

SUMMER 2016

NURSING MATTERS

M | SCHOOL OF NURSING
UNIVERSITY OF MICHIGAN

Midwives in Uganda **p. 12**

Alumni Spotlight **p. 18**

Funding for Back Pain Research **p. 22**

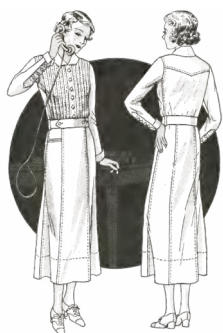
A Reunion 20 Years in the Making **p. 23**



125
YEARS
M | SCHOOL OF NURSING
UNIVERSITY OF MICHIGAN

Explore the evolution of nursing, from the caps to high-tech education.

p. 4



THEN & NOW

UMSN is celebrating 125 years of nursing education at the University of Michigan. Have a little fun exploring a few of the ways UMSN has evolved to meet the needs of students and to address emerging challenges in health care.

IN THIS ISSUE

11

INFLUENTIAL PARTNERSHIPS

A partner in care for victims of violence gets international acclaim.

13

Q&A WITH NEW PRESIDENT OF ACNM

What Dr. Lisa Kane Low wants every woman to know about giving birth.

20

RESEARCH FINDINGS

End-of-life care, pregnancy and PTSD, and more.

NURSING MATTERS

Editor

Jaime Meyers

Graphic Designer

Lauren Stuart

Photography

Lauren Stuart
Austin Thomason
Elizabeth Wenner

Contributors

Mary Beth Lewis
Jodi Smolek
Colleen Zimmerman
The Nursing History Society
of the University of Michigan

Please direct any questions
about content in this magazine
to sn-comm@umich.edu.

Linked in

UMSN is on LinkedIn. The page "University of Michigan School of Nursing Alumni Group" is intended for connecting with classmates, networking, sharing career updates, and nursing-related discussions. If you're an alum, you're invited to join!

Connect with
UMichNursing



FAREWELL GALA

During UMSN's April Global Symposium, a special celebration was held to honor Dean Kathleen Potempa's 10 years of leadership.



1



2



3



4



5



6

1 A bagpiper entertains the crowd, a tradition Dean Potempa brought to UMSN commencement ceremonies. **2** Colleen Zimmerman, UMSN's Executive Director of Development and Alumni Relations, and Dean Potempa share a laugh. **3** Former deans Norma Marshall and Ada Sue Hindshaw with Dean Potempa. **4** Dean Potempa with current and past visiting scholars. **5** Dean Potempa with U-M Health System partners who made UMSN's Clinical Excellence Initiative a nationally recognized model of integrating teaching in clinical settings. **6** Bonnie Hagerty, Associate Dean, Office of Undergraduate Studies, and Dean Potempa announce an endowed fund created to honor the dean's tenure. The Edward and Bernice Potempa Student Aid Fund was named to honor her in-laws and will support graduate students.

LEADERSHIP



THEN:

Jane Elizabeth Pettigrew (1891-1893) was the first director of what was then called the University of Michigan Training School for Nurses. It was organized and administered by the U-M Medical School.

Rhoda Reddig Russell (1940-1972, pictured) first served as a director of the Training School. In 1941, the school became an independent unit and was renamed the University of Michigan School of Nursing. However, it wasn't until 1955 that Russell was appointed as the first dean of the school.



WELCOME, DEAN AND PROFESSOR PATRICIA D. HURN!

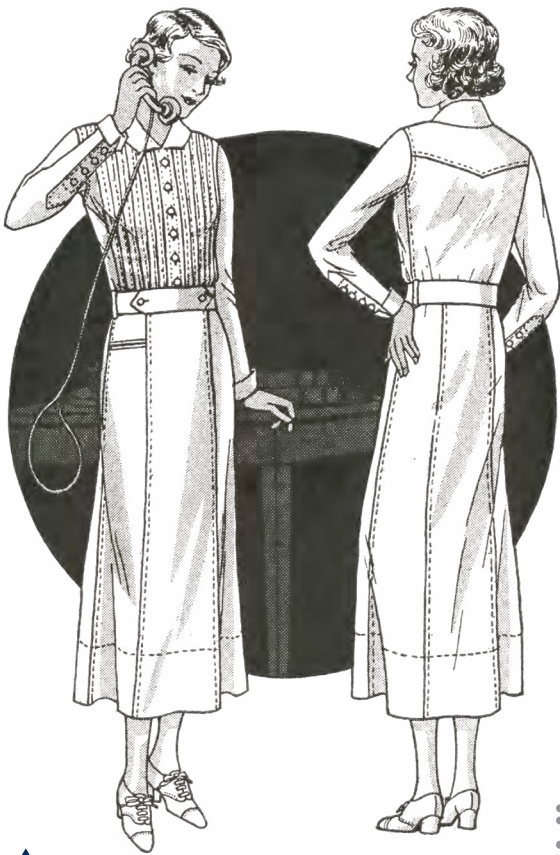
The U-M School of Nursing welcomes **Patricia D. Hurn**, PhD, RN, as its new dean. She joins UMSN from the University of Texas System where she served as vice chancellor for research and innovation, and executive officer.

Dr. Hurn earned her bachelor's degree in nursing from the University of Florida, master's degree in nursing at the University of Washington, and doctorate in physiology from Johns Hopkins University.

Her transdisciplinary research includes a focus on the cellular and molecular basis of gender differences in response to experimental brain injury. Additional research focused on estrogen as an immunoprotectant in cerebral blood restrictions, as well as stroke and other neurological conditions.

"I am greatly anticipating the opportunity to move this already outstanding School of Nursing toward even greater scholarship, leadership in health care delivery, and innovation in education," Dean Hurn says.

Look for more on Dean Hurn in the next issue of *Nursing Matters*.



THEN: The official uniform of the University Hospital Alumnae Association in 1946 was made with poplin, pearl buttons, and surgical sleeves with cuffs. The collar was separate from the rest of the uniform. The cost of the uniform was \$3.25 and the collar was 17 cents.

NOW: UMSN students wear U-M blue scrubs with a School of Nursing patch. After graduation, the color of their scrubs may change depending where they work.



THEN: In 1927, **Marjorie Franklin** became the first African American graduate of UMSN, according to the Nursing History Society. The first male students graduated in 1968

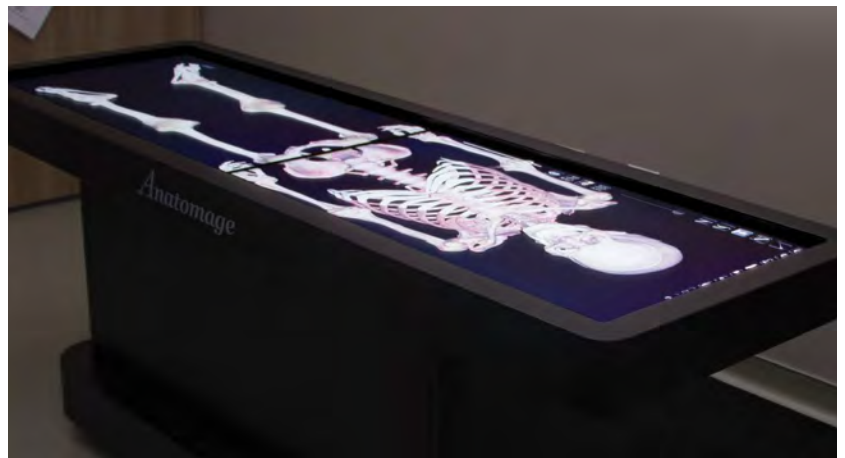
and included **Gary Jones Christman**, **Dale Keith Boring**, and **Fredrick C. Raje**.

NOW: UMSN supports U-M's renewed commitment to Diversity, Equity and Inclusion. It welcomes students from all races, backgrounds and citizenships.

Learn more:
diversity.umich.edu

THEN & NOW

Nursing is an ever-evolving profession, and while many of its principles remain constant, there have been countless changes in education and practice. As UMSN celebrates 125 years, enjoy this look at a few of the ways nursing and the school have changed.



ANATOMIC STUDIES

THEN: A basic understanding of anatomy, as described in a 1904 U-M Laboratory Guide, was "necessary for a nurse so that she may converse with the doctor about cases in an intelligent manner."

NOW: Anatomy is a fundamental element of a nursing student's education. UMSN is one of only a few units on campus with a 3D Anatomage Table. It uses MRIs from real-life patients and can be used for virtual dissections without the need for cadavers.

DOCTORAL EDUCATION

THEN: The first PhD dissertation at UMSN was, "*Life Change and Illness in Two Drug Treatment Modalities*," by **Marcia Anderson** in August 1978.

NOW: In addition to graduating top PhD researchers, UMSN offers a Doctor of Nursing Practice degree. Candidates complete a scholarly project. Together, these alums are leading change in health care.



THEN: Students once received gold, and we mean real gold, pins upon graduating from nursing school. Above is a cum laude pin from **Jeannette Roper**, class of 1929.

NOW: Students still receive a pin at graduation. Although they are no longer made of gold, they remain a meaningful symbol.

THEN: Caps were originally part of the nurse uniform for sanitary reasons and to present a tidy appearance. Styles changed, but the caps served as a signature element of a nurse's uniform.

NOW: Caps began to disappear in the 1980s, again for sanitary reasons, and to be more welcoming to men in the profession. But the symbolism remains strong.



ADMISSIONS AND GRADUATION

THEN: In 1891, six students were admitted to the very first class in what was known as the U-M Training School for Nurses. In 1893, U-M President James Angell was quoted in the *Ann Arbor Argus* saying, "There were few more important days in the history of the University than this, the graduation of the first class of trained nurses." In the past, nurses wore their uniforms at graduation, as seen in this 1927 photo.

NOW: U-M reported a record 55,000 freshmen admissions in 2016, continuing a 10-year streak of increased admissions. Approximately 150 graduates receive their BSN from UMSN each year. They wear regular clothing under the traditional cap and gown.

THEN: Students wore an ID pin on their clothing. To the right is a student pin from the late 1930s.

NOW: Students wear a plastic rectangular badge with their student ID and photo that grant them access to areas such as our Clinical Learning Center.



BUILDING

Through the years, UMSN was housed in multiple campus buildings, not always together.

In 2015, UMSN opened the first building in U-M's history designed specifically for nursing education.



EXTRACURRICULAR ACTIVITIES

THEN: In the 1940s, UMSN had two full-time social directors. From 1948-1949 *U-M Official Publication V.50*, "Frequent teas and parties make it possible for training in the social graces... In addition, organized hikes, picnics, bicycle trips and canoeing parties provide wholesome outdoor recreation. Special attention is given to providing a well-rounded social and recreational program for the students."



DANIELLE PFEIFER

NOW: Nursing students have one of the most rigorous schedules of all majors, but they continue to excel in other areas. For example, 2016 grad **Danielle Pfeifer** earned accolades on the track as a middle-distance runner and in academics.



Read about Danielle:
nursing.umich.edu/pfeifer



NURSING STUDENTS WITH THEIR SPORTS GEAR, 1941

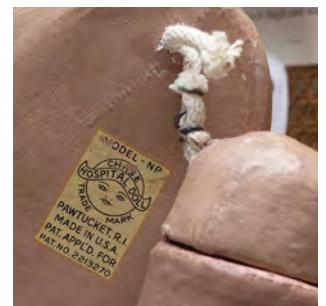
MRS. CHASE

THEN: Mrs. Chase was one of the earliest training mannequins for nursing students. Nicknamed for the manufacturing company, this model from the 1920s was considered very advanced for the time because "she" has an injection site on her arm and an internal reservoir.

Notice the length of her sleeves. Her gown, authentic to that era, had long sleeves for modesty and pre-dates the use of IVs.

The wheelchair is also from the 1920s.

NOW: UMSN students use high-fidelity mannequins to hone their skills. Instructors are in adjoining control rooms while leading the mannequins and monitoring the students through countless simulations. Students practice numerous skills including chest tube insertations, administering medication, and even delivering a baby. Instructors can mimic changing scenarios to prepare students for real life situations.



Some of Mrs. Chase's joints, such as her shoulders, are made of rope or cloth. Her knees are metal hinges.

Unfortunately, Mrs. Chase's ears were made of rubber and have disintegrated.

2017 RANKINGS

U.S. News & World Report collected statistical data and peer assessment reputation surveys from more than 500 accredited graduate programs in nursing.



#1

Nurse Midwifery

#6

Nursing Administration

#9

Adult/Gerontology
Primary Care Nurse
Practitioner



#10

Nursing
Informatics

#10

DNP

(First time DNP programs
were ranked by USNWR)

#13

Pediatric Primary
Care Nurse Practitioner

#14

Family Nurse
Practitioner



#7

Overall Ranking
Master's Degree Programs

Among the programs ranked each year — business, education, engineering, law, medicine, as well as nursing — U-M maintained top-15 rankings in all six categories.

SCHOOL NEWS

FAST FACTS: UMSN'S NEW BSN TO DNP PROGRAM

Formerly for post-master's only, UMSN's updated DNP program now also welcomes baccalaureate nurses for a fast track to the terminal nursing practice degree.

DNP students choose among specialty programs:

- Adult-Gerontology Acute Care NP
- Adult-Gerontology CNS
- Acute Care Pediatric NP
- Adult-Gerontology Primary Care NP
- Primary Care Family NP
- Primary Care Pediatric NP

A full-time student can finish in three years with eight consecutive terms. Non-clinical courses are web-blended and meet on campus once a month. The application opens in late August.



Learn more:
nursing.umich.edu/dnp

THESIS COMPETITION WINNER

PhD student **Monica Wagner** won U-M's Three-Minute Thesis

competition, sponsored by the Rackham Graduate School. PhD students compete to deliver the best research presentation and can only use one slide. The competition began in Australia, and now institutions around the world are using it as a way to help PhD students fine-tune their oral presentation skills. Wagner won \$500 in travel funds for her presentation "Reducing Pain after Chemotherapy." She says she'll use the funds for an upcoming neuroscience conference.

INTERPROFESSIONAL CURRICULUM



U-M is strengthening its focus on interprofessional education (IPE) for students in the health science schools. The goal is to increase collaboration for improved communication and more efficient care. UMSN is represented by Clinical Assistant Professor **Nicole Boucher**, PhD, RN, CPNP, and Clinical Instructor **Christine Leech**, RN, MSN, on a newly created Interprofessional Curriculum Workgroup, which will examine the curricula, develop a plan to integrate IPE into programs and address logistical challenges such as students' schedules.



ADOLESCENT SBIRT

UMSN was selected as one of only five schools of nursing to participate in a grant to integrate adolescent SBIRT (screening, brief intervention, and referral to treatment) for substance use into the curricula. SBIRT provides early intervention for people with substance use disorders, and for those at risk.

Simulation exercises allow students to interactively practice conversations with emotionally-responsive virtual adolescents to learn screening, assessment and clinical interviewing skills. The practitioner's relational skills and the virtual patient's engagement in the conversation are monitored, measured, and reported in real time to the participant. Analytics are also available across the population of simulation users. The simulation has been combined with other learning materials and activities in UMSN's Clinical Learning Center.

"Student and faculty feedback has been enthusiastic, and participants have demonstrated improved

RETIREMENT



PATRICIA COLEMAN-BURNS, SECOND FROM LEFT

Assistant Professor **Patricia Coleman-Burns**, PhD, MA, retired after 25 years of dedicated commitment to UMSN and the nursing profession. Among her many contributions, Dr. Coleman-Burns served as a special advisor on multicultural affairs to UMSN's dean and chair of UMSN's Diversity Committee. She also served as director of GENESIS, a UMSN outreach program for students in grades 8-11 to learn about health science careers. GENESIS is also a retention

and academic success program for underrepresented students. PCB, as she is affectionately called by students, is known for her dedicated mentorship, and her research and advocacy in reducing health disparities. She was recently awarded the Sarah Goddard Power Award: Recognizing the Status of Women within the University of Michigan. Awardees are selected for their contributions to the betterment of women in leadership, scholarship and other professional activities.

A-MAIZING ALUMS

Local UMSN alumni volunteered to be “patients” for freshmen to experience their first clinical interactions with real people. The students practiced face-to-face communication skills, taking vital signs, and conducting health assessments in a clinical setting. Pictured here is freshman **Madeleine Bredin** examining volunteer patient **Linda Lampman** (BSN 1969).

If you’re interested in volunteering with us, contact the UMSN Office of Alumni Relations at **(734) 763-9710** or nursingalum@umich.edu.

See the photo album:
[facebook.com/UMichNursing](https://www.facebook.com/UMichNursing)



interviewing skills and confidence,” reports Clinical Associate Professor **Stephen Strobbe**, PhD, RN, PMHCNS-BC, CARN-AP, who serves as UMSN’s Project Liaison.

Dr. Strobbe says there are plans to offer the program to nursing faculty, and to advanced practice students in a health assessment course.

The grant is funded by the Conrad N. Hilton Foundation and administered by NORC (formerly known as the National Opinion Research Center) at the University of Chicago. The simulation was created by Kognito with input from clinicians and educators, including Dr. Strobbe.

CLC IN THE NEWS

UMSN invited an Associated Press reporter to visit our Clinical Learning Center. The result was a news article and video that were featured in multiple national publications including *USA Today*.

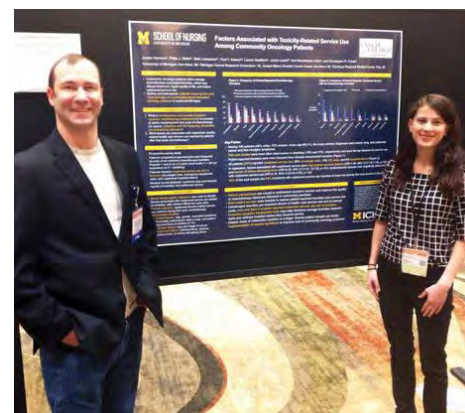
See the video:
nursing.umich.edu/CLC

UNDERGRADUATE LEADERSHIP



Penny Riley, PhD, MS, RN, is UMSN’s new Assistant Director for Educational Excellence in the Undergraduate Program. Most recently, she served as a UMSN clinical instructor, coordinator of complex care courses, and Maize Cluster Lead where she organized teaching activities and provided supervision of faculty and program operations. She is certified as a Women’s Health Care Nurse Practitioner. Her research focuses on heart failure.

Dr. Riley’s new position will focus on fostering excellence in clinical teaching, working with faculty to innovate teaching methods, improving the integration of education, practice and research in the undergraduate program, and furthering the development of UMSN’s Clinical Excellence Initiative in partnership with the U-M Health System. She will also handle key administrative tasks such as working with UMSN’s Clinical Learning Center to coordinate operations and managing new faculty orientation.



POSTER PRESENTATION

Hillman Scholar and doctoral student **Jordan Harrison** was selected for a poster presentation at the 2016 American Society of Clinical Oncology (ASCO) Quality Conference. The event focuses on improving the quality and safety of cancer care. Harrison’s presentation, “Factors associated with toxicity-related service use among community oncology patients” was chosen from more than 300 abstract submissions. Harrison, right, is pictured with mentor Dr. **Christopher Friese**.

FACULTY ACCOLADES

NURSE PRACTITIONER



UMSN CLINICAL ASSISTANT PROFESSOR CYNTHIA DARLING-FISHER, ALUMNA RACHEL PROSSER, FORMER FACULTY ANNE THOMAS, GINA DAHLEM, AND PROFESSOR EMERITA JOANNE POHL

Clinical Assistant Professor **Chin Hwa (Gina) Dahlem**, RN, FNP-C, PhD, was inducted as a fellow in the American Association of Nurse Practitioners (AANP). Selection is based on accomplishments in practice, education, policy and research, and contributions to the advancement of NPs. Dr. Dahlem's research focuses on opioid overdose prevention using naloxone, and on how patient-provider relationships affect patient outcomes. Her clinical expertise is serving vulnerable populations, particularly people experiencing homelessness.

SIMULATION AND LEARNING



Michelle Aebersold, PhD, RN, CHSE, FAAN, was elected to the International Nursing Association for Clinical Simulation & Learning

(INACSL) Board of Directors as Vice President for Operations. She is the director of UMSN's Clinical Learning Center and has extensive experience in both high-fidelity and virtual-reality simulation.

CAMPUS HONORS AND NATIONAL FELLOWSHIP



Assistant Professor **Christopher Friese**, PhD, RN, AOCN, FAAN, is a recipient of the 2016 Henry Russel award. It

recognizes faculty members early in their academic careers who have

demonstrated an extraordinary record of accomplishment in scholarly research and have an excellent record of contribution as a teacher. Dr. Friese was also recently selected for the National Academy of Medicine/Robert Wood Johnson Foundation Health Policy Fellows Program. Fellows will spend a year in Washington, D.C. working on health-related legislative and regulatory issues with members of Congress and the executive branch. Recent UMSN DNP graduate **Daniel Ochylski**, was also selected for the fellowship.

NIGHTINGALE AWARD



Clinical Assistant Professor **Barbara Freeland**, RN, DNP, ACNS-BC, CDE, received a 2016 Nightingale Award

for Nursing Excellence in Education administered by Oakland University School of Nursing and its Board of Visitors. The annual ceremony honors nurses for leadership, quality care, innovation and advocacy. The Education Award is given to a professional nurse who demonstrates innovative education activities or contributes to quality patient care through research. Dr. Freeland uses more than 40 years of experience to teach students advanced methods to improve patients' health education, literacy and self-care. Her research focuses on knowledge and attitudes of nursing students towards diabetes self-care.

STATISTICS



Associate Professor **Ivo Dinov**, PhD, was elected as a member of the International Statistical Institute (ISI). Elected ISI membership

recognizes those who have made significant contributions to statistics in areas such as research, education or professional leadership. Dr. Dinov's research focuses on big data, health informatics, high-performance computing, and teaching with technology. He is also the Director of the Statistics Online Computational Resource.

ACTION ON OPIOIDS



Clinical Associate Professor **Stephen Strobbe**, PhD, RN, PMHCNS-BC, CARN-AP, was named Co-Chair for the Washtenaw

Health Initiative Opioid Project, a community-based group striving to reduce opioid addiction, overdoses, and deaths. It brings together leaders from law enforcement, health care and the community to share resources and build partnerships. Dr. Strobbe is also the president-elect of International Nurses Society on Addictions.

AAN FELLOWS



Associate Professor **Ellen Lavoie Smith**, PhD, APN-BC, AOCN, has been selected as a fellow of the American Academy of Nursing.

UMSN alumni **Martha Funnell**, a U-M Medical School associate research scientist, **Mary Burman**, a University of Wyoming dean and professor, and **Colleen Corte**, a University of Illinois-Chicago associate professor, were also selected.

INTERPROFESSIONAL LEADERSHIP FELLOWS



Two nursing faculty members are part of the

inaugural cohort of the U-M Interprofessional Leadership Fellows program. Clinical Associate Professor **Michelle Aebersold**, PhD, RN, CHSE, FAAN, and Clinical Instructor **Amber Dallwig**, MSN, RN, were selected for the 18-month program designed to build their capacity as interprofessional scholars and effective leaders in education.

GLOBAL NEWS



DR. DENIS MUKWEGE, THE PANZI HOSPITAL CAMPUS, DR. ALAIN MUKWEGE AND DR. JANIS MILLER

INFLUENTIAL PARTNERSHIPS

Dr. Denis Mukwege, a gynecological surgeon in the Democratic Republic of Congo, was named one of *Time's* "100 Most Influential People." Dr. Mukwege is the founder of Panzi Hospital and has become the face of help for thousands of women raped and traumatized during the DRC's ongoing wars.

Dr. Mukwege's visit to U-M in 2010 to receive the Wallenberg Medal led to an ongoing partnership with School of Nursing Associate Professor **Janis Miller**, PhD, APRN, FAAN. "We bonded over our mutual interest in helping women whose bottom ends have seen the worst side of the world," said Dr. Miller, whose expertise includes recovery from pelvic tissue trauma in childbirth and the resulting complications. In addition to her Michigan-based work, Dr. Miller is now actively involved in improving the research capacity at Panzi so providers like Dr. Mukwege can share their expertise with the global health community.

The partnership expanded in 2015 when Dr. Mukwege's son, Alain, became a visiting scholar and research associate at UMSN, with Dr. Miller serving as his mentor. Dr. Alain Mukwege's research includes managing pelvic organ prolapse, traumatic fistula, obstetric fistula, and other gynecological injuries.

UMSN and Dr. Denis Mukwege will host a screening of the film "When Elephants Fight," narrated by Robin Wright, on Sept. 22 (details subject to change). The documentary explores the conflict over valuable natural minerals that is responsible for much of the violence and corruption in DRC. Check nursing.umich.edu for details.

INTERNATIONAL PHD RESEARCH

A group of twelve UMSN faculty, staff and PhD students travelled to the University of San Paulo Ribeirao Preto (USP-RP) in Brazil for the annual Global Ambassadors PhD Summer Research Institute. The five-day conference included colleagues from peer nursing schools in Brazil, Thailand, and Canada.

The participants shared research and developed new collaborations to further scientific progress in areas including chronic disease management, health promotion, vulnerable populations and psychiatric nursing. The UMSN students showcased their work through posters and presentations and received constructive feedback from the international group. They also visited local clinical sites and toured USP's labs and simulation center.

"Health issues rapidly jump time zones and continents, and our increasingly multicultural neighborhoods mean that nurse scientists need to possess a deep understanding of the cultural contexts and practices of people different from ourselves," says Associate Professor **Patricia Abbott**, PhD, RN, FAAN, FACMI. "Our students and faculty learn from varying approaches to scientific inquiry. Traveling with these students and sharing research is enriching, and helps all of us to extend our thinking and diversify our partnerships to extend outside of our own backyards."

This is the third year of the program funded by a U-M Rackham Graduate School Grant for the Global Engagement of Doctoral Education.





Midwives Give Blood, Sweat, and Tears in Uganda

University of Michigan students often travel to developing countries to learn about health care outside the United States, but for a group of eight U-M School of Nursing (UMSN) midwifery students, their clinical immersion experience in Uganda was also emotionally compelling.

Sobering Reality

"We saw mothers die and we saw babies die," says Clinical Associate Professor **Ruth Zielinski**, PhD, CNM, FACNM. "It's heartbreaking because if some of these situations had happened in the United States with all the resources available, those deaths could have been prevented."

The midwifery group spent two weeks in Uganda working at three different health care facilities, which were often hot and without basic supplies or privacy for patients.

"The Ugandan midwives do incredible work with very few resources and little technology," says student **Ashleigh Shiffler**. "We had to be creative and rely more heavily on what we saw, heard, and felt. Sometimes it was fun -- no one knew if their baby was a boy or a girl until delivery and another student diagnosed twins through physical assessment -- and other times it was very challenging," Shiffler explained, "But, those are skills that we'll carry with us wherever we practice in the future."

Supplies are such a challenge that patients need to bring or purchase their own items such as

IV tubing. The hospital staff was very appreciative of the items like tape, syringes, and medicines the U-M group brought from the U.S. or purchased from the local pharmacy, noted Dr. Zielinski. Some members of the group even donated blood.

Overcoming Challenges

Despite, or perhaps partly because of, the emotional toll and challenging environment, the group says the experience was overwhelmingly positive. One of the most positive aspects was working in collaboration with the Ugandan midwives and other healthcare providers and students from around the world.

"Particularly for nurses, I think it is important to take advantage of any experience outside of your country and your culture," says student **Elizabeth Amaya**. "It can help you discover the kind of health care provider you want to be and will offer many lessons about patience and compassion."

Lasting Impressions

Dr. Zielinski has high praise for the way the students managed difficult circumstances. "I think everybody at one point or another shed tears, but always at appropriate times," she says. "I was very proud of their willingness to adapt and their ability to create a safe and sacred space for these women giving birth."

The efforts of the U-M group were not unnoticed by the Ugandan women. Two of them chose to

recognize them in perhaps the highest honor a mother can give -- one mother named her daughter Taya for student **Taya Hamilton**, and another named her daughter Ruth for Dr. Zielinski.

Dr. Zielinski says discussions are underway to make this an annual opportunity for students. She plans to hold an informal information session in the fall to share lessons learned and speak with interested students.

TOP: UMSN AND UGANDAN NURSING STUDENTS PRACTICE INFANT RESUSCITATION.

BOTTOM: SARA, A UGANDAN MIDWIFE, DRESSED HER SON (HELD BY SHIFFLER) IN A U-M SHIRT. EVEN IF HE SEEMS A LITTLE UNSURE, WE THINK HE LOOKS LIKE U-M CLASS OF '35 MATERIAL.





Q&A WITH THE NEW PRESIDENT OF THE
AMERICAN COLLEGE OF NURSE-MIDWIVES

What She Wants Every Woman to Know About Giving Birth

Lisa Kane Low, PhD, CNM, FACNM, FAAN, was recently inducted as president of the American College of Nurse-Midwives (ACNM). She is UMSN's Associate Dean for Practice and Professional Graduate Studies and a U-M associate professor of Nursing, Women's Studies, and Obstetrics and Gynecology.

How would you describe midwifery today?

I'm hoping we are at a tipping point. The U.S. has some of the poorest maternity care outcomes of developed nations and yet we spend the most. When midwives are part of the system, they can change the way care is provided and improve outcomes.

What would you like people to know about midwifery care?

The biggest thing is that you get individualized, tailored care. Midwives work very hard to engage with women about their choices. We do that work well-informed by evidence so we can offer the best options for that individual person.

What made you want to be president of ACNM?

I went to my first ACNM conference even before I was a midwife. I saw people passionately articulating the beliefs that I held and that was really exciting. Prior ACNM leadership made significant progress in building collaborations, particularly around standards for education and regulations, and I was inspired to see that momentum continue.

What are your goals as ACNM president?

- Making sure our organization is financially well positioned to continue policy and member service work, and building on it.
- Continuing work related to diversity and inclusion as we increase the midwifery workforce.

- Expanding our consumer campaign to raise awareness about the outcomes of midwifery care.
- Continuing strategic projects around physiologic birth and the reduction of cesarean births that demonstrate midwifery leadership in quality improvement. Also, midwives have shown great success in supporting women to successful VBAC (vaginal birth after cesarean) but it's been left out of the mainstream conversation.

What is the biggest challenge for midwives today?

Some states, including Michigan, have regulations restricting the scope of practice for advanced practice registered nurses (APRNs), which create barriers in practicing to their full education. Much of ACNM's policy work has been pulled into standards for Certified Professional Midwives, but there has been less success in APRN full practice authority initiatives, and that has been frustrating.

Editor's note: More than 20 states have granted full practice authority to APRNs. Legislation is under consideration in other states.

What is the relationship between midwives and physicians?

We have agreed to disagree on some policy perspectives such as home birth and scope of practice legislation. But I believe our only way forward in changing maternity care is through collaboration. There may also be economic advantages at play between providers, which can make some people perceive midwives as competitors to physicians.

Why do you say "midwifery is a best-kept secret"?

You don't know what you don't have until you have it. People may have a perfectly fine experience with giving birth, but they don't know what might have been different. It can be

even more positive and satisfying when they have someone really invested in their needs.

What would you like people to know about UMSN's midwifery program?

UMSN's program is an amazing example of midwifery. We have strong expertise in global health, and faculty engaged in national policy and standards. The ability for our students to work collaboratively with mentors, particularly at U-M Health System, allows them to understand the challenges and joy. Our program is about quality practice, but also political engagement and appreciation for the role you can have in improving care outcomes. Together we create a very strong program that launches new midwives into their careers with solid philosophies and beliefs about the role they can play in making a difference.



UMSN MIDWIFERY

THEN: In 1990, UMSN established the first graduate nurse midwifery program in Michigan. Top Row (left to right): Carol Shultheis, Barbara Peterson, Jane Gemmill, Sherry Robins, Linda French. Second Row: Lori House-Hewitt, Amy Broadus, Mary Ann Fleming, Jody Lori.

NOW: The UMSN community may recognize a familiar face in the first cohort. Dr. **Jody Lori** serves as Associate Dean for Global Affairs at UMSN. Her research focuses on the development of new models of care to address the high rates of maternal and newborn mortality in Africa.





GLOBAL SYMPOSIUM

IN CELEBRATION OF 125 YEARS OF NURSING EDUCATION AT U-M, THE SCHOOL OF NURSING HELD A THREE DAY SYMPOSIUM, HIGHLIGHTING THE IMPACT OF NURSING ON GLOBAL HEALTH.

On April 6-7, 2016, U-M faculty and alumni, top nursing scientists, and global health leaders gathered for the Symposium on Global Health. The symposium was well attended and provided a meaningful opportunity for scholars, students, nurses, and community members to come together and discuss cross-cutting global health topics.

At the symposium, it was announced that alumna **Sara Rothschild**, and her husband Robert, had made a nearly \$1 million gift to UMSN. It creates the Rothschild Global Health Scholars Program, and is part of the \$4 billion "Victors for Michigan" campaign at University of Michigan.

Dean Kathleen Potempa called the gift "transformative," because it will provide "new resources to send our undergraduate and graduate students to work, study, research and learn alongside faculty and partners around the world."

ANNETTE MWANSA NKOWANE, MA, BSC, RN, IS THE TECHNICAL OFFICER OF NURSING AND MIDWIFERY IN THE HEALTH WORKFORCE DEPARTMENT OF THE WORLD HEALTH ORGANIZATION. SHE SPOKE ABOUT ADVOCATING FOR UNIVERSAL HEALTH CARE ACCESS.



Research Day

Initiated by Dean Kathleen Potempa in 2009, the annual event is a way to highlight the vast scope of nursing research and inspire new collaborations.

- ▶ The annual Suzanne H. Brouse Lecture, “Nurses Hold Up Half the Sky” was delivered by Tonda L. Hughes, PhD, RN, FAAN, Professor and Associate Dean for Global Health, University of Illinois at Chicago College of Nursing.



RESEARCH DAY AWARDS

Student First Place: **Alex Fauer** (pictured), BSN Student, Hillman Scholar; **Christopher R. Friese**, PhD, RN, AOCN, FAAN. “Plasma biomarkers associated with inflammation and female reproductive function: A review of literature.”



Student Second Place: **Kathryn Abramowski** (pictured), BSN Student, Hillman Scholar; **Corinne Hauck**, BSN Student; **Jennifer Pierce**, MA; **Sarah A. Stoddard**, PhD, RN, CNP, FSAHM. “The Relationship Between Purpose, Perceived Norms, and Alcohol and Marijuana Use in High School Adolescents.”

Faculty Award: **Stephen Strobbe**, PhD, RN, PMHCNS-BC, CARN-AP; Theresa R. F. Dreyer, MPH; **Chin Hwa (Gina) Dahlem**, PhD, FNP-C, FAANP; Adreanne Waller, MPH; Marci Scalera, ACSW, LMSW, CAADC; Alice Penrose, MD, MPH. “Reducing opioid overdose deaths through the Washtenaw Health Initiative Opioid Project.”

Innovations on Global Health Conference

DAY ONE *Nurses as Global Leaders*

SPEAKERS



Vanessa Kerry, CEO at Seed Global Health, Faculty at Harvard Medical School presented “*Promoting Workforce Development: The Importance of Nurses and Midwives.*”



Siriorn Sindhu, Associate Professor of Surgical Nursing, Mahidol University Faculty of Nursing, Bangkok focused on *Women’s Health and Women’s Rights.*”



Michelle Dynes, Nurse Epidemiologist, CDC, spoke about her experiences in Africa during the Ebola outbreak in, “*The CDC: Serving on the Front Lines of Global Health Care.*”



▶ Innovations in Global Health Expo featured interactive displays of technologically assisted engagement developed at UMSN, including virtual reality simulations, Spanish-language patient care videos, and videoconferencing with peer schools in Haiti and other countries.

PANEL DISCUSSION: UMSN STUDENTS PAST AND PRESENT: MAKING A GLOBAL IMPACT



DAY TWO *Universal Health Care in the Pan American Region*

SPEAKERS



Annette Mwansa Nkowane, Nursing and Midwifery Program, Health Workforce Department, WHO, shared *"WHO Advocacy for Universal Health Care Access."*



Rosemarie Josey, MSN, MPA, RN, Atlantic Region Director, Commonwealth Nurses and Midwives Federation, presented *"Universal Health Care Access in the Americas: The Role of Nurses and Midwives."*



PANEL DISCUSSION ON UMSN WORK IN PAHO REGION

UMSN faculty shared their various research, community health, and educational efforts in the Pan American Health Organization region. Dr. **Barbara Brush**, UMSN's Carol J. and F. Edward Lake Term Clinical Professor, (at podium) discussed her work with UMSN's **Megan Eagle** and Autonomous University of Nuevo Leon's Esther Gallegos Cabriaes to develop master's-level nursing curriculum in Mexico. Other topics included Spanish for health care professionals and virtual collaboration for community health nursing.



Go to youtube.com/UMichNursing and click on the 2016 Global Symposium playlist to watch the presentations.



UMSN will have additional special events in the fall to celebrate our school's 125-year history. Check the back cover for dates.



ALUMNI SPOTLIGHT

Retha V. (Flowers) Wellons,
PhD, RN: A Career in
Transformational Change

The drive to be on the forefront of advancing nursing helped University of Michigan School of Nursing (UMSN) alumna **Retha Wellons** chart a unique career path. It began conventionally enough as a volunteer candy striper, but challenging traditional ways of thinking led to significant contributions in areas of mental health, hospital systems, high tech global workforce and military caregiver wellness.

Dr. Wellons was a first-generation college student at U-M in the 1960s. Much like today, nursing students then had a very structured program, which Wellons credits for keeping her on track when discovering the newfound freedoms of college. She was part of U-M's Opportunity Award program aimed at supporting minority and first-generation students. "Other students in the program had more flexibility, but only half of them made it through the first year," says Wellons.

In her first jobs after graduation, Dr. Wellons says she felt compelled to spend more time with patients than required because she wanted a more comprehensive understanding of their health care needs, mental state, history, and home life. "I ended up working a lot of overtime," she chuckled.

MENTAL HEALTH INCLUSION

Those experiences inspired Wellons to pursue a master's degree to focus on mental health and its role in overall health. But even after earning her degree, it was still a fight to work on mental health in an acute care setting because a nurse with her education was expected to be assigned to a mental health unit.

Those battles only encouraged Wellons to go further. As a former fellow of American Nurse Associations Minority Fellowship Program, she pursued a PhD in psychology so she could advocate for the patient as a total person. "Hospital systems are not designed for the patient," she says. "But I wanted systems that include social support for both health care professionals and those they serve."

NEW APPROACH FOR VETERANS

A series of career advancements, including as faculty at UMSN and University of California - San Francisco, and private sector global consulting, led Dr. Wellons to Veterans Affairs Palo Alto Health Care System.

"Planning and accountability were inadequate for the veterans returning from Iraq and Afghanistan wars," says Dr. Wellons. "And, there were minimal education and support services available for caregivers and families. But the VA is working to remove barriers to services for veterans and their families."

SUPPORTING STUDENTS

Dr. Wellons has also been a champion for diversity. She says coming from a predominately black community, to being one of only four black students among 250 in her freshmen nursing class was a shock. She laughed recalling a memory from her first night in Couzens Hall, "Someone asked me 'Where is the john?' and I had no idea that meant the bathroom!"

During her time as UMSN faculty, she helped launch the Office of Minority Affairs and served as the office's first coordinator. She used her own

undergrad experience to find ways of supporting students, especially during their first year of college. "The emphasis was on removing barriers to success," she says. "We stepped away from formulas. We grouped students with the same life experiences together."

Dr. Wellons, who returned to U-M this year for the first time in 20 years, says she was surprised she did not see as much diversity as she had expected. She expressed interest in U-M's recently increased commitment to diversity moving forward.

NEW NURSING COLLABORATIONS

The visit to U-M was to attend UMSN's Symposium on Global Health: 125 Years of Research and Impact. Upon returning to California, Dr. Wellons presented a summary of the symposium to the VA's Nurse Managers Council. "I'm hoping it leads to more VA collaborations with nursing schools and opens up opportunities in nursing research to understand the military culture and transition to civilian life."

Dr. Wellons says while she enjoys changing jobs and new opportunities, right now she is committed to the VA. "It's such a worthy mission to serve the veterans and their families who have sacrificed so much for us and the country."

[Read about Dr. Wellons's VA Fellowship Opportunity on the next page.](#)



DR. WELLONS WAS PART OF A UMSN MARKETING CAMPAIGN DURING HER TIME AS FACULTY

Photo credit: Elizabeth Wenner

CLASS NOTES

NEW DEAN

Linda Scott, (PhD '99), was named dean of UW-Madison School of Nursing effective July 15, 2016. Dr. Scott most recently held the position of Associate Dean for Academic Affairs at the College of Nursing at the University of Illinois-Chicago. Dr. Scott also recently served as a member of UMSN's Diversity Committee.

ON THE MOVE

Certified nurse practitioner **Aaron Lanning**, (MS '13), joined the staff at the Dickinson Ear, Nose & Throat Clinic in Iron Mountain, MI.

HONORARY DEGREE

Suzanne Bellinger Feetham, (PhD, RN, FAAN, BSN '62), received an honorary doctor of laws degree from Wayne State University. She was selected as a "nationally and internationally recognized leader who has affected policy change through her positions in academia, health systems and the federal government." The Feetham Family Functioning Survey, developed in 1977 at WSU, assesses the strengths of families and is used today in research across disciplines with translations in eight languages.

VA FELLOWSHIP OPPORTUNITY

Dr. Wellons would like to make Michigan nurses aware of a two-year Post-Doctoral Advanced Fellowship Program in Mental Health Research and Treatment at the Palo Alto Veterans Administration Health Care System. It aims to train nurses to become outstanding clinical researchers in high priority areas of mental health.

Contact Program Director Dr. Ruth O'Hara (Ruth.O'Hara@va.gov) for more information.

PEACE CORPS PROJECT



Helen (Collins) Kuebel, (BSN '66), may be retired but she's getting ready for another exciting chapter in her nursing

career. Kuebel is heading to Africa in October as a visiting professor. She's part of a joint project involving the Peace Corps, Global Health Service Partnership, Seed Global Health (led by Vanessa Kerry), and the President's Emergency Plan for Aids Relief (PEPFAR). The project is focused on enhancing nursing, midwifery and medical education in Tanzania, Uganda, Malawi, Swaziland and Liberia. Kuebel is part of the team teaching nursing in Swaziland.

Kuebel retired in 2011 after serving as Dean and Director of Nursing for Lower Columbia College in Washington State. Her career included working in Illinois as a public health nurse and developing a Rural Outreach Nursing Education program in Washington. She was inducted into the Washington State Nursing Hall of Fame in 2012.

IMPROVING CLINICAL DOCUMENTATION

Alumna and member of UMSN's Alumni Society Board of Governors, **Fran Jurcak**, (MSN, BSN '81, RN, CCDS), is the new Clinical Documentation Program Manager for Iodine Software. Jurcak will focus on accelerating product development to improve productivity, accuracy and outcomes at the company, which is based in Austin, Texas.

LEADERSHIP SERVICE

Therese Harper, (BSN, '78), is interim Vice President for Academic Affairs at Laramie County Community College (LCCC) in Cheyenne, Wyoming. She most recently served as LCCC's dean of health sciences and wellness.

The Pediatric Nursing Certification Board's appointed **Monika Pis**, (PhD '06, MSN '02, BSN '00), to its Pediatric Nurse Practitioner Primary Care Certification Committee. She is also a national certification board exam item writer. Both are three-year commitments.

100 MOST INFLUENTIAL WOMEN IN MICHIGAN

Two UMSN alumni made the Crain's Detroit Business 100 Most Influential Women list. **Gwen MacKenzie**, (BSN '76, MHSA), is a senior vice president and Michigan market executive at Ascension Health Michigan. She is responsible for the administrative direction, strategic positioning and operations of the system's 13 hospitals. Her health career began as an oncology nurse practitioner. She told Crain's, "Being a clinician and able to relate to physicians adds credibility because they don't expect it. They expect me to be a CPA or CFO. I can be a calm person, but I'm also a skilled negotiator."

Andra Rush, (BSN '81), is the founder and CEO of Rush Group, a trucking business that employs nearly 4,000 people. She and her company are active in supporting the revitalization of Detroit and are looking for ways to spur recovery in Flint "as they overhaul their infrastructure in the wake of the water crisis."

EXECUTIVE OFFICER



Joseph Morris, (PhD, MSN '02, BSN '97), was appointed as the California Board of Registered Nursing's Executive

Officer. The BRN is responsible for implementation and enforcement of laws related to nursing education, licensure, practice, and discipline. Dr. Morris most recently served as Associate Dean of Nursing and Allied Health at Mt. San Jacinto College in Riverside County, CA.

RESEARCH FINDINGS



END OF LIFE COSTS

A new study finds that for nearly half of older Americans, the pattern of high spending on health care was in motion a full year before they died.

Lead author **Matthew A. Davis**, PhD, MPH, a UMSN assistant professor, says, “We were expecting to find the most common pattern to be explosive health care spending in the final months of life. In fact, only 12 percent of older adults in our study showed this ‘late rise’ pattern of health care spending.”

The study shows the last year of life for this large group of seniors costs the Medicare system five times as much as the care received by the much smaller group of seniors who have a sudden burst of very expensive care in their last few weeks of life. Dr. Davis believes the findings have clear implications for efforts to improve care, and contain the growth of costs, at the end of life. The findings were published in the June 2016 issue of *HealthAffairs*.



PREGNANCY AND PTSD

Collaboration between the U-M School of Nursing and Medical School is leading to new opportunities to help women with post-traumatic stress disorder (PTSD) manage pregnancy. Using data from the STACY (Stress, Trauma, Anxiety, and the Childbearing Year) project led by UMSN Professor **Julia Seng**, PhD, CNM, FAAN, U-M psychiatrist Maria Muzik further investigated the women who were diagnosed with PTSD. The researchers found women with the strongest support networks during pregnancy did not have worsening PTSD symptoms. However one in four women with PTSD did show worsening symptoms which can lead to a higher risk of postpartum depression and difficulty bonding with their newborn. Dr. Seng believes these findings support the need for increased screening for PTSD in pregnant women and more personalized care for trauma survivors in pregnancy.

TEEN PREGNANCY

Girls whose friends have experienced teen childbirth are less likely to get pregnant themselves according to new findings, published in the June issue of the *Journal of Adolescent Health*, from Associate Professor **Olga Yakusheva**, PhD, and colleagues. The researchers compared two groups of nearly 600 teen girls: those

with a friend who had given birth, and those with a friend who had an early miscarriage.

They found 16 percent of the miscarriage group had a teen pregnancy themselves, compared to 11 percent of the group where one of the friends had a baby. In addition, the friends of teen mothers were less likely to have sex as teens, and more likely to attain their college degree.

Dr. Yakusheva says this shows teens can learn from their friends' unplanned pregnancies. She also suggests doing more than just telling teens how to avoid pregnancy, but to also teach them reasons and benefits of avoiding teen motherhood.

FEAR OF CHILDBIRTH

A UMSN study shows women are even more afraid of childbirth than previously thought—and are as concerned about their health care providers as they are about pain or complications. Researchers polled three small, diverse focus groups of women who were pregnant or had recently given birth.

"Women who have significant fear of childbirth are more likely to have C-sections, longer and more complicated labors, as well as have postpartum depression" said lead author and Clinical Assistant Professor **Lee Roosevelt**, PhD, MPH,

CNM. Roosevelt added that women also showed fear that the clinician won't treat them respectfully, listen to their concerns or attend the actual birth.

Women also reported being worried that they'd be expected to bear the brunt of decision-making responsibility, or that their decisions wouldn't be respected. Others worried how they'd be treated if they didn't have good insurance.

The study is available online at the *Journal of Obstetric, Gynecologic and Neonatal Nursing*.

PHYSIOLOGICAL BIRTH GUIDE

UMSN Associate Dean for Practice and Professional Graduate Studies **Lisa Kane Low**, PhD, CNM, FACNM, FAAN, and colleagues created *A Nurse's Guide to Supporting Physiological Birth* for nurses to learn more about the benefits of physiological birth including improved patient safety and satisfaction. Also called "normal births," physiologic births strive to limit interventions such as medication or surgery. The guide shares nursing care practices and evidence-based resources for practitioners. It is available through *Nursing for Women's Health*.

NURSING EDUCATION IN ETHIOPIA

Health leaders in Ethiopia should consider raising the minimum nursing educational requirement to at least a baccalaureate degree. That's the recommendation from UMSN Clinical Instructor **Nadia Charania**, PhD, RN, and co-authors in an *International Journal of Current Research* article "The Journey of Ethiopian Nursing Education: A Glimpse of Past, Present and Future." The researchers share concerns about the country's high numbers of communicable and non-communicable diseases, nutritional deficit disorders and a shortage of health care professionals. They praise Ethiopian nurses for their growing role in advancing health care delivery but encourage additional progress in education and engagement to further improve patient care.



\$1 MILLION GIFT MOTIVATED BY FAMILY HEARTBREAK

She didn't know it at the time of course, but her own birth would be inspiration for **Eleanore (Maitland) Higginson's** career and an incredible gift to U-M.

"I was a twin but my brother was stillborn and my mother barely survived herself because of the terrible care she received," says Ellie. "As I grew older, I couldn't help but wonder what difference better care could have made."

Ellie says she was drawn to courses in obstetrics and pediatrics while a student at the U-M School of Nursing in the late 1950s. Then after graduation, she worked at University Hospital and taught nursing students in the labor and delivery area.

Now both retired, Ellie and husband George, an Air Force colonel, began looking for philanthropic opportunities. Through their estate, they committed a one million dollar gift to create UMSN's first professorship in midwifery. "We both believe in education and wanted to do something that would last beyond us," says George.

Ellie expressed gratitude to know the gift has the potential to improve the type of care her mother received. "Having funds for a professorship will deepen the ability to offer much more to students who one day will be caring for patients. The thought of an ongoing educational component that we contributed to is marvelous."

Read more:
nursing.umich.edu/midwiferygift

RECENT FUNDING

\$1.4 MILLION NIH BACK PAIN GRANT

"Most people will experience back pain at some point in their life, and consequently it's a very expensive condition," says Matthew Davis, PhD, MPH, a UMSN assistant professor and member of U-M's Institute for Healthcare Policy and Innovation. Dr. Davis and colleagues will investigate what happens when patients look outside the primary care system for treatment. They will examine the impact of complementary and alternative medicine (CAM) providers, specifically chiropractors, on management and cost of back pain treatment.

Dr. Davis believes this research will provide policymakers with the evidence they need to understand effects of coverage of chiropractic care, currently the only CAM service covered by Medicare. The funding comes from a \$1.4 million Department of Health and Human Services, National Institutes of Health grant.

TEAMWORK IN ICUs

Understanding how interprofessional teamwork affects complex care delivery will be the focus of a new grant led by UMSN Assistant Professor and Institute for Healthcare Policy and Innovation member **Deena Kelly Costa**, PhD, RN. With nearly \$800,000 in funding from the Agency for Healthcare Research and Quality, Dr. Costa and colleagues from nursing, medicine, and sociology will examine how team structure and function can impact outcomes for patients on mechanical ventilation

in four intensive care units (ICUs) in this K08 grant. Dr. Costa believes this research will provide insight into how to organize ICU interprofessional teams, optimize how ICU teams work together to deliver complex care and ultimately improve outcomes for this high risk patient population.

REDUCING MATERNAL DEATHS IN AFRICA

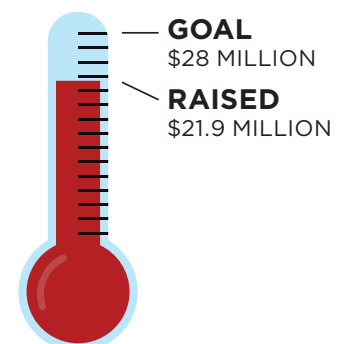
A new program will upgrade maternity waiting homes to help pregnant women in remote communities of Zambia. Merck for Mothers, the Bill & Melinda Gates Foundation, and the ELMA Foundation are contributing \$11.4 million for 24 maternity waiting homes where women can stay in the late stages of their pregnancy and in the critical period immediately following childbirth. As part of the operations research, UMSN Associate Dean for Global Affairs and Director of U-M's PAHO/WHO Collaborating Center **Jody Lori**, PhD, CNM, FACNM, FAAN, and her team will lead a \$1.2 million dollar portion of the effort in Zambia.

They will create entrepreneurial models of these homes and test income generating activities to promote long-term financial sustainability. "We are honored and enthusiastic to be part of this dynamic team dedicated to improving the lives of women and infants living in some of the most remote locations in Zambia," said Dr. Lori.



CAMPAIGN UPDATE

Contact: nursingalum@umich.edu





Mom, Beth + James



Nick + Beth

A Reunion 20 Years in the Making:

"Thank You for Giving Sweet Baby James a Second Chance in Life"

THE DIAGNOSIS

Barb Williams knew it was more than a virus making her one-year-old son James sick. He was having trouble breathing and developed white sores inside his mouth. Barb and her husband, Chuck, took him to the doctor twice but both times they were told not to worry and were sent home. "I'm the mom of five boys and James is the youngest," said Barb. "I knew this wasn't just a routine sickness." James was getting worse, so his parents took him to the emergency room and again they were told to take him home. Instead, Chuck insisted on blood work. James was diagnosed with leukemia and immediately transferred to the University of Michigan's C.S. Mott Children's Hospital.

BATTLING LEUKEMIA

This was 1994 and UMSN alumna **Beth Duffy**, (BSN '93, MS '99, DNP), was working as a fresh-from-school, brand-new nurse. James was one of her very first primary patients and she has clear memories of caring for him: "We used to call him Sweet Baby James because he was so cuddly and sweet even during terrible times." James's five-month hospital stay included weeks in intensive care, a coma and an intestinal infection so severe his parents were told they might want to consider preparing for a funeral. "The nurses became like family," said Barb. "His doctor was wonderful, but we really became close to the nurses. We could not have asked for better people to take care our son." Through chemotherapy and a bone marrow transplant using one of James's brothers as a donor, James survived.

LIFE CONTINUES

James enjoyed a typical adolescence in his hometown of Hudson, MI, and even earned a college football scholarship. His mom sent Beth occasional updates but they did not see each other for 20 years. Beth had gone on to earn her Doctor of Nursing Practice (DNP) specializing in pediatric acute care and oncology. She credits patients like James as her inspiration. "I just wanted to do more," she says. Now a clinical assistant professor at the University of Michigan School of Nursing (UMSN), she invited Barb and James to share their story with a class.

THE REUNION

On a recent February morning, Barb and James arrived at UMSN for an emotional and at times tearful reunion. Beth introduced them to the class, her voice cracking as she told her students, "This is why I do what I do." Barb, fighting back tears, explained to the students that before the diagnosis she didn't even know what leukemia was. She emphasized how important the nurses were to them during the 5-month ordeal. "You are the ones the families will get attached to," she told the class. She shared that they became close to other families in similar situations, and it was the nurses who reassured Barb and Chuck that they would keep a close eye on James so they could attend the funeral of another child who did not survive his cancer. She recalled that her then 9-year old son who was the bone marrow donor for James told her, "I'd rather be a nurse than a doctor because they are the ones that spend the most time with the patients."

"James had times he wouldn't want to eat, but the nurses discovered he liked ham so they made sure he got ham, and I think he ate ham for two weeks straight one time," laughed Barb in a moment of levity. James, who was too young to remember his time in the hospital, was emotional as he gave the students a simple message. "I think it is so great that you want to do this for your career," he told the nursing students. "Be ready and be awesome." Now a healthy 22-year-old man, James left for basic training in the Marines just three days after speaking to the UMSN class. Before he left, Beth told him "All the bad guys better watch out! You're a fighter and you've demonstrated that."



UPCOMING EVENTS

Homecoming Reunion
Weekend
October 21-22

AAN Dessert Reception
Washington, DC
Oct. 21
8-9:30 p.m.

REGENTS OF THE UNIVERSITY OF MICHIGAN

Michael J. Behm, Grand Blanc • Mark J. Bernstein, Ann Arbor • Laurence B. Deitch, Bloomfield Hills • Shauna Ryder Diggs, Grosse Pointe • Denise Illich, Bingham Farms • Andrea Fischer Newman, Ann Arbor • Andrew C. Richner, Grosse Pointe Park • Katherine E. White, Ann Arbor • Mark S. Schlissel, *ex officio*

2016 REUNION WEEKEND

OCTOBER 21

UMSN 125th Anniversary Open House

9:00 A.M. - 11:45 A.M.
1:45 P.M. - 3:00 P.M.

History Presentation

10:45 A.M. - 11:45 A.M.

All-Class Luncheon with Dean Patricia D. Hurn

12:00 P.M. - 1:30 P.M.

M-Talk with UMSN's Dr. Stephen Strobbe

3:00 P.M. - 3:30 P.M.

OCTOBER 22

Go Blue Homecoming Tailgate

1:30 P.M. - 3:30 P.M.

Michigan vs. Illinois Football Game

Kickoff time: 3:30 P.M.

REGISTRATION REQUIRED

Register online or by phone.
More information:
nursing.umich.edu/reunions

Contact the UMSN
Office of Alumni Relations:
(734) 763-9710 or
nursingalum@umich.edu

Marian Durell
Director, 1930-1940

Rhetaugh Graves Dumas
Dean, 1980-1994



This year, UMSN is celebrating 125 years of nursing education at Michigan. In 2017, there will be an even grander celebration as U-M celebrates its bicentennial. Watch for special events as we celebrate 200 years of U-M.

Take a virtual stroll down UMSN's Memory Lane to see photos from various eras. Alumni, faculty and staff are encouraged to submit their photos to sn-comm@umich.edu. Please include as much information (names, location, year, etc.) as possible.

nursing.umich.edu/umsn-memory-lane

