish a relationship with a provider."

Mettes has been able to learn with a primary care physician in her area. With him as a collaborating physician, she hopes to open a satellite clinic after graduating.

"What I have enjoyed the absolute most is walking into the locally-owned grocery store and a patient whom I cared for during a really rough time came up smiling and hugged me

to thank me for getting them through a really serious problem and offering me an update on how improved they were," she says. "You won't see that kind of connectivity and appreciation in other environments. Rural health is for me."

Mettes and her community are lucky to have a physician nearby. State legislatures greatly influence a provider's scope of care.

Missouri law currently requires nurse practitioners to work with a collaborating physician who is within 50 miles of where they wish to practice. The collaborating physician must review 10 to 20 percent of the nurse practitioner's charts and must be present in the practice once every two weeks. Additionally, each physician can only collaborate with three nurse practitioners.

Requirements like these serve as barriers for those who could and wish to serve rural populations. Advanced practice registered nurses (APRN) live in each county in Missouri, but many cannot work where they live because of these restrictions.

"I have been doing this for 25 years," Meyers says. "I could go anywhere and work wherever, but even for me, there are so many hoops to jump through. Those hoops would certainly discourage anyone or make it almost impossible for anyone to serve in a rural area."

SSON faculty members are lobbying legislators to remove these collaborative practice rules, which were put into effect more than 30 years ago.



Each year, the Sinclair School of Nursing faculty and students meet with representatives and senators from across the state to share their evidence and ask for support that would positively impact the health of Missourians.

“These rules were not evidence-based and have resulted in a practice environment for APRNs that is limited,” says Adjunct Professor Marcia Flesner.

Research performed by the SSON faculty found states in which nurse practitioners had full practice saw lower hospitalization rates and improved overall health outcomes.

“If we know nurse practitioners have positive outcomes, we have to allow them to practice and maximize their capabilities,” Flesner says.

In Missouri’s current legislative session, legislators have proposed three House bills and two Senate bills

seeking to reduce requirements on APRNs. House Bill 1502 and Senate Bill 646 seek to allow APRNs to practice independently after serving two years with a collaborating physician. House Bill 1574 and Senate Bill 745 hope to keep the collaborating physician agreement in place but remove the mileage requirement.

Flesner is working with the Missouri Nurse Association and rallying faculty members to lobby for the passing of these bills. Each could help Missouri become a healthier state by having a tremendous impact on access to care in rural Missouri.

Technologically-Improved Health Outcomes

Mobile App Seeks to Improve Breastfeeding Rates in Rural Missouri



The home screen of the Mother’s Milk Connection app allows women to connect with peers, video conference with professionals, track feedings and access literature.

Assistant Professor of Nursing Urmeka Jefferson, PhD, RN, is using her passion to help rural Missouri as well. Her career focus is intervention research to reduce disparities in breastfeeding behavior. Breast milk benefits infant immunity, cognitive development and growth in addition to benefiting the mother as well, Jefferson says. Therefore, breastfeeding is a public health concern. Jefferson found African-American women in Missouri are almost 20 percent less likely to initiate breastfeeding than white women.

Jefferson created the Mother’s Milk Connection mobile app to address this problem. The app takes all of the current resources available to new moms and puts them all in one place. It features literature, automated activity tracking to log feedings, peer support where breastfeeding moms can talk to each other on the app, and video conferences with a breastfeeding professional.

“All of these resources are so fragmented now,” she says. “I am trying to make them more accessible.”

The app aims to help mothers breastfeed longer.

Many start, but do not continue three to six months, which is recommended. When Jefferson started testing this app with African-American women in Women, Infants and Children (WIC) clinics throughout the state, many rural women of all races and ethnicities started asking about her resources. Women in rural communities throughout Missouri often have geographical challenges that prevent them from maintaining breastfeeding.

“When you’re a young, new mom, getting dressed is difficult enough,” Jefferson says. “They are not going to drive more than an hour with a screaming newborn in the car to see a lactation consultant if they are having problems breastfeeding. They are just going to switch to formula. Technology can be the key to bridging that gap between hospital and home.”

Jefferson saw the need for help in rural Missouri and is seeking grant funding to test the outcomes of the app on rural women with the hopes of improving breastfeeding success rates for all.



Associate Professor Urmeka Jefferson (right) is taking her breastfeeding app to rural Missouri.

Lessons from Lifetimes of Nursing

50 years ago, they graduated from the SSON. Now, they offer advice to new nurses.



Wanona "Winnie" Fritz

Originally from a farm family in Illinois, Winnie Fritz, BSN '68, knew the value of hard work from a young age. As a member of the U.S. Army Student Nurse Program at the University of Missouri, she received orders to deploy to Vietnam after graduating from the Sinclair School of Nursing (SSON). When she returned from Vietnam, where she received the U.S. Army Bronze Star, Fritz managed the Presidential Suite at Walter Reed Army Medical Center in Washington, D.C. As a young nurse, she cared for U.S. and foreign leaders, including King Hussein bin Talal of Jordan, who invited her to overhaul the Jordanian health



care system. Fritz worked in Jordan for 17 years, first conducting research on the country's health care needs, then taking over as dean of a Jordanian nursing school, where she worked to overhaul curriculum and develop nursing faculty before serving as chief operating officer for the country's 28-hospital network. After returning to the U.S. in 1989, Fritz dedicated herself to improving health care systems here. She has served as the CEO or chief clinical officer in five U.S. hospitals. Currently, Fritz serves as the vice president of operations and clinical services at Health Care Corporation of America Management Company.

Fritz's Ten Thoughts for a Career in Nursing

- 1. Stay Current to Stay Ahead.** First, take a speed-reading class, then read daily to keep up with trends, laws and evidence-based practice. I read five journals every day and a book a week.
- 2. It's a changing healthcare system with changing roles.** We are not hospital-centric anymore. In the U.S., we are spending almost three times what other developed nations spend, and we rank lower than other developed nations in health status and outcomes. We are working on population health and outcome-oriented measures of our success. Consider multiple areas on the continuum of care as a place where you can 'make a difference' and have joy.
- 3. Say "yes" to new roles and settings.** Try new places (domestic and international) (in buildings or camps or ships or planes) and ways you can use your competencies (teaching, providing care, researching).
- 4. Develop and use a mentor network.** Get three mentors with whom you can regularly stay in touch about your career. Clarify with them whether you want them to just listen, or if you want them to actually give you advice.
- 5. Journal every day.** I have done this since 1972. It provides time to reflect upon the day: experiences, achievements, and, yes, "gotta-do-bettters."
- 6. Spend quiet time alone.** Every six months, answer three questions about your career: "If I awakened in the morning and had great joy about getting to work, what would I be doing, with whom would I be doing it and where would I be doing it?"
- 7. Take care of this job - it'll take care of the rest.** Do think about next steps, but don't forget about the need to perform in your current role and learn new skills and earn a positive reputation.
- 8. Be very careful with social media.** Be careful with the trail you leave. It's the first place I check on a potential hire.
- 9. Go where there is no path and leave a trail.** Don't be shy to try uncharted territory. My parents sent me off to college with this message.
- 10. "We make a living by what we get, but we make a life by what we give." - Sir Winston Churchill.** Don't forget to give thanks to people along the way, to volunteer along the way and to give back.



Eileen Dyer

Truly value your education from the Sinclair School of Nursing. Your opportunities to learn and excel have been second to none. You have become a life-long learner and should relish the challenges and opportunities that will be coming your way!



Stay in touch with the nursing alumni group as you will be losing track of some very special and important friends. If you keep the alumni office posted on your career, moves and life changes, you can stay in touch with those important classmates. It also will give you the opportunity to give back to the school that has helped you achieve a great career and life opportunity.

Finally, with the technology available today, I find it difficult to imagine the changes to come in the delivery and execution of health care! I am confident you will meet these changes with the knowledge and expertise gained in your SSON experiences. My best wishes for an exciting and rewarding career!



Donna Bauer

Be very proud of the hard work you have done – you've just done a big thing – but also be humble about it. Be a lifetime learner. You aren't done learning yet. Always be willing to help the other nurses you are working with, and don't push off the grunt work onto others. Be known as the nurse that is friendly and helpful to the housekeeping staff, the CNAs and the nurse techs. Try to work with and learn from people in higher positions than you, who have been working longer than you.

But ultimately, the greatest thing about nursing is that it's full of choices. There is something meaningful for you in nursing. If one thing doesn't work out, trying something else. Find what is meaningful for you and go for it!



REUNITE WITH CLASSMATES!

**The SSON is hosting a reunion Saturday,
April 21, 2018 at 8:30 a.m.**

**Connect with classmates, tour the school
and enjoy lunch.**

**All our welcome, but if you graduated in a
year ending in 8, we are highlighting you!**



Shoring Up the Shortages

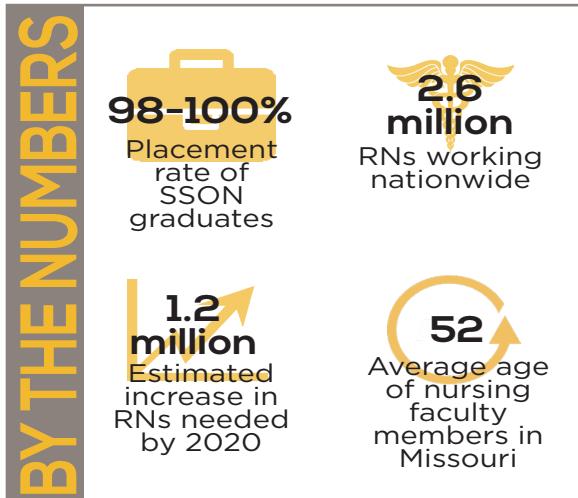


The University of Missouri Sinclair School of Nursing (SSON) is opening a new online pathway to help address the shortage of nurses and nurse educators in Missouri and across the country.

The SSON has developed an accelerated curriculum that allows registered nurses to earn bachelor's and master's degrees in nursing online. The RN-MS(N) program has both three- and four-year options.

"We need more nurses and the educators to prepare them," says Judith Fitzgerald Miller, dean emerita. "Nursing schools around the country lack the faculty to keep up with the demand for degrees as it is, and that is only going to grow for the foreseeable future."

The Bureau of Labor Statistics predicts that, by 2020, the U.S. will need an additional 1.2 million registered nurses to meet the country's health care demands.



The shortage of nurses and instructors is due, in part, to age. Registered nurses and nursing faculty both have an average age of 50. As nurse educators retire, nursing schools are turning away qualified applicants because they lack instructors.

"The country is facing a 'silver tsunami' when it comes to nursing faculty," says PhD Director Deidre Wipke-Tewis BSN '85. "We need more young faculty."

The program is supported by a grant from the Missouri State Board of Nursing and the Missouri Department of Higher Education. The grant also provides scholarships for full-time and part-time students in the first year of the new program.

"This scholarship, which is only available to students who start in 2018, is the perfect opportunity for nurses who want to share their experience and love of nursing in the classroom," says Dr. Gina Oliver (BSN '87, MS(N) '90, associate teaching professor.

Scholarship recipients must teach in an RN program in Missouri for three years after they graduate.

"The shortage of nurses in Missouri is at an all-time high," says Heidi Lucas, director of the Missouri Nurses Association. "But to graduate more nurses, our colleges and universities have to have more capacity. When programs like this produce nurse educators, nursing programs can hire more instructors. In turn, the state can educate more future nurses."

Mizzou's new online RN-MS(N) curriculum allows students to take six graduate-level courses in lieu of undergraduate courses.

Applicants will be admitted to the existing online BSN program and will apply to MU Graduate Studies in the last semester of their undergraduate course work. Those with minimum grade point averages of 3.0 will be admitted to the master's program. Nurses will have earned their BSN and MS in three to four years, depending on the pace they choose.

You're Invited!

Join us for the 28th Annual Sinclair School of Nursing
Awards Banquet & Alumni Reunion

Awards Banquet
Friday, April 20, 2018
Reception at 6 p.m. Dinner at 7 p.m.
Country Club of Missouri
1300 Woodrail Ave, Columbia, MO 65203

Alumni Reunion
Saturday, April 21, 2018
8:30 a.m.
Sinclair School of Nursing
Featuring graduates of '58, '68, '78, '88, '98, '08

All alumni welcome to attend!
Visit <http://nursing.missouri.edu/alumni/alumni-awards-banquet/> for more information!

Changing the Landscape of Nursing

NAO alumni



Cathy Cartwright

Citation of Merit

Dedicating her career to serving pediatric patients, Cathy Cartwright (BSN '73) has held a variety of positions, including staff nurse, nurse manager, patient educator, nursing instructor and, for the past 20 years, pediatric clinical nurse specialist. Cartwright's passion for pediatric care has also encompassed research – and the results have been impressive. She actively engages in studies that seek to improve the care and treatment of pediatric patients with neurological diagnoses and has authored 35 publications. Her book *Nursing Care of the Pediatric Neurosurgery Patient* is in its third edition and is used as a textbook internationally, including at the Sinclair School of Nursing (SSON). According to Cheri Hunt, senior vice president for patient care services and chief nursing officer at Children's Mercy in Kansas City, Mo., where Cartwright is currently employed, "Cathy is

viewed as the clinical expert across the country in her specialty and is an invaluable resource and advocate for nursing." Cartwright has been influential in furthering the nursing profession and has held leadership roles in many professional organizations, including the American Association of Neuroscience Nurses (AANN). She served on the AANN Board of Directors for eight years and was the president from 2009-2010. In 2013, she took over the presidency of the AANN MoKan Blues Chapter in Kansas City. During her presidency, the chapter received the Chapter of the Year Award. Cartwright also serves as a preceptor for MS(N) students, including several from the SSON. She served as a joint clinical instructor for the SSON from 1993 to 2009. Most notably, she was inducted as a Fellow into the American Academy of Nursing (AAN).



Jason Furrer

Honorary Alumni

Jason Furrer, BA '98, PhD '06, is not a nurse, but over the years, he has helped launch the careers of hundreds of young students hoping to become nurses. Furrer is a professor in the microbiology department at the University of Missouri School of Medicine and is a strong supporter of the Sinclair School of Nursing (SSON) students. Each pre-nursing student must take his Microbiology for Nursing and Health Professions class. Each semester, he invites guest speakers such as several practicing nurses and faculty members speak about how they use microbiology on a daily basis. Known for his humor, friendly nature and constant supply of candy and coffee, Furrer's support of his students does not end in the classroom. When he learned many students were not admitted into the SSON on their first attempt, Furrer designed a class that helps those students maintain full-time status while preparing them to be stronger candidates when they reapply. Many students return to his office for reassurance during their challenging first semester of nursing school; they now find that easier as he has moved his office into the SSON. Furrer sees his students to the finish line, attending every SSON graduation. Laura Anderson, senior academic advisor, says: "Hands down, he is one of the best professors on this campus!"



Carol Bear

Humanitarian Award

Since graduating from the Sinclair School of Nursing (SSON) in 1956, Carol Bear has been active in the nursing profession, the community and the SSON. After graduating from the SSON, Bear's nursing career started in Columbia, where she was a staff nurse before moving with her family to Springfield, Mo. and then to St. Louis. In both cities, Bear served at the bedside while developing the next generation of nurses as a faculty member at St. Louis Community College of Florissant, where she taught medical/surgical nursing and maternity nursing for more than 15 years – she retired from the school in 1990. Throughout, Bear has been an active member of her community. In her church community, Bear is more than just an attendee. She has a lifetime appointment as an ordained elder and deacon of the Presbyterian Church and has served in her congregation's education

and health committee and volunteered to be the staff nurse for vacation bible school. Bear influenced many young women through volunteering with Job's Daughters International, an organization that fosters leadership, charity and character building in girls. For many years, she volunteered with Manor Care Nursing Home, where she financed the facility's monthly birthday parties when they were going to be cancelled for financial reasons. All along, Bear has been a supporter of the SSON, particularly the annual banquet, which she has attended faithfully for years. "I have been playing on the Mizzou campus since I was four years old," Bear says. "It will always feel like home."

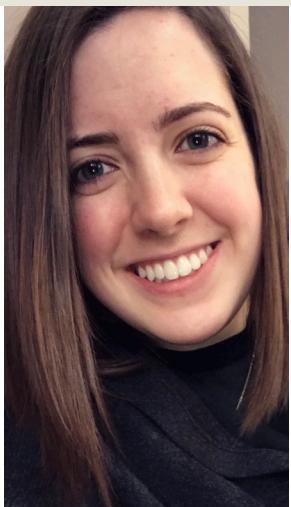


Jeri Doty

Alumna of the Year

While Jeri Doty, MS(N) '81, has not taken a traditional nursing career path, every role in her career has improved patient care. Since 2004, Doty has served as the chief planning officer of University of Missouri Health System (MUHC). In this role, she oversees business planning for the organization, including practice development, public relations and marketing, and managed care contracting. Beginning her career as a staff nurse and clinical nurse specialist then switching to the business side of health care in 1984, Doty has experience that – combined with her nursing education – helps her to stand out among other hospital executives. As a nurse, Doty understands the importance of the patient's voice and provides unique input to her executive colleagues, advocating for it in each hospital initiative. One of her most notable accomplishments as chief planning officer required both her clinical and business skills. For 10 years, Doty served

as the president of the organizational board that led to the licensure and leadership of managed Medicaid under the University of Missouri. In the ever-changing health care environment, she understands the importance of representing health care to a wide audience and developing access to care. Doty developed the concept for the MUHC's retail presence, which resulted in the Quick Care Clinics partnership with Hy-Vee grocery stores in Columbia. She also represents the hospital system's interests with business leaders, legislators, government agencies, campus and system leadership and the governor's office among others. Throughout her career, Doty has worked to develop "systemness" throughout MUHC by emphasizing collaboration between the University School of Medicine, Sinclair School of Nursing (SSON), School of Health Professions and the hospital. Doty has held a courtesy appointment in the SSON since 2000. "Jeri has been an exceptional representative of the nursing profession and demonstrated, through a non-traditional path, that the career opportunities are endless," says Marty McCormick, director of strategic planning and marketing, business and network development. "She has humbly made a significant impact on the health care industry."



Anya Klooster

Alumni Achievement Award

Just a few years removed from graduating magna cum laude from the Sinclair School of Nursing (SSON), Anya Klooster (BSN '14) is already making a name for herself because of her adherence to evidence-based practice and her natural abilities. Immediately after graduation, Klooster began working for Nursing Evolutions, a Seattle company that provides evidenced-based care to medically-fragile children with the goal of weaning, decannulating and discharging patients from home nursing services. Each day, Klooster works with patients who have intensive and complex needs, and she has shown excellent critical thinking skills, commitment to exemplary care and commitment to achieving the best care possible for each of her patients. She has quickly taken on leadership roles within her company. Within months of her employment, Klooster was promoted to team leader and took on the responsibilities of scheduling and managing care for an individual. Under her leadership, a nursing team took a baby who had projections of being on home nursing services for five to seven years safely off care in just seven months. Shortly thereafter, she was again elevated to a nurse supervisor. In this role, Klooster continues to develop quality care to patients while also working to further the company's mission of providing best quality practice and best quality outcomes. She is working on plans for the Pediatric Intensive Care House, which will be a home for children who need nursing care but are on the waiting list for home care. It will help them transition out of the hospital. Kristina Purdom, Klooster's supervisor, says, "I believe she has already redefined the meaning of nursing, and she is just in the early stages of her career." Klooster is beginning to take on leadership roles outside of her job as well. She recently met with Rep. Ruth Kagi (D-Seattle) about home care funding for medically-fragile children. She is also working to build a relationship between her company and the SSON, planning a lecture at SSON about the changing nursing landscape of bringing intensive care into the field and compensation for nurses.



The Crim Family

Distinguished Friends of the School

Though Betty Crim passed away in 2000, her siblings, Charles Crim, Bob Crim and Bonnie Boedeker have carried forward her love for and commitment to the Sinclair School of Nursing (SSON). Betty Crim was an active member of the nursing faculty for more than 30 years. Upon retiring in 1988, she continued to impact students through individual tutoring – never charging, only asking for hard studying and good grades as compensation. She also solidified her dedication to the SSON by establishing the Betty Crim Endowed Scholarship, which provides two annual scholarships to undergraduate students, and the Betty Crim Faculty Enhancement Award, a \$2,000 award given each year to a faculty member who has done an exception job of fostering professional development of undergraduate students. Each year since her passing, Charles Crim and Boedeker attend the banquet to present the Faculty Enhancement Award, and all three help ensure money is available for the award. "We just want to do whatever we can to make sure she is not forgotten," Charles Crim says. Charles Crim is retired from manufacturing management and lives with his wife in Quincy, Ill. Boedeker raised seven children and now lives in Ellsville, Mo. Bob Crim owns his own company in Dallas. All three are proud to have carried on their sister's love for the SSON in the way she would have wanted. "I think Betty would be very pleased," Charles Crim says. "Nursing was her lifetime."



Study Abroad Students Moved to Action

Fundraising efforts underway to build preschool in Ghana

While traveling through Ghana on a study abroad trip this past summer, Dr. Tina Bloom and a group of eighth-semester nursing students stopped in Ayedwe, a small village in the southern part of the country. By the time they left, they had a new plan for their upcoming semester.

While in Ayedwe, home to around 500 people, the students learned of the villagers' plans for their community, particularly their desire to build a preschool. Several years ago, the people of Ayedwe completed a community needs assessment, and together, they concluded their top priority was to build a community gathering place.

"I think this says a great deal about what community and togetherness means in Ghana," Bloom says.

The villagers worked with Africa Our Home, a non-governmental organization, to organize and fundraise for the building materials and then partnered with volunteers to build the community center, finishing it in 2015. The community, which Bloom says values children and education, decided their next step was to build removable classroom walls, desks and an adjacent toilet and handwashing facility so they could operate a preschool out of the community center.

Children in the village currently have to walk more than two miles on a dirt road through the jungle before catching a taxi to go to school in a nearby village, Bloom says. This journey is too difficult for preschool-aged children, whom the villagers affectionately call the "small smalls."

"Ghanaians deeply value children – and deeply value education – so even though this community has more than a few pressing needs, this is their top

priority," Bloom says. The students decided to start a fundraiser as their senior capstone project.

"The adults in Ayedwe were so hopeful for a school for their children," says Emily Keys, BSN '17, who went on the trip. "That really tugged on our heart strings. They knew they could make education for their children a reality, and we knew they needed our help."

Upon returning to school, the students partnered with Be The Change Volunteers, a development aid non-profit with a mission to improve education opportunities worldwide. The group provided advice and input on how the students could effectively fundraise and built a donation website for the students.

"We knew right away that if we seriously wanted to raise a lot of money, we needed to connect to a larger organization," Keys says. "Be The Change has been so willing to help us and support us without cutting into our efforts financially. They have been such a blessing."

The students hit fundraising from many angles. Some presented to classes and nursing organizations, while others wrote grants and letters to state representatives and ran social media campaigns. Shakespeare's Pizza helped them by running a profit shares, where 10% of the day's profits went to the students' fundraising efforts. By the time they graduated in December 2017, the students had fulfilled their capstone requirements and had raised enough money to build a toilet and handwashing facility in the community gathering center.

They are still short of their total goal of \$18,382 – the total cost of the school, taxes and one-year's salary for four teachers. While many of the students have moved away from Columbia, they are still active in

the fundraising efforts. They have kept the donations website open.

“I want to see this all the way through to the end,” Keys says. “I am hopeful – and my fellow classmates who are now all over the country are hopeful – we will get all the way to the end, whatever it takes.”

Seeing the students take on a passion for the people of Ghana has been heartwarming for Bloom, who has been taking students on this trip for the past nine years. Each year, the students travel around the country working with nurses and health educators from the villages they visit. On any given day on the trip, they could be helping run a child welfare clinic to vaccinate and weigh babies; conducting blood pressure screenings in rural villages; or teaching community health classes on topics such as family planning, malaria prevention or child nutrition.

On the trip, the students take time for cultural activities, such as dancing and visiting historical sites, incorporating these experiences into conversations about intersectionality in health care. Bloom says she helps students analyze the relationships between culture, history, race and health.

“It’s an intense couple of weeks with a packed schedule, but it’s a rich educational experience and also a lot of fun,” she says.

This is not the first fundraising effort Bloom has participated in to help the people of Ghana, either. During a trip in 2016, she and the students spent several days performing a comprehensive assessment of the health and sanitation needs of a preschool in Elmina, Ghana. After sharing their results with the owners of the preschool, they taught the school’s children and teacher effective handwashing strategies, which Bloom says is “a simple, but really critical public health intervention.”

Bloom started a private fundraiser to help that preschool upgrade their facilities, and with donations from many SSON faculty and students, the school was able to add toilets, handwashing facilities and a drinking water filter. On this past trip, Bloom was able to return the preschool, where she learned there have been vast improvements. Though they have doubled in size, they have seen far fewer outbreaks of illness and absences due to illness.

“It’s hard to overstate the importance of these kinds of outcomes in a country where mortality of children under the age of five due to infectious illness like diarrhea is still very high,” Bloom says. “Our nursing students are making a tremendous difference, and I think we can all be proud of them.”

It is not just the people of Ghana impacted by the SSON’s presence, however. The students come home changed and with a breadth of knowledge they could not have gained elsewhere.

“Going to Ghana definitely changed my life,” Keys says. “The trip is about learning and growing together with the people you meet. I felt like the Ghanaians taught me so much about being a nurse.”

Bloom says she has partnered with other faculty members at the SSON to research the impact this trip has had on students over the years. The research suggests this particular community health immersion experience is deeply impactful for students.

“It really is a gift to share this intensive experience with the bright, young nurses who are the future of our profession,” Bloom says. “Watching them engage as true partners with Ghanaians, who are themselves amazing, hardworking and lovely people, and apply their knowledge about health and prevention to do good things in the world moves me almost beyond words.”



If you’d like to contribute to the student’s fundraising efforts, visit donorbox.org/ghana-school-project-2018

MARCH

14-15

Noon - Noon CT

MIZZOU

GIVING DAY

This giving day support the Sinclair School of Nursing by giving to one of these funds:

Verna Adwell Rhodes Professorship in Nursing: Help the SSON attract and retain high-performing faculty for generations by providing salary support, graduate assistant support, state-of-the-art technology and additional resources to support teaching and research.

Building Renovation Fund: Help the SSON raise funds for a building that would allow for larger class sizes and reflect the strength of the program to all that enter its doors.

Nursing Scholarship Fund: Support SSON undergraduate and graduate students each semester. These scholarships provide financial relief to hard-working, dedicated students entering a high-need field.

Mark your calendars and stay tuned to social media! Throughout Giving Day, there will be multiple social media challenges to win donations to the fund of your choice.





Sinclair School of Nursing

University of Missouri Health

S218 School of Nursing
University of Missouri
Columbia, MO 65211

You're invited

Sinclair School of Nursing
University of Missouri Health



28th Annual Sinclair School of Nursing Awards Banquet Alumni Reunion

Awards Banquet

Friday, April 20, 2018

Reception at 6pm, Dinner at 7pm

Country Club of Missouri

1300 Woodrail Ave, Columbia, MO 65203

Alumni Reunion

Saturday, April 21, 2018

8:30am at SSON

Featuring graduates of '58, '68, '78, '88, '98, '08

All SSON alumni are invited to attend.

RSVP by March 30, 2018.

Contact Sherry Cass, Event Coordinator, with questions.

(573) 882.2416 casss@missouri.edu

Additional information can be found on our website:
nursing.missouri.edu/alumni/alumni-awards-banquet