

FLORIDA ATLANTIC UNIVERSITY

TRANSFORMING

CHRISTINE E. LYNN COLLEGE OF NURSING

Care





A Message from the Dean



Dear Friends,

I am honored to share with you the second edition of "Transforming Care." Our college's core focus is on Caring in nursing: advancing the science, studying its meaning, practicing the art and living it day to day. I believe the stories will illustrate the scholarly commitment of our outstanding faculty and students.

While we continue to make great strides toward transforming care, our college and the nursing profession face some of the toughest challenges yet. Faculty shortages in nursing schools across the United States are limiting student capacity at a time when the need for nurses continues to grow. As a University, and as a college, we are experiencing some the most severe budget cuts in my 28 years at FAU.

Now, more than ever, the college needs your support to sustain our invaluable work and our prominence in meeting the needs of society. I invite you to invest in a legacy that will forever make a difference in the lives of individuals, families and communities. In this time of challenging budget cuts, we particularly need the resources to recruit and retain the best and brightest faculty through endowed professorships, to support students through scholarships and stipends, and to support the continuing innovative research of faculty.

Your response to our appeal for partnering is a response of commitment to a better future for health care. I sincerely thank you for sharing our vision.

Sincerely,

A handwritten signature in black ink that reads "Anne Boykin". The signature is written in a cursive, flowing style.

Anne Boykin, Ph.D., M.N., B.S.N.
Dean, Christine E. Lynn College of Nursing

TRANSFORMING

CHRISTINE E. LYNN COLLEGE OF NURSING

Care

2009



Rosario Medina Shepherd
Ph.D., A.R.N.P., B.C.R.N.

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College Welcomes New Faculty

The Christine E. Lynn College of Nursing welcomed two new faculty members in August 2009. Both are experienced teachers and nurse practitioners who are pursuing research that has great significance for the population of South Florida.



DEBRA HAIN'S D.N.S., G.N.P.-B.C., research interests focus on how people with chronic kidney disease manage their illness and the impact of cognitive changes on self-management. She is the recipient of a grant from the American Nephrology Nurses' Association for a study titled, "Evidence of Adherence Status of Cognitively Impaired and Cognitively Intact

Elders on Hemodialysis."

"This is a mixed-methods pilot study exploring the relationship between cognitive impairment and adherence to the prescribed regimen, with a focus on medication adherence and stories of making lifestyle changes for older adults who are undergoing hemodialysis," said Dr. Hain.

Dr. Hain is also involved in a project with Joseph Ouslander, M.D. and Richard Reynolds, M.D. entitled, "Safe Transitions for Elderly People (STEP) Program – A Quality Improvement Initiative to Reduce Re-Hospitalizations in the Geriatric Population." A grant from the Retirement Research Foundation supports the study.

"My goal is to submit a grant focusing on a subpopulation of the STEP program," said Dr. Hain. "The study is aimed at improving adherence of older adults with chronic kidney disease to a mediation intervention. The study examines cognitive function and appropriate methods of medication administration."

Dr. Hain is a board-certified gerontological nurse practitioner with years of experience in nephrology. She practices at the Louis and Anne Green Memory and Wellness Center, where she conducts comprehensive evaluations and engages in research.

Her unique combination of nephrology and gerontology experience creates a research niche that guides scholarly development.

In 2008, Dr. Hain received the Nephrology Nursing Competence in Aging Award from the American Nephrology Nurses' Association. She earned her nursing degree from Gateway Technical College in Wisconsin, and her master's and doctoral degrees from the Christine E. Lynn College of Nursing at FAU.



ROSARIO MEDINA SHEPHERD'S Ph.D., A.R.N.P., B.C.R.N., nursing experience spans more than 27 years in practice and education roles in New York and Florida.

As a first-generation Puerto Rican-American raised with strong Hispanic values focused on faith and family, she now studies health disparities in the Hispanic population. Although

Hispanics constitute the most rapidly growing segment of the population of the United States, there has been little research regarding the specific factors that influence their health behaviors. Dr. Medina-Shepherd is studying the factors that might predict Spanish-speaking Hispanic women's behaviors related to mammography screening.

"Breast cancer is the most common form of malignancy among women worldwide," said Dr. Medina-Shepherd. "Mammography screening has shown to decrease the rate of breast cancer mortality, yet Hispanic women have been found to be less likely than Caucasian and African-American women to participate in mammography screening."

While breast cancer mortality rates in the United States have decreased among Anglo-American women, minority women continue to bear disproportionate cancer mortality. Rates of breast cancer for Hispanic women are not higher than for

other ethnic groups, but the disease is typically diagnosed in advanced stages resulting in higher rates of mortality. Late diagnosis leads to more aggressive therapies and less optimal prognoses. The five-year survival rate, after diagnosis, for Hispanic women is lower than for non-Hispanic women.

"Detection of breast cancer in its early stages allows for the initiation of treatment that is less aggressive and more likely to affect a cure," said Dr. Medina-Shepherd. "There is a need to understand the phenomenon behind the health promotion decisions in Hispanic women in order to assist in designing culturally suitable interventions that increase mammography screening and reduce breast cancer mortality in this population."

Through her 16-year span of teaching, Dr. Medina-Shepherd has maintained practice at the bedside or as a nurse practitioner at various clinics in Broward County, Fla. She volunteers at Light of the World Clinic/Clinica Luz del Mundo in Oakland Park, Fla., which attends to the needs of indigent patients in Broward County. She also works per-diem at Urgent Medical Care Clinic in Pompano Beach, Fla.

Dr. Medina-Shepherd earned her Bachelor of Science in Nursing from Pace University in Pleasantville, N.Y. Her graduate work was completed at the College of New Rochelle in New York City, N.Y., and FAU and Barry University, both in South Florida.

College News

Celebrating Accomplishments



DEBORAH RAINES, Ph.D., R.N.C., was inducted as a Fellow in the American Academy of Nursing Education and was also elected as a Distinguished Practitioner in the National Academies of Practice.

A perinatal nurse specialist, Dr. Raines has held nursing practice and academic positions that reflect her passion for neonatal nursing and nursing education.



EUGENIA MILLENDER, M.S.N., R.N., C.C.R.N., a doctoral candidate in the College of Nursing's Ph.D. program, was welcomed into the Minority Fellowship Program of the Substance Abuse and Mental Health Services Administration at the American Nurses Association.

The fellowship will support Millender's doctoral education, enabling her development as a researcher/practitioner addressing substance use and mental health issues for immigrant populations.



ROZZANO LOCSIN, Ph.D., R.N., has been selected as the first recipient of the John Wymer Distinguished Professorship of the Christine E. Lynn College of Nursing for 2009–11. Wymer served as chief executive officer at Good Samaritan Hospital for 34 years and has continually recognized the value of nursing to patient healing.

Dr. Locsin is noted for his work on

public and global health, and international development.



SANDRA GIBSON, Ed.D., A.R.N.P.-C., was selected to receive the International Society of Psychiatric Nursing (ISPN) Research Award for 2009. This award will support her current qualitative descriptive study entitled, "Interpersonal Violence Among Late Adolescent African-American Males."



JOSIE WEISS, Ph.D., F.N.P., P.N.P., B.C., was inducted as a Fellow of the American Academy of Nurse Practitioners (F.A.A.N.P.). The F.A.A.N.P. program was established in 2000 to recognize nurse practitioner leaders who have made outstanding contributions in health care through nurse practitioner practice, research, education or policy development.



DEAN ANNE BOYKIN, Ph.D., M.N., B.S.N., was honored with the 2009 Visionary Caring Science Award by the Watson Caring Science Institute. The Watson Caring Science Institute is a non-profit foundation whose mission is to continue and expand the nature and depth of the work of Caring and healing in health care.

JEAN WATSON, Ph.D., R.N., A.H.N.-B.C., F.A.A.N., founder of the Watson

Caring Science Institute and distinguished professor of nursing and endowed chair in Caring Science at the University of Colorado Denver, presented the award saying, "It is a delight to acknowledge and make public Dr. Boykin's leadership and remarkable success as a dean who is dedicated to sustaining Caring science, theory and philosophy as the foundation of the discipline and profession of nursing."



DR. WEISS AND JILL WINLAND-BROWN, Ed.D., A.P.R.N., F.N.P., B.C., were inducted as Distinguished Practitioners in Nursing at the 2009 Nursing Advancement Professionals (N.A.P.) conference. The N.A.P. is an American Association of Colleges of Nursing-sponsored organization designed for advancement of professionals with responsibilities and interests in areas of nursing philanthropy, public relations, marketing, alumni relations and institutional advancement.

Celebrating Accomplishments



SUSAN CHASE, Ed.D., A.R.N.P., B.C., F.N.P., was honored at the Annual Faith Community Nurse Recognition Luncheon as Faith Community Nurse Educator of the Year. Dr. Chase completed certificate programs as a parish nurse and parish nurse educator and, for many years,

promoted and taught the Faith Community Nurse Basic Preparation Curriculum endorsed by the International Parish Nurse Resource Center



GABRIELLE JEAN-PHILLIPE, a College of Nursing student services administrative assistant, received an award of recognition from the Everglades Area Health Education Center for her participation in the Tobacco Training and Cessation Program. Tasked with scheduling schools

and nursing students, Jean-Phillipe's persistence and organization were integral to the success of the Palm Beach County initiative.



Dr. Cynthia Blum and President John Pritchett

CYNTHIA BLUM, Ph.D., R.N., C.N.E., was honored with FAU's 2008 Faculty Talon Leadership Award. Since 1997, the Talon Awards ceremony has recognized outstanding leaders from the community, alumni constituency, faculty and student body. Chosen from a field of worthy candidates, Dr. Blum typifies excellence in teaching.



Former FAU President, Frank T. Brogan and Lisa Marie Wands

LISA MARIE WANDS, M.S.N., R.N., College of Nursing Ph.D. candidate, received the "Smartest Graduate Owl" award from FAU's Graduate Student Association at the 2008 Graduate Owl Awards ceremony held at the Eleanor R. Baldwin House.

The award recognized academic as well as creative scholarly accomplishments of graduate students.

College Hosts Historic Dialogue with Caring Scholars



(Seated) Sister Simone Roach; Drs. Marilyn Ray, Madeline Leininger; (Standing) Drs. Rozzano Locsin, Marlane Smith, Anne Boykin and Zane Wolf.

The Christine E. Lynn College of Nursing is internationally recognized as a hub for the study and advancement of Caring in nursing, and houses the only Archives of Caring in the world.

Six of the most recognized nursing scholars, whose work has focused on Caring in nursing, recently gathered for a historic dialogue at the college. This event is the first time these scholars had convened for discussions focused on the advancement of Caring in nursing.

The scholars included:

Anne Boykin, Ph.D., M.N., B.S.N.;

Madeleine Leininger, Ph.D., L.H.D., D.S., R.N., C.T.N., F.R.C.N.A., F.A.A.N., L.L.;

Marilyn Ray, Ph.D., R.N., C.T.N.;

Sister Simone Roach, Ph.D., R.N.;

Marlane Smith, R.N., Ph.D., A.H.N.-B.C., F.A.A.N.;

Jean Watson, Ph.D., R.N., A.H.N.-B.C., F.A.A.N.;

and Zane Wolf, Ph.D., R.N., F.A.A.N.

All attendees shared their vision of the future of knowledge development related to Caring and how that knowledge can make a difference in patients' health and the health care system.

In a morning plenary session, more than 200 faculty, students, alumni and community nursing leaders gathered in the College of Nursing auditorium. Dr. Leininger, a prolific author, nominee for the Nobel Peace Prize and one of the first nurse anthropologists,

presented her research on how Caring is expressed in various cultures. For instance, she spoke about the male role of protection in Papua, New Guinea. Dr. Watson, distinguished professor at the University of Colorado, described her consulting work with hospitals throughout the United States that are developing practice models based on Caring. Sister Simone, a prominent Canadian nurse philosopher and author, focused on the sacred acts of Caring in everyday nursing practice. Dr. Wolf, dean of nursing at LaSalle University, urged nursing

administrators to formally incorporate Caring practices into health care policies and processes. Through the story of a colleague's recent experience receiving care for a serious illness, Dr. Ray asserted the importance of preserving the language of Caring in medical information systems. Dr. Smith provided insight into the central place of Caring as a defining

disciplinary attribute. Dr. Boykin shared her vision for the college's Archives of Caring as a repository of primary sources of Caring knowledge that preserve the history and invite the study of Caring for years to come.

The afternoon session was an open dialogue among the scholars, faculty and doctoral students.

“Our hope is that the Christine E. Lynn College of Nursing will be a beacon for those devoted to the study of Caring and living it to touch lives and transform health care.”

**— Dr. Anne Boykin,
dean and professor**

College of Nursing Hosts Visiting Scholars Series

Throughout the 2008–09 academic year, the Christine E. Lynn College of Nursing hosted thought-provoking nursing leaders in the discipline from universities around the world. The visiting scholars lectured and dialogued

with students, faculty, and practicing nurses in formal and informal settings. Participants heard intellectually stimulating commentary on creative approaches to nursing as a discipline.



Margaret Newman
Theory of Health as Expanding Consciousness

In August, the College of Nursing launched the Visiting Scholar Series by welcoming Margaret Newman, Ph.D., R.N., F.A.A.N.

In the early 1970s, Dr. Newman was a leader in the development of nursing theory doctoral and post-doctoral courses at New York University, and later helped to initiate a post-doctoral nursing theory think tank at Pennsylvania State University. In her publication, *Theory Development in Nursing* (1979), she introduced readers to her *theory of health as expanding consciousness*. At the University of Minnesota, Dr. Newman's research reflected a paradigm shift from a traditional scientific study of movement and time perception to a participative, experiential approach consistent with her theory. This shift was elaborated in her book, *Health as Expanding Consciousness* (1986, 1994), and further developed in *Transforming Presence: The Difference That Nursing Makes* (2008).

Dr. Newman's professional papers and artifacts are archived at the University of Tennessee Health Sciences Center Library. In November, she was honored as a Living Legend by the American Academy of Nursing.



Christopher Johns
Reflective Practice

Christopher Johns, R.G.N., R.M.N., Cert. Ed. M.N., visited the Christine E. Lynn College of Nursing in October. He is a professor of nursing at the University of Bedfordshire, England.

Dr. Johns' interest in *reflective practice* began in 1989 while in his practice leadership role at Burford Community Hospital and Nursing Development Unit in Praslin, Oxfordshire, England, where he explored how reflective practice could help nurses develop effective strategies for patient care.

He is the director of a school of guided reflection and narrative inquiry, working with drama and dance teachers, where his practice as a complementary therapist in hospice and community settings gives him the basis for his narratives, performances and teaching. His forthcoming book, *Becoming a Transformational Leader in a Transactional World*, illustrates the use of guided reflection and narrative inquiry in practice.

Visiting Scholars

“The scholars challenged conventional ways of thinking, and explored how nursing practice is evolving and how nursing students and faculty can continually develop the discipline to best serve patients.”

— Dr. Anne Boykin,
dean and professor



Gail Mitchell

Research-Based Drama

In February, the Christine E. Lynn College of Nursing welcomed FAU graduate Gail Mitchell, Ph.D., R.N., B.Sc.N., M.Sc.N., who is a well-known scholar in Rosemarie Parse’s *theory of human becoming*.

Currently, Dr. Mitchell is an associate professor of nursing and theatre studies and director/chair of the York University Health Network Nursing Academy at York University, Toronto, Canada. She is also an adjunct associate professor, recreation and leisure studies at the University of Waterloo, Waterloo, Ontario.

Dr. Mitchell has worked to promote nursing as a unique knowledge-based discipline and has extensive experience as a leader, researcher and advanced nursing practitioner. She has developed research

programs on quality of life for persons living with Alzheimer’s disease and diabetes. She is principal investigator of a study funded by the Social Sciences and Humanities Council of Canada and is evaluating the impact of a research-based drama about living with dementia named *I’m Still Here*.

Dr. Mitchell collaborates with colleagues integrating the arts to advance understanding of person-centered dementia care, acquired brain injury, knowledge translation and care of persons who are homeless. She has been a consultant for an arts-informed conference on patient safety and has co-authored dramatic scripts for educational purposes. Her numerous published topics include nursing knowledge, patient-centered care, quality of life, human becoming theory, the ethics of problem-based care and the value and limitations of evidence-based health care.



Pamela Reed

Theory of Self-Transcendence

Pamela Reed, Ph.D., R.N., F.A.A.N., a professor at the University of Arizona College of Nursing in Tucson, was a fall visitor to the Christine E. Lynn College of Nursing.

Dr. Reed was one of the first in the discipline to study spirituality as an area of scientific inquiry in nursing. She has developed the *theory of self-transcendence* and two widely-used research instruments, the *Spiritual Perspective Scale* and the *Self-Transcendence Scale*. Her research in spirituality, mental health and well-being, and end of life has been strongly influenced by nursing pioneer Martha Rogers’ perspective of nursing and by lifespan development theories. She frequently writes about the philosophical dimensions of nursing and, with colleagues, edits a widely-used textbook, *Perspectives on Nursing Theory*.

Competitive Scholarship Program Addresses Nursing Shortage



*RWJF Mentors
and Scholars*

A groundbreaking national initiative launched by the Robert Wood Johnson Foundation (RWJF) and the American Association of Colleges in Nursing (AACN) aims to help alleviate the nation's nursing shortage by dramatically expanding the pipeline of students in accelerated nursing programs.

The Christine E. Lynn College of Nursing at Florida Atlantic University is among the first institutions in the nation to receive funding from RWJF *New Careers in Nursing Scholarship Program*. Ten, \$10,000 grants through this competitive program were provided to FAU students in underrepresented groups and to those with disadvantaged backgrounds to support their full-time study in nursing.



Andres Sanchez is among the scholarship recipients at FAU and is one of only three males in the accelerated bachelor's of science degree program. Prior to receiving this scholarship, Andres was working 20 to 30 hours per week in addition to his clinical rotations, classes and studying.

*Andres Sanchez,
scholarship student*

The college hopes to leverage the resources of this grant to increase the number of students enrolled in the accelerated baccalaureate nursing program can be increased. Grant funding will also be used to provide mentoring and leadership development for the scholarship recipients.

“The New Careers in Nursing Scholarship Program will increase the number of students who are able to enroll in our program without having to work. Moreover, we will help to address the nursing shortage by enabling these students to launch their nursing careers sooner through accelerated education.”
— Dr. Marlaine Smith,
associate dean for academic programs

“Thanks to this scholarship, I can lessen the hours I work or stop completely so that I can concentrate on my studies,” said Sanchez. ***“Now, I’ll be able to start my career in about six months.”***
— Andres Sanchez,
scholarship student

Involving Doctoral Students in Research

“For me, the opportunity to actively participate on a research team was an unbelievably positive experience in my doctoral education. Not only was my work valued by Drs. Sutton and Raines, but I felt that both professors truly valued me as a person. With their encouragement, support, and mentoring, I have grown to be a better student, nurse and novice researcher.”

— Natalie Murphy,
registered nurse and doctoral student

When faculty members Douglas Sutton, Ed.D., A.R.N.P., F.N.P., B.C., and Deborah Raines, Ph.D., R.N.C., were offered the opportunity to have a research assistant, they jumped at the chance.

With funding from the National Association of Bariatric Nurses and the Iota Xi Chapter of Sigma Theta Tau, Drs. Sutton and Raines already had agreed to undertake a qualitative study of female post-bariatric surgery patients. The goal of the research would be to determine meaning in the individual experiences and choices of women who undergo weight loss surgery.

Natalie Murphy, R.N., a student enrolled in the college's B.S. to Ph.D. program, was assigned to the project.

“The team spent time together in advance to share the guiding framework of the project and to acquaint Natalie with the meaning and process of our research program,” said Dr. Raines. *“Natalie immediately engaged in the process and asked, ‘what can I do?’ Her interest and commitment were obvious.”*

Natalie was responsible for completing the interviews, which consisted of open-ended questions to allow participants to fully explain the thoughts and decisions leading to their surgeries. Data were collected and analyzed over a five-month period. Natalie spent many hours reviewing the data and keeping field notes, which were critical to the integrity of the study.

As the data collection evolved, the phenomena of secrecy and change emerged as a constant and commonly shared experiences. Nursing care concerns during the first year post-surgery were also a consistent finding.

“Since Natalie conducted the interviews, she had a thorough knowledge and understanding of each study participant,” said Dr. Raines. *“She helped us review transcripts and explained what certain comments meant and whether an opinion was one of many or isolated. She went above and beyond the duty of the research assistant position.”*



D.N.P. Students Study Health Care Needs of a Culturally Diverse Community

The first class of students in the new Doctor of Nursing Practice (DNP) program was admitted to the Christine E. Lynn College of Nursing in Fall 2008, and it is already having a positive and direct impact in South Florida through the students' work and connections with culturally diverse communities.

Like many DNP programs around the country, the FAU DNP program prepares advanced practice nurses and nurse administrators with a doctoral degree that focuses on practice leadership. The program is designed for advanced practice nurses to acquire knowledge and experience in developing and evaluating innovative practice models and care for population groups in their own practice settings.

Unique to the Christine E. Lynn College of Nursing, though, is the emphasis on caring for an aging, culturally-diverse population. Students experience working with ethnic groups to design systems of population-based health promotion. These systems can then be implemented to improve global health using multidisciplinary approaches that demonstrate cultural competence.

Funded by a grant from the Department of Health and Human Services, Health Resources and Services Administration (HRSA), the program incorporates a unique requirement for all students in their Spring 2009 semester class. Each student selected an underserved culturally diverse community in South Florida for an immersion learning experience. Students worked with two public elementary schools in Lake Worth and Lantana, a health care clinic in Jupiter, the YMCA, a free health clinic in Fort Lauderdale and Allegany Franciscan Ministries in West Palm Beach.

One DNP student focused on the Lake Worth Resource Center, a supervised center that allows registered day laborers to meet with contractors to obtain work for wages. Among other programs, the center provides counseling and health education to center-registered day laborers and their family members. Most participants are from Guatemala.

After spending time with these families, nurses quickly learn about the prejudices, and language and cultural barriers they face while attempting to stay healthy and gain access to health care.



Preparing Nurses Called to a Holistic Practice

The health care system often is described as fragmented, complex, inefficient and dehumanizing. Between 40 and 65 percent of the U.S. population uses alternative or complementary therapies, and there is increasing evidence that many of these therapies can be helpful to persons experiencing illness or wanting to stay healthy. Many nurses see the value of incorporating these therapies into their practices in hospitals, long-term care and primary care.

“When nurses discover complementary therapies for healing and growth, such as massage, Reiki or aromatherapy, they often feel they have ‘come home’ to a more natural way of nursing,” said Marguerite Purnell, Ph.D., R.N., A.H.N.-B.C.

Dr. Purnell is the coordinator of one of the college’s newest programs, the Advanced Holistic Nursing Program. If approved by FAU in Fall 2009, the Advanced Holistic Nursing Program will be one of only seven such degree programs available in the nation.

The program of study consists of 42 credit hours leading to a master of science degree in nursing. Grounded in a philosophy of Caring, this advanced practice focus in holistic nursing follows the American Association of Colleges of Nursing’s (AACN) Essentials of Masters Education for Advanced Practice Nursing and the American Holistic Nurses Association (AHNA) Standards and Core Values for Advanced Holistic Nursing.

Faculty who are known for their expertise and scholarship in holistic nursing will guide students in reflective practice and in developing their expertise in selected practice areas. Students may choose to develop nursing expertise in one of three focal areas: mind-body practices, manipulative and body-based practices, or energetic healing practices. Full- and part-time study is available, with courses conveniently offered through online and intensive class formats. Opportunities are available for practice in College of Nursing Centers and other community-based locations. Graduates of this program will be able to sit for Board Certification in Advanced Holistic Nursing (AHN-BC).

“Holistic nurses emphasize the care of the whole person in the context of their health situation, whatever it may be. They engage with persons, families and communities on their unique healing journeys,” said Dr. Purnell. *“The focus of our program is to enable nurses to respond from among a wide horizon of holistic modalities in their Caring nursing practice.”*

Preventing Tobacco Use In Middle School Aged Children

Each day in the United States, approximately 3,600 youth between the ages of 12 and 17 years initiate cigarette smoking, according to the Centers for Disease Control. An estimated 1,100 youth become daily cigarette smokers. Despite decades of anti-tobacco use advocacy in the media, preventing tobacco use among middle school aged children is a battle being fought in schools, churches, and communities throughout the country.

“We learned so much information, and we can tell other people”

In Florida, the Area Health Education Center (AHEC) Tobacco Training and Cessation Program equips health professional students with up-to-date information and customized tools to teach middle school students about tobacco use prevention. The program focuses heavily on middle school-aged youth because of the likelihood that adolescents will experiment with tobacco, the targeting of this population by the tobacco industry, and the lack of knowledge on the harmful effects of tobacco use.

During the 2008–09 academic year, 58 Christine E. Lynn College of Nursing accelerated and traditional undergraduate nursing students provided tobacco prevention education to 1,238 middle school children in 11 schools in Palm Beach County in a funded collaboration with the AHEC.

The college’s students were trained to use a variety of interactive games that taught lessons regarding tobacco use. Evaluations by the middle school students of all the presentations were excellent, and the nursing students received enthusiastic thank you letters from the students.

The program was possible through collaborative efforts of Marilyn Leeds from AHEC; Mary Ellen Hodges Wright, College of Nursing director of undergraduate nursing programs; and Kelly White, M.S.N., F.N.P.-B.C., College of Nursing undergraduate clinical coordinator. Due to its outstanding success, the program received renewed funding for the 2009–10 academic year.



“We had tons of fun and learned the dangers of chewing and smoking tobacco.”



Novice Nurse Leadership Institute Impact Continues

Entering the workforce as a new nurse is both exciting and tumultuous. “The first year on the job is challenging for new nursing graduates,” said Susan Dyess, Ph.D., R.N. “Unfortunately, some may choose to leave the profession. The attrition is costly and impacts patient care.”

To reduce turnover in the first year of practice and nurture new nurses, Susan and her colleague, Rose Sherman, Ed.D., R.N., N.E.A.-B.C., C.N.L., Robert Wood Johnson Executive Nurse Fellow, developed the innovative Novice Nurse Leadership Institute (N.N.L.I.).

Now in its third year, the N.N.L.I. has evolved into a unique education/practice partnership between the Christine E. Lynn College of Nursing and 13 health care providers, with renewed funding from Palm Healthcare Foundation.

The program addresses many of the transition challenges for new nurses as they work to function safely and effectively in the practice setting while, at the same time, it develops the next generation of nurse leaders.

During the year, novice nurses participate in 20 educational workshops with leadership-related content and undertake an evidence-based project that impacts their practice settings. The nurses are encouraged to reflect upon and share nursing situation stories, and seek solutions to challenges faced in the midst of providing support for each other. In addition, each nurse is matched with a mentor/coach from his or her organization who offers guidance and provides leadership opportunities such as involvement in committee work.

“We realize the transition for nurses in their first year of practice is a local as well as a national quandary,” says Dr. Dyess. “The idea is to create meaningful change in our community that addresses that issue. At the end of each year, the nurses tell us that they feel confident and supported, and that their original vision of nursing was restored.”

FACT: The N.L.L.I. is a yearlong educational and support program designed to help bridge the gap between completing college and entering the workforce. Mentors aim to strengthen competency, provide support and develop future nurse leaders.

Developing a Research Program through National Institute of Nursing K01 Support: Providing Culturally Competent Care for Young Caribbean African Americans



The Caribbean population — which includes people from the Bahamas, Barbados, Cuba, Trinidad, Tobago, Guyana and Jamaica — is the second largest immigrant group in South Florida. The incidence of HIV/AIDS among the Caribbean African-American people in South Florida constantly challenges the health care community to reconsider prevention efforts.

Until now, very few studies have examined the Caribbean population. Cynthia Archibald, Ph.D., A.R.N.P., received a K01 Mentored Research Scientist Award to develop a program of research in HIV/AIDS intervention for Caribbean African-American youth. John Lowe, Ph.D., R.N., is Dr. Archibald's primary sponsor, and Loretta Jemmott, Ph.D., R.N., F.A.A.N., from the University of Pennsylvania, and Patricia Liehr, Ph.D., R.N., are co-sponsors. Specifically, the study seeks to identify and describe knowledge and attitudes toward HIV/AIDS and risky sexual behaviors in Caribbean African-American female adolescents.

Dr. Archibald has conducted focus groups in churches throughout Broward and Miami-Dade counties and asked questions such as:

- "What do you know about HIV/AIDS?"
- "How would a friend's diagnosis of HIV affect your friendship?"
- "Why do your peers engage in risky sexual behaviors?"

Dr. Archibald found that adolescents abstained from sexual activity mainly because of parental fear and church teachings.

Some had accurate knowledge of HIV/AIDS, but all expressed reluctance to share space and personal items with an HIV/AIDS-infected friend. Sharing personal items with a close friend is a common Caribbean practice, so this unwillingness suggests a need and direction for further inquiry.

The study results begin to create a foundation of knowledge about Caribbean culture that can influence culturally competent care. In addition, the results extend knowledge by describing an association between religious involvement, parental influence and behavior in this group of adolescents.

"As one becomes sensitive to the Caribbean African-American values, one is able to listen and understand the stories of patients from the

Caribbean in a nonjudgmental manner," said Dr. Archibald. *"If caring is to take place, the nurse's authentic presence is necessary because only then will the nurse be able to truly come to know the person. Once nurses set aside preconceptions, they can directly or indirectly enter the world of the patient, and understand and anticipate special needs."*

"This K-award is allowing me time to develop my research program so that I can really make a difference for Caribbean African-American adolescents."

— Dr. Cynthia Archibald

Pursuing
Independent
Research through
American Nurses
Foundation
Support:



Developing an Instrument to Measure Horizontal Violence among Staff Nurses

Most people think of bullying as something that happens on an elementary school playground. But research by Joy Longo, D.N.S., R.N.C., has shown that some nurses are bullying each other in the practice setting.

Called horizontal violence or “nurses eating their young,” the types of behaviors most frequently encountered are verbal or emotional abuse that can include talking behind one’s back, belittling a colleague in front of others, withholding information or chance for promotion and purposefully leaving a colleague out of group activities

In her first study, Dr. Longo focused on students.

“Some students did not report incidences of horizontal violence to their instructors, so it is important that the faculty be cognizant that such behaviors can occur and establish open communication to assist students in dealing with such behaviors,” said Dr. Longo.

Horizontal violence is not a new phenomenon, but most organizations have not acknowledged its existence. The Joint Commission and hospitals are beginning to recognize disruptive behavior among all healthcare workers as a serious workplace issue that could be negatively affecting patient satisfaction and safety. Although horizontal violence is disruptive behavior that is most associated with nurses, hospitals are planning and implementing policies and training programs to resolve the issue for the entire workforce.

Dr. Longo received the American Nurses Foundation/Julia Hardy RN Award to develop an instrument to measure horizontal violence among staff nurses. Her collaborator is Adam Dobrin, Ph.D., professor and chair of FAU’s department of criminology and criminal justice and director of the Community Justice Institute.

“We have not had a good way to measure horizontal violence among staff nurses,” said Dr. Longo. “If nursing administrators are charged with changing workplace behavior, they have to know whether or not they are successful. In this research I am developing an instrument to measure improvement. It is an essential step prior to creating and testing innovative interventions.”

A culture of zero-tolerance for horizontal violence is the leadership approach advocated for prevention. Dr. Longo is pursuing approaches to support caring nurse-to-nurse interaction.

Studying Gentle Massage and Simple Touch for Improving Pain for the Terminally Ill

"This has great implications for nurses and other caregivers. Our participants told us that both forms of touch were soothing, comforting and relaxing. They described the special interaction with another person who provided touch as being like a 'sanctuary,' a space where they could relax, reflect, and connect. Simple touch with a Caring intention is something anyone can offer to someone who is suffering, and based on these findings, we should."

— Dr. Marlaine Smith,
Helen K. Persson Eminent Scholar,
professor and associate dean for
academic programs

As terminal illness — such as advanced cancer — progresses, care often changes from focusing on a cure to providing comfort and improving quality of life. Serious physical pain and emotional distress are common problems for persons with advanced cancer, and some seek relief through complementary modalities, such as massage.

"Bringing comfort and relief to patients is literally at our fingertips," said Marlaine Smith, R.N., Ph.D., A.H.N.-B.C., F.A.A.N. *"We've had some evidence that massage has been effective in decreasing anxiety and in relieving symptoms related to advanced stages of cancer, but what we didn't know is that simple touch is also effective. This research provided this evidence."*

Dr. Smith was a co-principal investigator on a study titled, "Massage Therapy versus Simple Touch to Improve Pain and Mood in Patients with Advanced Cancer." Until this study was conducted, little had been known about the effectiveness of touch for people with advanced cancer.

The study suggested that gentle massage may temporarily relieve pain and improve the mood in people who are terminally ill with cancer, better than simple touch. Dr. Smith and her colleagues recruited into the study 380 patients with advanced cancer in hospice care who had at least moderate pain. The patients were randomly assigned to one of two treatment groups: one that received up to six massage sessions over two weeks, and one that received sessions involving the same number of sessions of simple touch.

For simple touch, a non-professional placed their hands on 10 particular areas of the patient's body — the shoulder blades and lower back, for example — for three minutes at each area. Gentle massage was performed by a massage therapist according to a standard procedure. Both groups used unscented massage cream, but no music or scented oils. Therapists in both groups were instructed to limit conversation to providing instructions or responding to therapy-related questions.

Researchers found that patients in the simple touch and massage groups reported immediate improvements in pain and mood, but the benefits were greater in the massage group. After two weeks of treatments patients in both groups reported improvement in pain and distress from symptoms, and there was no increase in the use of medications. Over the long term, massage was no better than simple touch.

Appreciating How Rural Teens Avoid Pregnancy

To promote safe sexual decision-making in adolescents, communication between parents, other significant adults, and teens is essential. Being knowledgeable about factors that influence the choices of adolescents and being willing to discuss them openly is an important component of nursing practice, and could make a difference in the lives of many teens.

Since 2005, the rate of teen pregnancy and births in the United States has begun to climb after a steady decrease during the previous 14 years. The numbers are higher in rural communities in the Southeast than most other parts of the country, and Okeechobee — a small town in the heartland of Florida — is no exception. With a population of about 40,000, the rural county has had the highest rates of teen births in 13- and 14-year-olds for several years.

While working in an environment with incarcerated adolescent females in Okeechobee, Josie Weiss, Ph.D., F.N.P.-B.C., P.N.P.-B.C., became concerned about the sexual choices these teens made, and sought to understand them better. In a study with this population, Dr. Weiss found that the participants *normalized* risky behaviors and made high-risk sexual choices.

She began to interact with leaders from various community agencies, including health care providers in the community and public health system, school administrators, church leaders and local organizations to address the rural teen pregnancy problem.

"Most of these community leaders recognized the rural teen pregnancy problem but struggled to understand the causes," said Dr. Weiss. *"My research is an effort to hear and respect the voices of teens. If we can understand the choices teens make, we can develop more effective strategies to prevent teen pregnancy."*

In another study with females attending the ninth grade in the rural community, the participants saw beyond the immediate appeal of risky situations and made low-risk choices. From her research, Dr. Weiss has developed the "Theory of Adolescent Sexual Decision

Making Influencing Teen Pregnancy" to be used as a guide for further research in this area.

Determining the most effective ways to prevent teen pregnancy can be controversial, with some persons preferring abstinence-only programs and others favoring comprehensive sexual education courses.

"We cannot ignore this important issue. All teens are at risk for becoming pregnant. If we can help teens focus on their future hopes and dreams, rather than risky choices that are often quite appealing, we might be able to make a difference," said Dr. Weiss.

She believes that a future focus, coupled with open, honest conversations about safe sexual choices, represents a promising new approach to more effective teen pregnancy prevention.





COACHING THE CAREGIVER

How to Best Communicate with a Spouse Suffering from Alzheimer's Disease

An estimated 5.2 million Americans have Alzheimer's disease, and by 2050, this number is expected to range from 11 to 16 million. Counseling and social support are important to help families and caregivers deal with the everyday stressors — especially for the spouse of the person suffering from the advanced stages of memory loss.

Spouses comprise the largest group of caregivers and have unique needs that must be addressed separately from other family caregivers. Healthy communication between older adults with Alzheimer's disease and their spouse caregivers is critical to their well-being, yet conflict and distress often develop in these relationships. The spouse with Alzheimer's disease experiences declining ability to communicate with their loved one as the illness progresses. This communication breakdown is frustrating and stressful for both marital partners.

Christine Williams, D.N.S., C.N.S., B.C., studied marital relationships in older couples when a partner is diagnosed with dementia, including Alzheimer's disease. As part of the study, titled, *"Communication Intervention for Dementia,"* 15 couples received 10 weekly, in-home sessions of a communication intervention. The sessions included caregiver education using a program manual developed for the study and supervised practice. Each session was designed to assist caregivers to better understand their spouses' declining communication abilities, and to develop new approaches

for communicating effectively. The goal for the person with Alzheimer's disease was to maintain communication abilities as long as possible.

"An underlying assumption of the study is that it is possible to have a positive impact on the marital relationship despite the effects of a devastating illness such as Alzheimer's disease."

— Dr. Christine Williams

"By studying communication outcomes, marital interaction and mental health outcomes before and after treatment, we seek to offer proven strategies to couples," said Dr. Williams. "Our long-term goal is to improve family relationships, and to delay or prevent institutionalization of community-dwelling persons with Alzheimer's disease."

Caregiver education

Aging Program to Explore Improved Care and Quality of Life for the Elderly

“The projects we undertake will build upon our current knowledge, but they will take it a step further by looking at care transition and other health issues. For example, we may gather information on what took place and what did not take place during a patient’s transition, which may have contributed to them having to return to acute care. The exciting outcome of all of this is that we will know more about important aspects of health care and lifestyle that may reduce the chance of developing chronic illnesses and their complications, or memory disabilities. The information will improve the quality of aging.”

— Ruth Tappen, Ed.D., R.N., F.A.A.N.,
professor and Christine E. Lynn Eminent Scholar.



To study improvements in quality of life and quality of health care services for older adults, the Christine E. Lynn College of Nursing will join the Charles E. Schmidt College of Biomedical Science and other FAU colleges in conducting research via a new program on aging. The multidisciplinary program will involve collaboration with other university partners, local organizations, and older adults and their caregivers in the community.

Conceptualized by Richard Reynolds, M.D., with a grant from the Robert Wood Johnson Foundation, the program will be directed by Joseph Ouslander, M.D. Dr. Ouslander is a professor in the College of Biomedical Sciences and the College of Nursing and an internationally renowned geriatrician and geriatric researcher. He has research interests in the quality of long-term care, and is working with a multidisciplinary team to develop and conduct major projects and studies, including:

1. A longitudinal study that will focus on the keys to successful aging in the older population in the South Florida region. This study will explore the science of how people can live better and longer, what health care professionals can do to contribute to quality aging and what older people and their caregivers can do to enhance the quality of their aging.
2. A series of research projects examining the quality of health care services for older adults who are transitioning between different settings of care. This will include moving from a hospital to a home and from a long-term care facility to a hospital. Specifically, these studies will aim to improve the transition between care settings and the specific processes that nurses engage in to smooth these transitions.
3. Educational initiatives for students, health professionals and the lay public.
4. Development of model clinical care programs, including inpatient hospital consultation, outpatient geriatric assessment, and care in post-acute care settings.



Reassuring Caregivers about Head Lice through Research

“Head lice infestation” is a phrase that most parents dread thinking about, or even worse, experiencing with their children. The truth is that head lice infestation is a worldwide phenomenon that affects people of all ages. A number of children experience persistent head lice infestations lasting weeks, months or years.

Shirley Gordon, Ph.D., R.N., understands. She studies persistent head lice and the impact of caring for children with persistent head lice on parents and caregivers. Dr. Gordon was the first researcher in the country to identify and define the phenomena of persistent head lice, and to study the physical, social and psychological effects of head lice on the family.

In one study, Dr. Gordon obtained data through participant observation and in-depth interviews with a sample of 20 parents/caregivers of school-age children with persistent head lice. She identified a four-stage process of shared vulnerability experienced by parents as they care for children with persistent head lice. The four stages included (a) being ostracized, (b) losing integrity of the self, (c) struggling with persistence, and (d) managing strain.

Dr. Gordon found that stress associated with head lice was a serious problem.

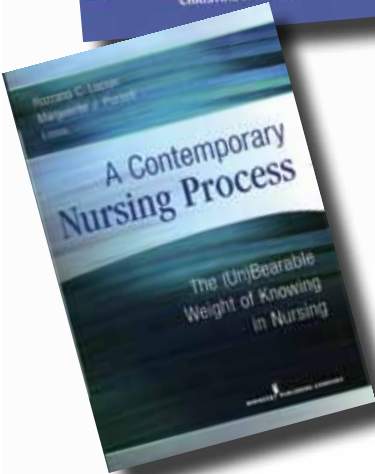
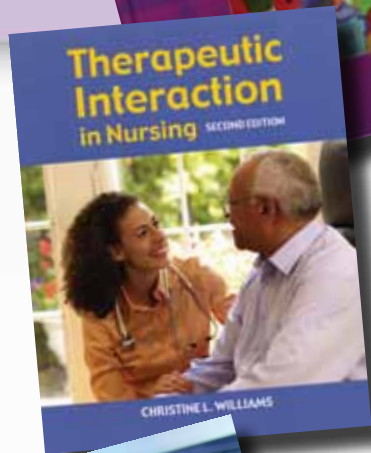
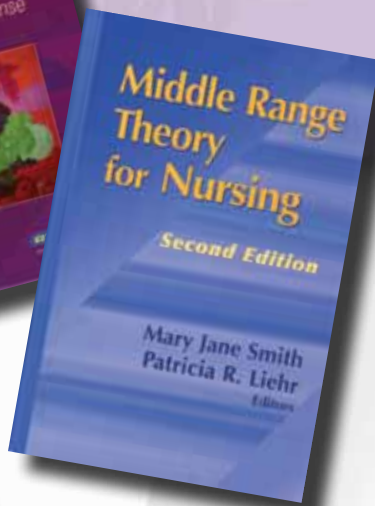
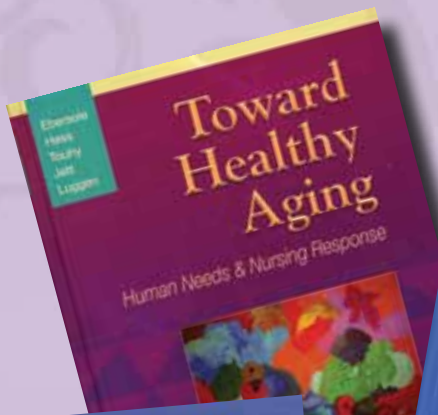
“Caregiver strain emerged as the basic problem in caring for children with persistent head lice,” said Dr. Gordon. “Parents and caregivers in the study experienced stress from the moment their children were diagnosed with head lice, throughout treatment efforts, and long after their children’s head lice infestation had ended.”

She has received funding to support the development of a caregiver strain index, which will be used to determine the level of caregiver strain, and the effectiveness of nursing responses. By sharing research findings and the latest in treatment methods with parents, Dr. Gordon seeks to reduce the stress and stigma associated with children’s persistent head lice cases.

“You just can’t imagine how stressful head lice is! It takes over your whole life.”

— Mother of a child with persistent head lice

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Transforming the Health Care Organization through Caring Values

Anyone entering the Christine E. Lynn College of Nursing's Boca Raton building is greeted with a representation of The Dance of Caring Persons depicted on the floor of the lobby. This artistic rendering is more than an appropriate greeting: It is a daily reminder of the college's focus, purpose and approach to nursing and to daily life.

Guiding the philosophy and objectives of the College of Nursing is one prevailing concept: Caring. It is Caring that informs how nursing is studied and practiced and how students, faculty and graduates interact with others throughout their lives.

Those involved with the college study Caring as lived in the ordinariness of life and as a central domain of nursing. Each individual is recognized as caring and uniquely connected with others and the environment. Every interaction with others is an opportunity to demonstrate and live this Caring philosophy. The focus is on the person(s) nursed and the special contributions of nursing to nurturing the wholeness of persons and environment through caring.

For health care organizations, such as hospitals, the fundamental difference between The Dance of Caring Persons model and a traditional bureaucratic model is the way people within the organization relate to one another, to patients and to their families. The Dance evokes an

image of a circle; each individual in the dance is making a special and unique contribution to the organization. No one person's role is more important than another's. Each person and their role is valued and recognized as essential to supporting the mission and goals of the institution. The circle engenders a way of being with each other that is respectful, honoring and celebrating.



Transforming Care through Practice

The College of Nursing is collaborating with St. Lucie Medical Center (SLMC) to evaluate the impact of intentionally grounding a health care organization in Caring values. SLMC, a 194-bed for-profit hospital, decided to address current organizational challenges through embracing Caring values.

Previously, two similar projects conducted by college faculty demonstrated that using the Caring-based nursing theory enhanced patient and nurse satisfaction and transformed the culture of the practice environment. The college and hospital team recognized that traditional practices to solve problems were often short-term, resulting in isolated performance improvements.

“Some hospitals remain sharply focused on the ‘business model’ of care to solve organizational issues. We believe, however, that this traditional focus does not and will not successfully address the challenges facing health care today and in the future,” said Anne Boykin, Ph.D., M.N., B.S.N., Nursing as Caring theorist and dean and professor of the College of Nursing. “There is a vital need for a model of care that is grounded in Caring values and reflects a commitment to knowing what matters most to those nursed, as well as to all those whose everyday work contributes to accomplishing the mission of the organization.”

Evolving Caring-Based Values

The SMLC nursing department realized early on that all areas of the organization must be involved in system change. All levels of leadership within the hospital engaged in dialogue about the possibility of implementing a project with Caring values guiding the entire system. The organization decided to do just this while the nursing department continued to implement Nursing as Caring theory as a foundation for nursing practice.

Transformation requires the commitment and involvement of all healthcare professionals, across all disciplines.

The first meetings began by engaging the leadership team in dialogue about the meaning of Caring values to the organization, and how best to implement these values hospital wide. Nancy Hilton, M.N., R.N., SMLC chief nursing officer, decided to begin dialogues on knowing oneself as a caring person with those in senior leadership positions, including the chief executive officer, chief financial officer, chief operating officer and all vice presidents and directors. Each leader was invited to write and share a story that illustrated the concept of living caring.

Definitions of Mayeroff’s Major Ingredients of Caring

Knowing	Includes explicit, implicit and direct and indirect knowing, all related to helping the other grow.
Alternating Rhythm	The ability to move back and forth between widening and narrowing viewpoints.
Patience	The active participation with another; giving the other time and space to grow.
Honesty	The genuineness and openness to truly see self and others.
Trust	Allowing self and other to grow in their own time and at their own pace.
Humility	Always being willing to learn more.
Hope	The realization of the moment alive with possibilities.
Courage	The willingness and ability to take risks; to go into the unknown.

Footnote: Mayeroff M. *On Caring*. New York, NY: HarperCollins; 1972:19-34.



This human circle surrounding the hospital captures an explicit commitment to living Caring values.

Commitment to Caring

SLMC continues to embed Caring values throughout all departments and disciplines in efforts to make sustainable differences. A systematic study of patient and staff outcomes is underway to identify the changes that have occurred through this shift to Caring-based values. Four major committees, chaired by those in leadership positions but involving the participation of all in the organization, are focused on addressing the future unfolding and evaluation of this Caring-based model.

Today, SLMC has an “Invitation to Caring” posted on its Web site.

“Caring is an innate human quality, and that is the goal of nursing. We know that a caring focus is what sets us apart,” said Hilton. “Our departure from the traditional method of providing nursing care is crucial in today’s health care environment. Nursing at SLMC is at the threshold of transforming care and improving patient outcomes.”

During National Hospital Week, SLMC employees expressed a very personal, poignant and lasting expression of their commitment to living Caring. The hospital placed an advertisement in a local paper inviting the community, employees, patients and patients’ families to join in a “Dance of Caring Persons” by forming a circle embracing the hospital. At the heart of this gathering is a belief in the importance of knowing self and others as caring. Through the commitment to nurture and support that which matters, impersonal systems of health care have the potential to be transformed at the organizational level into humane systems providing excellent care.



ARTFUL MEMORIES

Class Paintings Provide Inspiration for Cancer Patients

Master art teacher Patricia Saldon's students come from all walks of life. They are retired business owners, physicians, school teachers, principals, parents and grandparents. What makes her students unique is that each of them has a mild to moderate memory disorder, such as Alzheimer's disease, and many had never painted prior to attending her class.

Patricia teaches the "Artful Memories" class at the Louis and Anne Green Memory and Wellness Center. Her students regularly attend the Adult Day Center program there.

Recently, 20 of Patricia's art students were selected to participate in a special project for the new Harvey and Phyllis Sander Pavilion of the Eugene M. and Christine Lynn Cancer Institute at Boca Raton Community Hospital. A hospital volunteer had admired a previous art exhibit of the Memory and Wellness Center students and believed that an exhibit at the new cancer institute would be an exemplary community collaboration. In addition, the volunteer recognized the potential for the art to be inspirational given that the paintings are often bright and cheerful, though created by persons with a chronic disease and disability.

Twenty-six paintings were chosen for the exhibit and are now prominently displayed at the cancer institute. The

participants were invited to the cancer institute's open house and were extremely honored to have their work on display for all to see.

"Our Day Center participants thoroughly enjoy the 'Artful Memories' classes," said Denise Sparks, Ph.D., director of the Memory and Wellness Center. "Creating beautiful paintings enhances the participants' self esteem and adds a sense of accomplishment to their day."

A generous grant from the Rita J. and Stanley H. Kaplan Family Foundation, Inc. made the cancer institute exhibition possible by funding Patricia's art instruction and class supplies, including paint, canvases, brushes and frames

"Painting exercises your brain because you have to put ideas down on paper."

— "Artful Memories" class participant



Through Practice

Guiding Palm Beach County Families through Living with Diabetes



Diabetes is America's fastest growing disease. In Palm Beach County alone, nearly 100,000 residents have diabetes, and approximately 250,000 more are at risk. Local health care organizations have long been envisioning a way to provide support and educate local families about diet, exercise, glucose monitoring, insulin injections and more.

The Mollie Wilmont Diabetes Center, supported by the Palm Healthcare Foundation, combines research, education and treatment to confront the growing diabetes epidemic and provide support for children and adults of all ages who may be at risk of diabetes, have diabetes or are at risk of complications of diabetes.

The Community Wellness Center Program of the Christine E. Lynn College of Nursing, along with the Gregory School of

Pharmacy at Palm Beach Atlantic University and Palm Healthcare Foundation, have partnered to turn vision into reality with the Diabetes Education Research Center.

The center is directed by Advanced Practice Nurses who are Certified Diabetes Educators in collaboration with specialists in pediatric and adult endocrinology, pharmacy, social work, podiatry, nutrition and exercise. Together, these health care professionals teach children and families the best ways to care for themselves. The center provides multidisciplinary opportunities for teaching and research

Over 8,000 persons in Palm Beach County receive health care and social services annually through the Community Wellness Centers initiative. Programs like the Diabetes Education Research Center foster collaboration with health care providers, foundations and government entities to provide care for children and families in multi-cultural, underserved communities throughout Palm Beach County. This collaboration is an excellent example of how FAU's Christine E. Lynn College of Nursing extends its philosophy beyond the campus to nurture the community.

Swedish Nursing Scholars Visit College of Nursing

Two international nursing scholars from Malardalen University in Sweden visited the Christine E. Lynn College of Nursing during 2008–09.



GABRIELLA ENGSTROM, Ph.D., R.N., R.N.T., is vice dean at the School of Health, Care and Social Welfare at Malardalen University in Sweden. She studied at the College of Nursing during the fall and spring semesters.

In Sweden, Dr. Engstrom's research focuses on male, lower urinary tract symptoms. She has written about the prevalence, distress and quality of life related to this condition. In addition, Engstrom is conducting a study on the implementation and evaluation of music therapy for people with dementia. The objective of the project is to measure and describe how music therapy influences persons with dementia and their caregivers during morning care situations, and to describe the caregivers' experiences using this type of therapy.

The goal of Dr. Engstrom's visit was to establish new research contacts, and discuss future student and faculty exchanges between the College

of Nursing and Malardalen University. She participated in lectures and discussions, and dialogued with faculty about course design regarding how to attract new students to graduate programs.



CECILIA RYDLO, R.N., R.N.T., M.S.c., is a doctoral nursing student at the School of Health, Care and Social Welfare at Malardalen University, and School of Health and Medical Sciences at Orebro University in Sweden. She studied at the College of Nursing during the fall semester and participated in the course, "Caring: An Essential Domain of Nursing Knowledge." The objective of Rydlo's current doctoral studies is to investigate the development of Caring knowledge by nursing students during their nursing education.

Rydlo's goal for her visit was to learn about developing Caring knowledge through experience and dialogue with faculty and students.

Theris Touhy Studies in Scotland with Fulbright Senior Specialist Grant



Theris Touhy, D.N.P., G.C.N.S.-B.C., was awarded a Fulbright Senior Specialist grant to study at the University of the West of Scotland. Fulbright grants provide funding for postgraduate study, research, lecturing and/or professional development.

Dr. Touhy was awarded a grant to look at public and global health issues, and elected to work with Angela Kydd and her colleagues at the School of Health, Nursing and Midwifery in Scotland. The purpose of the visit was to provide a forum for an exchange of ideas to foster developments in gerontology. It also served to promote possible collaboration on innovative programs of study and exchange that will increase interest and preparation in care of older adults. Academic activities included lecturing, information sharing and gathering, and collaborative working and networking with academics and clinicians from the University of the West of Scotland and other institutions in Scotland.

“While the issues may be different in different countries, students, faculty and researchers in gerontology around the world are committed to enhancing the quality of life for all older people.”

— Dr. Theris Touhy

“Reaching out to our colleagues in different countries to share best practices and create innovative models of care enriches our practice and expands our often ethnocentric perspective,” said Dr. Touhy. “Ongoing dialogue provides us with evidence-based knowledge to expand our thinking and generate new ideas for improvement of care. It was very exciting to me that education in gerontology and clinical practice with older people in all disciplines in the United Kingdom is much more highly valued than in the United States. We need continued efforts to stimulate interest and preparation of our health care professionals to meet the demands of a growing, older adult population.”

TRANSFORMING HEALTH CARE FOR CHILDREN IN UGANDA



Ugandan nurses preparing a nutrition lesson for children.



A bus transports nurse faculty and students to the Nursing Wellness Center.



Charlotte Barry poses for a photo with MUST graduate students.

Uganda is an East African country with a population just under 27 million. The World Health Organization has ranked its health care system as one of the worst in the world with life expectancy averaging 44 years. More than 50 percent of the population has no access to health care. Malnutrition and diseases such as HIV/AIDS, malaria and lower respiratory infections are common causes of death.

Five years ago, an innovative Model of Health Care delivery was undertaken at the Nursing Wellness Center, Katate/St. Mary's Primary School at Mbarara Uganda. The center was originally developed by Rozzano Locsin, Ph.D., R.N., in collaboration with the faculty of Mbarara University of Science and Technology (MUST) School of Nursing. Dr. Locsin was supported by Fulbright Funding to accomplish this work.

More recently Charlotte Barry, Ph.D., R.N., traveled to Mbarara to continue the work begun five years ago. She found that the Community Nursing Practice Model (CNP), introduced to guide nursing practice at the center, fostered competent, compassionate and respectful care. The Wellness Center improved access to health care and made a positive difference in the lives of the students, faculty and community members in the villages surrounding the school.

Ugandan nurses described a change in thinking attributed to collaboration with Christine E. Lynn College of Nursing colleagues. Nurses learned to "think big" and understand their patients as whole persons.

The success of the school-based center is best described in the words of one of the parents: "Most of the children had malnutrition or certain diseases before, and now the children are looking healthy. They learned the purpose of feeling well."

Many College of Nursing faculty and doctoral students have actively participated in this ongoing work in Uganda. Rhonda Lesniak, Ph.D., A.R.N.P., F.N.P.-B.C., N.C.S.N., is one of the doctoral students who visited Uganda. When she returned to South Florida, Dr. Lesniak formed a not-for-profit organization as a vehicle to support and sustain the delivery of compassionate nursing care at the Katate/St. Mary's School-Based Wellness Center.

Gail Mitchell (BSN '84)

Distinguished Alumna, Distinguished Scholar



GAIL MITCHELL, Ph.D., R.N., B.Sc.N., M.Sc.N. (BSN '84) was honored by faculty and administrators at the Christine E. Lynn College of Nursing's most recent Distinguished Alumna awards event by the Florida Atlantic University National Alumni Association.

Currently, Dr. Mitchell is an associate professor of nursing and theatre studies and director/chair of the York-University Health Network Nursing Academy at York University, Toronto, Canada. She is also an adjunct associate professor, recreation and leisure studies at the University of Waterloo, Waterloo, Ontario.

"FAU's College of Nursing helped shape my career through faculty who inspired me to reach for new horizons in human Caring and nursing inquiry. For me, FAU epitomizes caring scholarship, collegiality, integrity, and possibility. FAU faculty are providing global leadership and transformative Caring practices. It has been an honour and a blessing to be involved with FAU, and even after 25 years, I still look to the faculty and leaders in the College of Nursing for inspiration and scholarly direction."

– Dr. Gail Mitchell, alumna

Kevin Huckshorn (BSN '83)

Honored as Psychiatric Nurse of the Year



KEVIN HUCKSHORN, Ph.D., R.N. (B.S.N '83) is a champion of efforts to reduce use of seclusion and restraint in mental health settings, and in Fall 2008, she received the American Psychiatric Nurses Association Psychiatric Nurse of the Year award.

Currently, Dr. Huckshorn is director of the office of Technical Assistance at the National Association of State Mental Health Program Directors where she manages the National Technical Assistance Center for State Mental Health Planning.

She co-authored with William A. Anthony Principled Leadership for Mental Health Systems and Programs, which addresses the role and importance of leadership in mental health services through eight principles of leadership. She is a licensed and certified mental health and substance abuse clinician and is a renowned trainer and speaker.



ALUMNI SOCIETY

In 2007, the Christine E. Lynn College of Nursing became the first college of Florida Atlantic University to create its own alumni constituency group, the FAU Nursing Alumni Society.

Many exciting programs and events have taken place since that time. The Nursing Alumni Society offers wonderful opportunities to stay connected with the College and fellow classmates. Alumni can become mentors through the Society's Mentor Connector Program or help plan alumni outreach and fund-raising activities by becoming a member of one of the Society's standing committees. Future nurse leaders can gain valuable leadership experience by becoming an officer of the Nursing Alumni Society's Executive Committee.

We invite you to participate and help us continue the tradition of Caring! Please register your information on the College Web site: www.fau.edu/nursing. To learn more, call (561) 297-4194, stop by the Nursing Alumni Society office, Room 316, in the Christine E. Lynn College of Nursing, or e-mail nursingalumni@fau.edu.

Generous Gift to Help Reward, Retain Faculty



The Christine E. Lynn College of Nursing's lead benefactor, Christine E. Lynn, recently donated \$600,000 to create a Faculty Enhancement Fund. This gift is intended to recognize faculty who consistently express commitment to living the mission and goals of the college. The first awards will be announced in Fall 2009.

"The faculty who will be recognized live the philosophy of the Christine E. Lynn College of Nursing in unique ways," said Dean Anne Boykin. "Thanks to this gift, faculty will know their efforts are appreciated. In addition, the fund will serve as a retention tool."

Faculty shortages at nursing schools across the country are limiting student capacity at a time when the need for nurses continues to grow. Budget constraints, an aging faculty and increasing job competition from practice sites have contributed to the shortage.

The Florida Center for Nursing, for example, estimates there was a shortage of 11,000 full-time equivalent registered nurse positions in Florida in 2007. If no additional efforts are aimed at resolving the shortage, this number is predicted to grow to 18,419 by 2010 and 52,209 by 2020.

"Nursing is a profession that is very important to me because I was a nurse for many years. Without nurses, physicians would not be supported and patients would not receive care that is critical to their well-being. State university budget cuts threaten faculty salaries and research projects. As a community, we must find ways support College of Nursing faculty in their continual quest to offer outstanding nurse education."

— Christine E. Lynn

*Create a
Legacy
of
Caring*

Hearing words of reassurance as we receive our first...

Having our hand held during...

Receiving life-saving care when...

Being listened to and cared about while...

In our lifetime, a nurse will care for most of us. We presume that nurses will always be there. Yet, predictions are dire for our country's continuing shortage of nurses and nurse educators due to the lack of academic funding.

Help ensure that adequate nursing care will be available for many future generations by creating your personal Legacy of Caring. Please remember the Christine E. Lynn College of Nursing in your estate planning. For more information about charitable giving opportunities, please contact Dr. Anne Boykin at 561-297-3206 or boykina@fau.edu.

Development

Caring Hearts Auxiliary Members Donate Time and Talent to Memory and Wellness Center

Whether it's waking up early on a Sunday morning to walk at Town Center at Boca Raton, raising much-needed funds or serving lunch on a special occasion to Day Center participants, the Caring Hearts Auxiliary can be counted on to support the programs of the Louis and Anne Green Memory and Wellness Center.

"The center is a gift to our community, and we are proud to support programs that allow participants to experience life-enriching activities while also supporting their caregivers," said Caring Hearts Auxiliary President Karen Hoffheimer. "We invite others from the community to join Caring Hearts and offer their special gifts in support of those experiencing memory loss."

The Louis and Anne Green Memory and Wellness Center, located on FAU's Boca Raton campus, averages 12,000 visits per year and offers a wide range of services and programs to individuals with mild to moderate memory disorders, including Alzheimer's disease and related dementia. The Day Center provides an active and secure place for families to bring spouses or parents who are experiencing memory loss. In addition, the caregiver support programs have a positive impact on life at home.

Along with more than 200 walkers, the Caring Hearts Auxiliary raised more than \$60,000 at the third annual Keep Memories Alive "black tie" walk affair benefiting scholarships for Day Center participants and caregiver support programs. Karen Hoffheimer co-chaired the walk with board member Deborah Lindstrom and auxiliary member Morgan Green.



More than 75 supporters of the Memory and Wellness Center gathered to celebrate the unveiling of a beautiful donor tribute wall that is made from art glass and stone, and prominently displayed in the center's breezeway. The wall was designed to honor families, organizations and foundations whose gifts helped construct the Memory and Wellness Center and enhance



The Greene Family

"The tribute wall is a beautiful daily reminder of the gifts the Memory and Wellness Center has received since opening its doors eight years ago. Following the lead of Louis and Anne Greene, our community's generosity enables the Center to continue state-of-the-art services to families living with loved ones' memory disorders."

*— Dr. Denise Sparks,
director of the Memory and
Wellness Center*

Lifelong Learning Society Establishes College of Nursing Endowment

ongoing programs and services. The Caring Hearts Auxiliary has generously underwritten the tribute wall.

More than 150 guests enjoyed a special evening at the annual Shades of Green event to benefit the Memory and Wellness Center. Presented by the Caring Hearts Auxiliary, the event was chaired for a third year by board member Pat Thomas and co-chaired by Holli Rockwell. The



Elaine Rainwater, Denise Sparks, Jim Hoffheimer, Karen Hoffheimer, Debbie Lindstrom, Anne Green

evening was hosted by honorary chair Raemali King at the lovely King Estate on the Intracoastal Waterway. Proceeds, totaling more than \$35,000, will support nursing services at the Day Center as well as vital caregiver programs.



Dr. Anne Boykin, Dr. Barry Rosson, Dr. Anita Beckerman, Dr. Susan Chase, Ely Meyerson and Lisa Marie Wands.

The Christine E. Lynn College of Nursing is the recipient of a generous \$250,000 gift from FAU's Lifelong Learning Society (LLS) to establish an Endowment Fund for Stipends for Graduate Students.

The fund will allow recipients to immerse themselves in full time study. According to the American Association of Colleges of Nursing, nursing schools turned away 41,863 qualified applicants in 2005 due to the shortage of nursing faculty.

"We are hopeful that endowment recipients will want to become faculty, which will help to alleviate the nursing faculty shortage."

**— Dr. Anne Boykin,
dean and professor**

The availability of qualified, doctorally prepared nursing faculty, a nationwide issue, often leads to denial of admission for new nursing students. Student to faculty ratios in the clinical settings cannot exceed 10 to 12 undergraduate students to one faculty member. Consequently, universities must find ways to increase the number of faculty to ultimately help ease the nursing shortage.

"The Lifelong Learning Society has long been a supporter of the College of Nursing," said Donna Grubman, president of LLS Board of Advisors. "This gift will support graduate education and help increase the number of nurses who serve the general community. Everyone comes out a winner and is healthier in the process."

On a sad note, Ely Meyerson, former assistant provost of LLS, passed away in July 2009.

"Ely was an advocate for nursing education and understood the urgency for solutions to the nursing shortage," said Dean Boykin. "His energy was the force behind establishing the endowment, and we will honor his legacy by developing graduate students into outstanding faculty of tomorrow."



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Florida Atlantic University
Christine E. Lynn College of Nursing
777 Glades Road,
Boca Raton, FL 33431