

FLORIDA ATLANTIC UNIVERSITY

TRANSFORMING

CHRISTINE E. LYNN COLLEGE OF NURSING

Care

2008





A Message from the Dean



Dear Friends,

Welcome to the inaugural issue of the Christine E. Lynn College of Nursing annual magazine, *Transforming Care*. One of the wonderful benefits of our new publication is that it offers us an opportunity to recognize, celebrate, and share the remarkable accomplishments and dedication of faculty, students, and alumni.

Since our founding 27 years ago, the concept of Caring has grounded all aspects of our College. Caring is often associated with nursing, as it ought to be. However, rarely in nursing education is there a commitment to studying the substantive nature of Caring. We believe that the study and research on Caring as an essential element of nursing knowledge is vital to the understanding and practice of nursing. Through this study, faculty and students gain an appreciation of the unique nature of nursing as a discipline and profession. This approach to the study of nursing helps our graduates understand that only when a nurse hears the story of what matters to those being nursed can the fullness of nursing live. Our faculty, students, and graduates bring a unique and prized approach to nursing practice.

Our devotion to furthering the scholarship and research on Caring inspired us to create a very special space in our new home: The Archives of Caring in Nursing. It is dedicated to preserving the scholarly works on Caring and offers a welcoming place for scholars from across the world to study, research, and advance the knowledge of Caring.

Transforming Care highlights the scholarly commitment of faculty, students, and alumni who are transforming health care locally and globally through innovative education, research, and service. Throughout this premier issue, research is cited that addresses health disparities, transforming environments of care, and holistic nursing practice.

With 3,165 alumni, 1,300 current students, and the largest enrollment of graduate students in Florida, the Christine E. Lynn College of Nursing is at an exciting point in our history! I invite you to be an integral part of charting the next chapter of our journey.

Sincerely,

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

Anne Boykin, Ph.D.
Dean
Christine E. Lynn College of Nursing

TRANSFORMING

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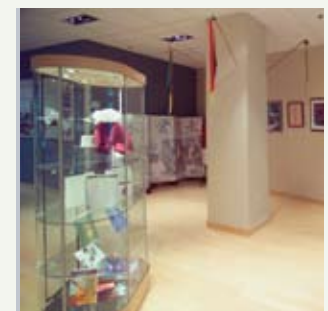
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Making a Difference for Native Americans

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Archives Provide Canvas for Displaying Artistic Expressions of Caring in Nursing

College Welcomes New Faculty

The Christine E. Lynn College of Nursing welcomed four new faculty members, each of whom believes in and lives the Nursing as Caring philosophy. Our students and community are bound to benefit from their innovative research and teaching talent.



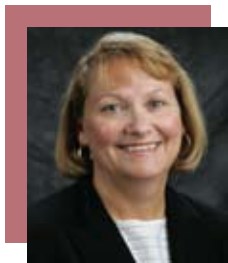
CYNTHIA BLUM

Deep vein thrombosis (DVT) is a life-threatening complication for hospitalized patients. Transforming care by preventing DVT is the focus of Cynthia Blum's research. Blum is an assistant

professor who is working with Ruth McCaffrey on a pilot project at Jupiter Medical Center to identify those at risk for DVT and to implement multidisciplinary protocols to care for them. They hope to receive funding so that they can expand the project to other facilities in South Florida.

"We hope to lower the incidence of DVT and thereby save lives," says Blum.

Blum stays connected to the local hospitals and the students as clinical coordinator for the BS program, a role that she "just loves." She is a recent graduate of the PhD program in the Christine E. Lynn College of Nursing. She worked at Florida Atlantic University (FAU) as a clinical instructor for four years, and prior to that, held faculty positions at Palm Beach Community College and Broward Community College.



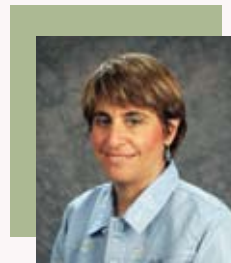
ELIZABETH PROSS

Commitment to excellence in nursing practice guides Elizabeth Pross' research and service as the director of the nursing program at FAU's Treasure Coast campus. In addition to being

an appraiser with the American Nurses Association Credentialing Center since 2003, Pross' research agenda is focused on transforming environments of care using the framework of Nursing as Caring.

"I am pleased to be a part of a nationally and internationally recognized college of nursing," says Pross. "My goal is to advance the science of caring at the bedside and in education through research."

Pross held faculty and administrative positions at Dakota Nursing Program and Minot State University. She is a graduate of University of Colorado Health Science Center, University of North Dakota, University of Mary, and Trinity School of Nursing.



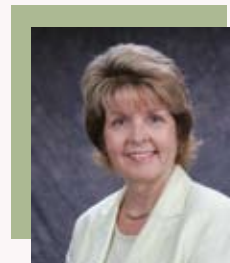
JOY LONGO

Joy Longo cares about nurses leaving the profession, and she believes that nurses' interaction with their peers affects their intent to stay in nursing. Longo is studying horizontal violence and

developing a measure for use in her research so that she can evaluate Caring approaches for enriching workplace peer relationships.

Longo's work has been recognized by the Center for American Nurses with an invitation to write a monograph titled "Bullying in the Workplace: Reversing a Culture."

"Adequate numbers of staff nurses are essential to providing competent and safe health care," says Longo. "Through my work, I hope to identify and test approaches which keep nurses at the bedside by cultivating Caring peer relationships." Longo is a recent graduate of the doctoral program at the Christine E. Lynn College of Nursing. She was a clinical instructor at the College for three years prior to assuming her full time faculty position.



CHRISTINE WILLIAMS

When one spouse experiences the changes associated with dementia, the other struggles to sustain their relationship. For 20 years, professor Christine Williams has

conducted research on the mental health of older adults with memory impairment. She is currently developing and testing an intervention to improve communication for couples affected by memory loss.

"The goal of my research is to support a couple during a devastating illness in late life," says Williams, who has held faculty positions at St. Anselm College in New Hampshire and University of Miami. She is a graduate of Fitchburg State College, Rutgers University, and Boston University.

Two Faculty Inducted as Fellows in the American Academy of Nursing

Rozzano C. Locsin and John Lowe have been selected as Fellows in the American Academy of Nursing. Locsin was inducted in 2006 and Lowe in 2007.



Locsin is a professor who recently received a grant as a Fulbright senior specialist for his work in public/global health at Naresuan University in Thailand. He is noted for his global work on international nursing education, public and global health, and international development. In addition, he serves as a visiting professor and consultant for several universities worldwide. As a Fulbright Scholar to Uganda in 2000, Locsin

facilitated the development of the baccalaureate and master's curricula at Mbarara University of Science and Technology. In 2004, he received the Fulbright Alumni Initiative Award for the community-based university nursing program. He has been a Fulbright senior specialist since 2005.



Lowe is an associate professor and one of only 13 doctoral-prepared Native American nurses in the country. He is renowned for his teaching and research dedicated to improving the health and well-being of Cherokee people. He is nationally recognized for developing the unique "Talking Circle" intervention to foster self-reliance and to educate Cherokee adolescents about risky behaviors, such as substance abuse. Lowe was

recently awarded funding from the National Institute of Drug Abuse for his innovative research titled "Community Partnership to Affect Cherokee Adolescent Substance Abuse."

Clinical Nurse Leader Program

Transforms Point-of-Service Care



Colleen Morgan, a school nurse in Boca Raton, Fla., is the first to admit that nurses are often too busy calling parents of sick children and performing eye exams to implement health promotion initiatives that are crucial to the future wellbeing of children and their families.

Fortunately for Morgan, she now has the tools she needs to better lead the development of innovative programs for middle school students.

In 2006, the Health Care District of Palm Beach County collaborated with the Christine E. Lynn College of Nursing's Clinical Nurse Leader (CNL) program to help school nurses adapt to their expanding role in maintaining and improving the health of 170,000 Palm Beach County public school children. This innovative partnership is the first of its kind in the nation, and Morgan is the first school nurse to graduate from the CNL program.

This groundbreaking, master's-level program equips nurses with advanced clinical assessment and leadership skills to help patients and their families move through today's complex continuum of care. Clinical nurse leaders direct the care team and integrate evidence-based practice into daily care to improve patient safety, health outcomes, and organizational systems. Graduates of the program are eligible to take a national certification exam to be eligible to use the CNL title.

The College of Nursing is collaborating with a number of local health care organizations to meet their growing need for more highly educated bedside nurse leaders and to ease the widespread nursing shortage. One of the goals

of the CNL program is to restore Caring to the health care environment.

"With all of the daily chaos and crises, it's hard sometimes for nurses to focus on their relationships with their patients," says Rose Sherman, assistant professor. "We encourage our CNL students to really think about what it means to change practice environments through Caring."

CASE STUDY: CNL Drives Improved Patient Outcomes at St. Lucie Medical Center

In an effort to meet the health care needs of their communities, nursing administrators at St. Lucie Medical Center in Port St. Lucie, Fla., decided to redesign their nursing delivery model to provide quality care at the bedside. To achieve this goal, the hospital forged a historic partnership with the Clinical Nurse Leader program at the Christine E. Lynn College of Nursing in 2006. Three nurses from the hospital recently graduated from the program, and three more are slated to graduate in August 2008.

Administrators at St. Lucie Medical Center are noticing trends that indicate that the CNL may make a difference in important patient outcomes.

"We compared the fourth quarter of 2006 data to the first quarter of 2007," says Nancy Hilton, chief nursing officer at St. Lucie Medical Center. "The incidence of pressure ulcers was down by half; patient falls declined by about 10 percent and our codes also decreased by about 10 percent."

Novice Nurse

Leadership Institute Nurtures Growth of New Nurses

The first year on the job is often the toughest for new nursing graduates, leading many to leave the field altogether. To reduce turnover in the first year of practice, new nurses must be nurtured and programs must aim to strengthen competency, provide support, and develop future nurse leaders.

To set an example for nursing organizations, the Christine E. Lynn College of Nursing developed the Novice Nurse Leadership Institute (NNLI), a yearlong educational and support program designed to help bridge the gap between completing college and entering the workforce.

Chiqueta Sims is a recent graduate who works as an emergency room nurse at St. Mary's Medical Center in West Palm Beach, Fla. She was one of 21 nurses to participate in the NNLI, which is the only program of its kind in the nation.

Sims says that the program helped her to become a better nurse at the bedside and fueled her determination to pursue an advanced nursing degree.

During the year, Sims and her fellow novice nurses participated in a variety of educational workshops and undertook an evidence-based research project to complete at their facilities. They were encouraged to share stories and support each other. In addition, each nurse was matched with a preceptor from his or her

organization who could offer leadership opportunities, such as involvement in committee work.

"I would like to be a director of nursing someday, and this program gave me the courage to know that I can achieve my goal," Sims says. "It was great to talk to other new nurses

about our careers and the similar challenges we face."

The NNLI is a partnership between the Christine E. Lynn College of Nursing and 10 healthcare providers, with funding from Palm Healthcare Foundation, Allegany Franciscan Ministries, and Blue Cross/Blue Shield of Florida's Generation RN philanthropic program.

Susan Dyess, teaching associate and NNLI project director, and

Rose Sherman, assistant professor and a fellow of the Robert Wood Johnson Executive Nurse Fellows Program, developed the curriculum.

"We recognized that retention in nursing is a local as well as a national problem," says Dyess. "The idea was to create meaningful change in our community to address that issue. At the end of the program, the nurses told us that they felt rejuvenated, and that their original vision of nursing was restored."

"I learned that you have to be constantly open and ready to learn. But most of all, I learned that as a new nurse, I am not alone."

**– Chiqueta Sims,
NNLI participant**

THE PROCESS OF EDUCATING AND RETAINING NEW NURSES IS BROKEN



Source: National League for Nursing and Pricewaterhouse Coopers' HRI analysis.



Streamlining the Path to One's Chosen Degree

Career advancement in nursing often requires advanced degrees. The Christine E. Lynn College of Nursing introduced several new pathways during the 2006/2007 academic year, which help students reach their ultimate educational and career goals.

THE BACHELOR OF SCIENCE/MASTER OF SCIENCE (BS/MS) DUAL DEGREE PROGRAM

was created for the registered nurse with an associate degree who wants to prepare for earning an advanced degree as a nurse practitioner, nurse administrator, clinical nurse leader, or nurse educator. The program allows students to transition from the RN-BS program to the MD program seamlessly by taking MS-level courses earlier. Most students' programs can be shortened by a semester. Each program is individualized to meet the student's goals and the courses they have already completed are considered.

"Once you're working and practicing, this is the way to go for nurses who want to fulfill career dreams and still take care of both family and work responsibilities. It's demanding but doable."

– Mark Craven, BS/MS Dual Degree Program student

THE BACHELOR OF SCIENCE IN NURSING (BSN) TO DOCTOR OF PHILOSOPHY (PHD) DEGREE PROGRAM is for the Baccalaureate-prepared nurse who ultimately wants to earn a PhD. This program uses the support of a grant from the Quantum Foundation to hire additional faculty and to offer graduate stipends.

"Being immersed in the scholarly environment of the BSN-to-PhD program has rekindled my passion for nursing and opened my eyes to the seemingly endless possibilities available to me in the extraordinary profession of nursing. The more I learn, the more I want to know."

– Lisa Marie Wands, BSN-to-PhD student

BS PROGRAM RECOGNIZED BY THE AMERICAN HOLISTIC NURSES ASSOCIATION

The American Holistic Nurses Association (AHNA) recognizes nursing programs that prepare graduates with specialized knowledge needed for certification as a holistic nurse. The BS in Nursing program at the College of Nursing is now an AHNA-endorsed program. Graduates from the program can be certified as a Holistic Nurse more expeditiously.

Student Spotlight



Dedicating a Nursing Career to the Underserved

When Kim Jolly was 13 years old, she emigrated with her family from the Bahamas to the U.S. as an undocumented alien. Without legal status as a citizen, she was unable to attend public school. Jolly enrolled in a private school, which her family struggled to afford, and began working part-time at an ice cream parlor to help make ends meet.

Today, Jolly is an American citizen and a doctoral student at the Christine E. Lynn College of Nursing. She plans to dedicate her nursing career to help poor, underserved and undocumented individuals gain access to quality, culturally competent health care.

"I really understand what is going on in that population," she says. "Undocumented immigrants are often afraid to apply for health care services because of their illegal status. I want to help to change that."

It has been a long journey for the 42-year-old wife and mother of four, who was recently selected as a Minority Nurse Fellow by the Substance Abuse and Mental Health Services Administration (SAMHSA) of the American Nurse Association. After graduating from high school and earning an LPN, Jolly began working at Palmetto General Hospital in Hialeah, Fla.

"I discovered that nursing was my calling," she says.

Jolly went on to earn a Bachelor of Science in Nursing and a certificate as a nurse practitioner. Eventually, she secured a job as a nurse practitioner in a full-service school clinic, which provided health care for children, and fulfilled her search for a career niche.

"I'm a born clinician," she says. "Put me in a clinic and I can run it."

However, she was astounded when she was forced to limit the clinic's services after grant funding for the program was unexpectedly cut.

"I couldn't understand what had happened to our funding or what to do about it," she says. "I realized that I needed to further my education so that I could learn how to best serve the children, and get and keep grant funding to provide full-service health care for them."

The Caring philosophy and environment of the College of Nursing appealed to Jolly, which motivated her to enroll in the doctoral program. After she graduates, Jolly plans to continue working with the children at the school clinic, do research to understand and decrease their risky behaviors, and lobby at the state level for programs and services to improve quality health care for children.

"I'm not saying it's been easy," Jolly says. "When I began the doctoral program, I felt like a fish out of water. I have to do a lot of studying. But my professors and fellow students are really there for me and support me. I appreciate that more than anything else. The Caring concept is alive and well here."

"I want to start educational programs to help them make better choices and prevent high-risk behaviors," she says.

Working part-time at the William Dandy Middle School in Fort Lauderdale, Fla., and juggling her studies as a wife and mother have been challenging, but Jolly approaches it with her usual optimism and tenacity. ■



Committing to Caring as a Foundation for Nursing Education

Marie Cruz, a 42-year-old native of Puerto Rico, has embraced a Caring approach throughout her nursing career.

"Sometimes patients just need someone to really listen to their stories and not just treat their physical symptoms," says Cruz,

a master's student in the nursing education program at the Christine E. Lynn College of Nursing's Treasure Coast campus located in Port St. Lucie, Fla. "With a holistic approach, we can better serve patients and touch their spirits as well as their bodies."

Cruz has worked in nursing positions and diverse specialties — from rehabilitation to pediatric special care to medical-surgical to intensive care units — in health care settings around the U.S. She is now working part-time as a staff nurse in the palliative care unit and cardiac catheterization lab at Lake Wales Medical Center in Lake Wales, Fla., while attending classes at the College of Nursing.

Cruz briefly considered going to medical school while she was an undergraduate at the University of Puerto Rico.

"I realized that I wanted a closer relationship with patients than doctors have," she says. "As a nurse, you can touch so many lives. I really liked the idea of using my skills in a holistic way to help

“Our professors are teaching us about how to provide culturally sensitive health care to diverse populations,” Cruz says. “That’s really important to me because I represent a minority group. Many aspects of Caring for Hispanics are not understood by health care professionals. I think that my cultural and professional experience will help me to really understand where racially and ethnically diverse patients are coming from and to provide quality health care to all individuals.”

patients and their families. I decided that nursing is a career I would enjoy and be proud of.”

After working in the nursing field for a number of years, Cruz decided to return to school and pursue an advanced nursing degree. Although she had the opportunity to attend a nursing school located only a few minutes from her home, Cruz opted to enroll in the College of Nursing, which required driving nearly two hours to her classes on the Treasure Coast campus.

“I decided that this is where I need to be,” she says. “My experience in nursing has been beautiful, and the College’s philosophy of Caring is my calling. I investigated other colleges of nursing, but I felt that this was a much better fit. I knew that as a student here, I would be able to develop my spirit and grow as a whole person rather than just learning from textbooks and developing a set of clinical skills.”

Juggling her studies with her part-time job and responsibilities as a wife and mother of two sons hasn’t been easy, but Cruz says it is worth the commitment.

“My classes and professors are wonderful. We really focus on the Caring aspect of interacting with and treating patients. We’re even learning about how to use the latest technology in a Caring way,” says Cruz. “The patient remains the focus, and the technology just enhances the quality of care that we provide to the patient.”

Cruz has already landed a job as a nurse educator. She’s been a full-time instructor for 11 months in the LPN program at a vocational technical school in Haines City, Fla. After graduation, she is looking forward to continuing her work as a nurse educator and to providing culturally competent care to minority and underserved populations. ■

FAU Honors College Graduates Choose Accelerated BS in Nursing



KRISTEN BUNTING



ALICIA DECICCO

When Kristen Bunting and Alicia DeCicco were 17 years old and roommates at the Honors College at Florida Atlantic University in Boca Raton, Fla., they often talked about their future career plans. As academically gifted students, they had unlimited career choices. Both decided to make nursing their life’s work.

DeCicco fell in love with nursing during a summer internship in the emergency room at Jupiter Medical Center.

Bunting originally wanted to become a doctor, but she changed her mind after internships at Quantum House, St. Mary’s Hospital, and Pediatric Partners located throughout South Florida.

“I realized that I wanted to work with patients and their families in a more holistic way than doctors do,” she says. “I wanted to care for their emotional and spiritual well-being as well as to provide them with the best physical care. I saw that nursing really helps to develop a person’s being and lifts them up.”

Bunting and DeCicco are now students in the accelerated Bachelor of Science in Nursing program at the Christine E. Lynn College of Nursing, a fast-track, one-year program for students with a bachelor’s degree in another discipline who want to become registered nurses.

“This is such a welcoming place,” says DeCicco. “I was really attracted to the College’s Caring philosophy and was so impressed that the faculty at the College of Nursing does such great research, especially Dean Boykin’s work. And, I loved the small class size of the accelerated program. I felt that I could really get to know my professors and my fellow students.”

After she graduates, DeCicco wants to work as an oncology nurse with cancer patients. Eventually, she plans to earn an advanced degree and work as a nurse practitioner in a community setting to help poor, underserved populations gain access to quality health care.

Bunting is setting her sights on becoming a maternity nurse and eventually returning to school to earn a master’s or doctoral degree. She hopes to travel around the state and educate pregnant women in public health settings about the best health care choices.

“I can’t wait to graduate and start working,” she says. “Nursing is such an amazing profession.” ■

TECHNOLOGY BRINGS

Compassionate Caring to Nursing Education

The Christine E. Lynn College of Nursing's eagerness to adopt technology and integrate it into the Caring philosophy curriculum is changing the way that students are learning to care for their patients.

A human patient simulator, for example, is a computerized mannequin that is used in most nursing schools to teach clinical skills. It may emulate a baby, child, woman in labor, or an elderly person and displays the typical physiological signs and symptoms of that age group. These "patients" have lifelike skin, and can speak, blink, bleed, and even die.

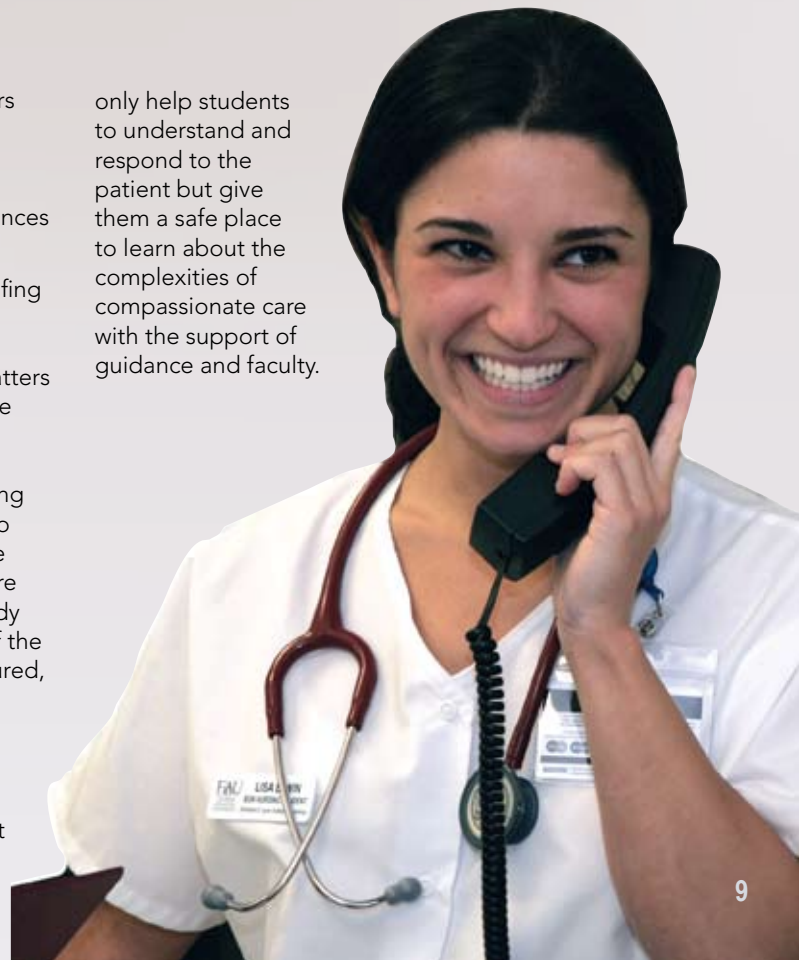
The simulators give students a realistic clinical learning experience without jeopardizing the health of real patients, whether it is the correct way to check a pulse or how to handle a heart attack or stroke. The College of Nursing, however, takes this a step further. In the

casual learning area, instructors are able to replicate complex nursing practice scenarios in a hospital setting to make interpersonal learning experiences as real as possible.

First, students are given a briefing to study the nursing situation. This information includes a statement describing what matters most to the patient. During the encountering phase, students are taught how to come to know the one nursed as a caring person, and how to respond to that which matters most to the patient. Afterward, students are debriefed to discover and study how the Caring component of the patient's experience was nurtured, supported, and sustained.

These scenarios teach clinical competence along with intentional simulations grounded in Caring, which not

only help students to understand and respond to the patient but give them a safe place to learn about the complexities of compassionate care with the support of guidance and faculty.





A recent study conducted at the Christine E. Lynn College of Nursing shows promise for multiple sclerosis (MS) patients' symptoms.

Susan Folden and Ruth McCaffrey have co-directed an innovative pilot study that examined whether the practice of yoga had a beneficial impact on individuals with MS.

They sought to determine if yoga would affect their fatigue and balance challenges. Few studies have been conducted to evaluate the effectiveness of yoga on individuals with MS, which afflicts one in 700 Americans.

Thirteen women and one man, ages 45-81, participated in the study. On average, the participants had been diagnosed 17.5 years earlier. At the onset of the study, the participants completed scales that measured their balance and assessed their level of fatigue. They were asked if they engaged in other forms of exercise and what they thought yoga would do for them.

The participants attended 24, one-hour classes at the College of Nursing, which were taught by a certified Hatha yoga instructor. The majority of participants

completed all positions and breathing exercises in a seated position.

Participants reported that the exercise reduced their fatigue and improved their flexibility and breathing. Some added that the exercise helped them to manage stress more effectively.

"I find that my balance is better," said one participant. "The other day when I was practicing, I felt that I was going to lose it and fall on the floor. But I didn't. I got my balance back. That was one of the first times I have been able to do that."

The yoga students also believed that the supportive environment was beneficial at the College of Nursing where the classes were offered.

"It's great having people around who care about you. It is contagious. For that reason, it felt good to be here," says another multiple sclerosis patient and yoga participant.

Folden and McCaffrey plan to continue their study of people with multiple sclerosis. They will use these study findings to propose a larger research project evaluating balance, fatigue and other health outcomes, like stress, for participants who engage in yoga compared to other types of exercise.

Yoga Shows Promise for Reducing Multiple Sclerosis Symptoms



"It's great having people around who care about you. It is contagious. For that reason, it felt good to be here."

Japanese Gardens Alleviate Depression Symptoms in Seniors

Arlene Levine was grieving for her husband of 54 years. With her family and close friends living in Connecticut, the 79-year-old Boca Raton, Fla. resident had few local social contacts and felt isolated. Then, she decided to participate in a garden walking program for seniors that was being conducted by researchers at the Christine E. Lynn College of Nursing. The purpose of the study was to determine if strolling through healing gardens could alleviate depression in older adults.

When Levine began walking in The Morikami Museum and Japanese Gardens in Delray Beach, Fla., accompanied by eight other individuals and a guide, she was skeptical that her mood would improve. But during the course of her garden strolls, she began to feel more peaceful.

"Our guide showed us the 'Circle of Life,' which was just a concrete ring up against a tree, on one of our walks," Levine says. "She explained that everything, even the grieving process, has a beginning,

middle and an end. That was very comforting to me."

The study found that a stroll in a healing garden can ease depression in older adults and may provide an effective alternative to standard therapies, such as antidepressant medication and psychotherapy. Funded by a grant from the Institute for Museum and Library Sciences, the Morikami Museum collaborated with Ruth McCaffrey to conduct this study.

The study followed three groups of nearly 60 seniors aged 65 and older. One group walked alone in the gardens twice a week for six weeks; one group had a leader who provided guided imagery; and a control group attended art therapy classes. After six weeks, depression scores of all three groups improved when measured on a standard geriatric depression test compared to their scores on the test taken at the project's onset.

"We know that art therapy is very beneficial for alleviating depression, but you need a certified art therapist and a lot of resources to make it happen," says McCaffrey.

"Walking in the garden is free and easy, and it's something anyone can do. This kind of non-invasive, holistic therapy encourages people to be in charge of their own health and not just go to the doctor and say, 'fix me.'"

Levine says the study changed her life.

"Walking in those beautiful gardens was very healing. I think that many older adults who are depressed may benefit more from these walks than from taking antidepressants," she says.

Developing a Model of Care

FOR THE UNDERSERVED WITH DIABETES

Although minority populations have the highest rates of diabetes and related disabilities, most traditional diabetes programs in the U.S. are developed without consideration of unique populations.

Kelley Newlin is conducting research to determine which strategies effectively promote and support healthy lifestyle and diabetes self-management behaviors across ethnic groups.

She is the first National Institutes of Health/National Institute of Nursing Research

postdoctoral fellow at the Christine E. Lynn College of Nursing.

Newlin is conducting a study to determine how nursing professionals may collaborate with local church communities to deliver diabetes education and care for black

Americans in order to improve their diabetes-related outcomes. Black American women have disproportionate rates of type 2 diabetes and are burdened by exceptionally high rates of diabetes-related complications, such as blindness, kidney failure, stroke, and premature death. Her research explores church community values, health beliefs, and community-based actions, such as culturally sensitive education.

communities to develop evidence-based diabetes programs tailored to their needs. Data will be generated through the use of the inquiry group method, which incorporates participatory action research principles with focus group interviewing.

"The church community serves as a significant source of social support and wellbeing," she says. "My role is to go into those communities and forge



"To provide competent care, you must deliver care in a manner that is consistent with the culture. Research shows that when care is culturally sensitive, outcomes are improved."

Kelley Newlin

"With this qualitative work, I hope to understand the specific cultural needs of minority women so that we can tailor diabetes education programs to meet their needs," says Newlin. "To provide competent care, you must deliver care in a manner that is consistent with the culture. Research shows that when care is culturally sensitive, outcomes are improved." Newlin is working with pastors and female congregants in church

a relationship so that we can actively address the diabetes problem. I'm asking, 'How can we collaboratively address the problem of diabetes?' Rather than imposing my solutions, we're working together to find an effective solution."

Newlin's goal is to create a model of care for underserved women of color with diabetes.

"My findings will inform a long-term program of research aimed at developing and implementing culturally sensitive diabetes education in partnership with church communities targeting black American women in Palm Beach County," she says. "This work will complement the efforts of the community-based wellness centers, extending much needed diabetes care into local church communities.

"It will also provide a model of care to further access underserved black women and address their unacceptable rates of diabetes-related complications and premature death."



Sharing Caring Knowledge with Taiwanese Colleagues



The Christine E. Lynn College of Nursing and the Department of Nursing at China Medical University (CMU), located in Taichung City, Taiwan, have established a cooperative agreement for the exchange of graduate students and faculty for enriching education and conducting collaborative research related to Caring.

Three professors from CMU visited the College of Nursing in February 2007 to initiate this collaboration. Shwu-Juan Liu, professor and director, Li-Chi Huang, assistant professor, and Xuan-Yi Huang, associate professor, spent several days at Florida Atlantic University (FAU) visiting with administrators, faculty, and nursing leaders at local health care organizations.

Marlaine Smith, the Helen K. Persson Eminent Scholar and associate dean for academic programs, was invited to CMU as a visiting professor. Her visit was funded by a grant from the Taiwan National Science Council. Smith spent more than two

weeks in Taiwan in September 2007 lecturing, teaching, and meeting with faculty and graduate students at the university.

"The Department of Nursing at CMU has a specialty master's track in Traditional Chinese Medicine, preparing nurses who can integrate both Chinese and Western concepts of health in Caring for patients," Smith says. "CMU is internationally known for this focus, and it fits well with our interest in holistic nursing."

Smith provided the keynote address at the 23rd Annual Research Conference sponsored by the Taiwan Nurses Association. In addition, she delivered seven other lectures at CMU and Yang Ming University in Taipei, speaking on a variety of topics, including the state of Caring science, nursing philosophies, her research related to touch therapies, future challenges to nurse leaders, and successful publishing.

"The highlight of my visit was teaching an intensive course on Global Health Care to 14 master's students," she says. "It was the first time they had taken a course in English, and they worked so hard. I learned so much from them...even a little Chinese!"

Stories of Living through the Aggression of War

Patricia Liehr and her colleagues, Ryutaro Takahasi and Chie Nishimura, first became interested in the stories of Pearl Harbor and Hiroshima survivors when Japanese elders in their research spontaneously described their health in the context of World War II. They indicated that after surviving war, they could manage any challenge that life presented.

The team has gathered stories from 50 survivors of the attack on Pearl Harbor and the bombing of Hiroshima during World War II, describing how the experience of living through war has affected their health. The stories were collected in Tokyo, Hiroshima, Florida, and at the 65th Commemorative Conference at Pearl Harbor in December 2006.

"The stories tell us that war memories are vivid in everyday lives even after six decades," says Liehr.

One touching moment happened during the Pearl Harbor conference in 2006, suggesting forgiveness may be a theme in the stories. Liehr describes her surprise and awe when surviving Japanese Zero pilots, who had engaged in the attack on Pearl Harbor, emerged from the conference audience and approached the stage where American veterans who were present during the bombing joined them to shake hands.

Takahashi and Nishimura visited Florida in November 2007, when the team began planning the data analysis, which will include multidisciplinary professionals from Japan and the United States. The collected data will be analyzed and then synthesized as a Peace Performance, intended to convey two sides of the story of living with the aggression imposed by war. Audiences will include middle and high school youth, who will have both a history lesson and a chance to



think about the meaning of aggression in their own lives. The research team is hopeful that a planned discussion to follow the Peace Performance will help youth

reflect on their personal experiences and provide insight about how to manage aggression.

"We expect that this research will have implications for the adolescents in real life when anger is directed toward them," says Liehr. "If we can use the Peace Performance as a forum, giving children a chance to talk about personal experiences, such as bullying, that



Patricia Liehr with Pearl Harbor survivors.

very act can make a difference for them."

The research being done by Liehr and her colleagues promises to keep history alive for youth and proposes to create a bridge, in which the wisdom of elders informs the experience of youth.

Caring Philosophy Reflected in New College Building

A sacred space for quiet reflection, a labyrinth centered in a peaceful enclosed garden, and a large bamboo-floored area for the practice of holistic healing modalities are only a few of the unique features of the new home for the Christine E. Lynn College of Nursing.

The College of Nursing defines nursing as “nurturing the wholeness of persons and environment through Caring.” Embedded in this statement is the belief that educational environments must support the continued knowing of self as a Caring person, for both students and faculty, so that we can better know and nurse those entrusted to our care. With this belief in mind, special places were created to foster reflection and

The study of nursing from our Caring philosophy calls for an appreciation and valuing of the interconnectedness of persons and the environment.

self-knowing. This Caring philosophy directed all aspects of design. The College of Nursing accepted the responsibility to create a healing environment that nurtures, supports, and sustains the scholarly pursuits of nursing.

The building was designed with the intention of creating a prototype for



nursing educational environments for the 21st century. The 75,000-square-foot structure reflects the values and traditions of nursing, conscientiously sustains the environment, and creates a sense of harmony and balance for its occupants and visitors. To accomplish these goals, the project was guided by the Caring

philosophy of the College; the United States Green Building Council's Leadership in Energy and Environmental Design (LEED) Guidelines; and principles of Feng Shui.

The study of nursing from our Caring philosophy calls for an appreciation and valuing of the interconnectedness of persons and the environment.

The LEED criteria are national standards for developing sustainable, healthy, green buildings. As nurses, the College's commitment was to design and construct a healthy, healing space. Examples of features of the College, which demonstrate

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According to Feng Shui, Five Elements are Needed for Proper Balance. These Elements — Metal, Wood, Fire, Water, And Earth — Are Represented Throughout the Building with the Use of Colors and Shapes.

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implementation of the LEED guidelines, include: the use of low volatile organic compounds (VOC) materials; attention to natural lighting; the use of reclaimed water for irrigation; and electric car charging stations. The College of Nursing is the first building in Southeast Florida to receive certification at the gold level by the U.S. Green Building Council. In September, the College received the 2007 Vision Award for Project of the Year from the Urban Land Institute SE Florida/Caribbean.

“I loved the College of Nursing building the moment I saw it. It’s such a great atmosphere. There are beautiful gardens, healing spaces, and sunlight everywhere. I thought, ‘This is a place where I could really learn and grow as a person,’” says Kristen Bunting, accelerated BSN student.

Many people comment on the feeling of harmony and peace they experience upon entering the building. This experience is significantly due to the intentional integration of the design principles of Feng Shui. The teachings of Feng Shui are directed toward creation of harmony and balance in the environment through proper use of color, shapes, light, and positioning of structures and objects. According to Feng Shui, five elements are needed for

proper balance. These elements — metal, wood, fire, water and earth — are represented throughout the building by using colors and shapes. For example, the water element is represented in appropriate areas by a blue accent wall and drop-in carpet tiles with a wave pattern. The metaphoric flow of water through the building begins with river rock lining the front walkway. The water imaging flows through the lobby area in the form of black terrazzo, connects from the lobby to widening river rock in the outdoor garden, and ultimately to a fountain.

This very special home reflects the College’s Caring philosophy,

“I loved the College of Nursing building the moment I saw it. It’s such a great atmosphere. There are beautiful gardens, healing spaces, and sunlight everywhere. I thought, ‘This is a place where I could really learn and grow as a person.’”

— Kristen Bunting, accelerated BSN student

LEED Guidelines, and the teachings of Feng Shui. Through intentional steadfastness, the Christine E. Lynn College of Nursing is a teacher of the future of nursing education.

Honoring a Distinguished Alumna



Faculty and administrators of the Christine E. Lynn College of Nursing were proud to recognize Julie Hilsenbeck (DNS '06) as a Distinguished

Alumna by the Florida Atlantic University National Alumni Association at its 2006 Alumni Awards Reception.

Hilsenbeck has more than 20 years of experience in hospital management. Currently,

she is the vice president for Patient Care Services and chief nursing officer for Boca Raton Community Hospital. She is responsible for the overall development of patient care initiatives and the delivery and quality of patient care.

Before joining the hospital, Hilsenbeck was a national senior director of operations at Tenet Healthcare, with responsibility for more than 70 facilities. She developed and implemented projects related to operations, quality, and safety.

Hilsenbeck earned a bachelor's degree in nursing from Barry University and a master's degree in nursing science from the University of Miami. She received a post-graduate adult nurse practitioner certificate

and doctor of nursing science degree from Florida Atlantic University. She holds national certifications in critical care and neuroscience and has published articles on nursing and neuroscience.

“Julie holds an important leadership position in our community. Because of her educational background, she has the opportunity to change the perception of nursing among patients and medical professionals. Boca Raton Community Hospital has committed to the integration of Caring as a framework for the practice of nursing.” – Anne Boykin, dean

Alumnus Instills Depth of Caring in Military Nursing Students



Alumni Rocky Hosie in a cockpit (above) and with his military colleagues (right).

When Rocky Hosie was a teenager, he worked as a dishwasher in a long-term health care facility in Salt Lake City, Utah. He spent hours listening to the veterans who lived at the facility tell anecdotes about their lives and their military service.

“They made me see that there’s a bigger picture out there,” Hosie recalls. “I knew that I wanted to be part of that picture and to become a nurse. America was built on

people helping each other, and nursing was a way for me to give back.”

Throughout his distinguished 13-year nursing career, Hosie never forgot those veterans. Years later, he joined the United States Air Force (USAF) Nurse Corps. As a member of the Critical Care Air Transport Team (CCATT), he helped to transport critically wounded soldiers serving in Afghanistan and other locations to better-equipped health care facilities, earning him the Air Force Aerial Achievement Medal for helping to save the lives of 13 men.

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Hosie, 34, recently took an educational leave of absence from the Air Force to pursue a dual master's degree from Florida Atlantic University in business administration and nursing administration. With his distinguished credentials, Hosie had his choice of nursing schools to attend. But from the start, he was impressed with the Christine E. Lynn College of Nursing.

"I decided to earn an advanced nursing degree because I enjoy leading and teaching people new things," he says. "I wanted to attend a nursing school with faculty who are well-published and leaders in the field. I found quite a few of those individuals at FAU. The College's focus on Caring was important to me. During my initial visit to the College, I told the staff exactly what I was looking for. By the next day, they got back to me with an individualized academic program. That didn't happen at the other colleges of nursing I visited. It just seemed as though the staff at the College of Nursing really cared about me and what I wanted to do."

Hosie says that his education at the College of Nursing is helping him to become a more effective leader in his new role as nurse manager at McClellan Air Force Base in Sacramento, Cal.

"I'm better able to mentor and help a new generation of nurses. I can instill in them an understanding of the depth of Caring. That's important because many of these nurses have graduated from academic programs that did not instill that Caring component in them."

Hosie served two tours for a total of nine months in the Middle East and in Afghanistan before the Iraq war had started. As the assistant team leader of the CCATT team, which included a physician and a respiratory technician, it was Hosie's job to help move critically injured and sick troops from the front lines to larger and more capable military medical facilities. The team operated an intensive

care unit in an aircraft cabin during flight and added critical care capability to the U.S. Air Force Aeromedical Evacuation System.

Hosie helped transport many patients who required close monitoring and ventilatory support from Kandahar Airport to a safe hospital.

"We came into Kandahar the night that the Marines took it over," he says. "We were holding that airport and being attacked. There was some gunfire and there were tracers going back and forth. It took

a little time to get used to it and familiarize myself with the area. But I always felt good that I was there for a worthy cause — taking care of our young men and women who were putting their lives on the line."



Dear Fellow Alumni,

What an exciting time this is for the Christine E. Lynn College of Nursing and the Florida Atlantic University (FAU) National Alumni Association Board as they announce the inauguration of our FAU Nursing Alumni Society!

It has been a privilege to be a part of the talented and dedicated group of alumni who have worked so diligently to make the FAU Nursing Alumni Society a reality. I am honored to serve as Chair of the Executive Committee.

We all share a special bond through our College's vision and the Caring philosophy that has made our education as nurses so amazing. By staying connected to our wonderful College, we are able to continue to be linked to its vision and philosophy, make a difference in the world, and share in a common purpose that brings meaning to our lives.

I hope you will become an active member of your Alumni Society. There is no membership fee. Please help us to reconnect with you by completing the information via the alumni link on the College of Nursing Web site: www.fau.edu/nursing. Visit the site often for the most current information about upcoming alumni activities, programs, and news about your fellow classmates.

I would love to hear from you! Please write to me at vivian91@hotmail.com. We hope you will keep in touch and that you, too, will want to help us build a strong FAU Nursing Alumni Society of which we can all be proud.

Sincerely,

Vivian Clare, '03
Executive Committee Chair
FAU Nursing Alumni Society

www.fau.edu/nursing

Cynthia Archibald, PhD, RN

Assistant Professor
HIV/AIDS prevention in Caribbean African-American adolescents

Charlotte Barry, PhD, RN, NCSN

Associate Professor
Practice, teaching and research as expressions of Caring in nursing; nursing practice in diverse community settings

Anita Beckerman, RN, EdD

Professor Emeritus
Quality aging; caring for older adults

Cynthia A. (Cindy) Blum, PhD, RN, CNE

Assistant Professor and Undergraduate Clinical Coordinator
Practice models of nursing education; preceptor empowerment; veno-thrombotic prophylaxis

Anne Boykin, PhD, RN

Professor and Dean
Advancing the knowledge base of Caring in nursing; transforming care grounded in Nursing as Caring

Susan Chase, EdD, RN

Associate Professor and Assistant Dean for Graduate Studies
Decision-making by nurses and nurse practitioners; spiritual aspects of health

Susan Folden, PhD, RN

Associate Professor and Director, Center for the Study of Neurological Disabilities
Identifying the needs of persons living with disabilities related to neurological conditions

Sandra E. Gibson, EdD, ARNP-C

Assistant Professor
Violence prevention

Shirley Gordon, PhD, RN

Associate Professor
Expressions of Caring in nursing, and health conditions in which persons experience stigma and chronicity, including persistent head lice and genital herpes

Faculty Research Interests

Kathleen Jett, PhD, ARNP, BC

Associate Professor and Coordinator,
Nursing Education Program
*Culture and aging, with emphasis on
decreasing health disparities through improved health
literacy*

Kathryn Keller, PhD, RN

Associate Professor
*Arrhythmia nursing knowledge, including
electrocardiographic monitoring as a best practice*

Bernadette Lange, DNS, RN, AHN-BC

Assistant Professor
*Women and substance use disorders; mindfulness
meditation in community health*

Patricia Liehr, PhD, RN

Professor and Associate Dean for Nursing Research and
Scholarship
*Integrative approaches for addressing stress, obesity, anger
and blood pressure in ethnically diverse populations*

Rozzano Locsin, PhD, RN, FAAN

Professor
*Knowing person through technological competency as
Caring in nursing; global communities in continuing care
transitions; conditions of care requiring complementary
therapies*

Joy Longo, DNS, RNC

Assistant Professor
Horizontal violence in the workplace

John Lowe, PhD, RN, FAAN

Associate Professor
*Decreasing substance use and HIV/AIDS risk for Native
American adolescents*

Ruth McCaffrey, DNP, ARNP, BC

Associate Professor
*Coming to know persons through aesthetic expressions
and understanding the use of the arts to create healing
environments*

Marilyn Parker, PhD, RN, FAAN

Professor
*Nursing situations in multicultural community practice;
concepts reflective of nursing practice in Southeast Asian
and African countries; nursing language in the electronic
health record*

Elizabeth (Beth) Pross, PhD, RN

Assistant Professor and Director for Nursing Programs,
Treasure Coast Campus
*Environment and health; integrated healing modalities;
Caring in education and at the bedside; international nursing*

**Marguerite J. Purnell, PhD, RN;
AHN-BC, RMT**

Assistant Professor
Intentionality in nursing; aesthetics in nursing

Deborah Raines, PhD, RNC

Professor
*Evaluation of innovative Caring-based models of nursing
education; perinatal nursing; design and evaluation of
virtual communities*

Marilyn Ray, RN, PhD, CTN, CNAA

Professor Emeritus
*Caring in complex healthcare organizations; transcultural
nursing/caring*

Rose Sherman, EdD, RN, CNAA

Assistant Professor and Director, Nursing Leadership
Institute
*Approaches for developing current and future nursing
leaders in both nursing service and education*

Marlaine C. Smith, RN, PhD, AHN-BC, FAAN

Helen K. Persson Eminent Scholar, Professor and Associate
Dean for Academic Programs
*Touch in end-of-life care; unitary and Caring theories;
holistic nursing and complementary therapies*

Douglas Sutton, EdD, ARNP, BC

Assistant Professor
*Use of rehabilitative concepts in primary care to manage
metabolic syndrome*

Ruth Tappen, RN, EdD, FAAN

Christine E. Lynn Eminent Scholar and Professor
*Gerontological and geriatric issues, including dementia
and Alzheimer's disease*

Debera J. Thomas, DNS, APRN

Associate Professor and Assistant Dean for
Undergraduate Programs
*Culture use/misuses in nursing education and practice;
evolution of the menopausal experience; impact of a
holistic nursing philosophy on Caring interactions in
practice settings*

Theris A. (Terri) Touhy, DNP, APRN, BC

Associate Professor
*Caring interventions for persons with dementia; creating
models of excellence in long-term care; international
aging; spiritual care of elders*

Josephine Weiss, PhD, FNP, PNP, BC

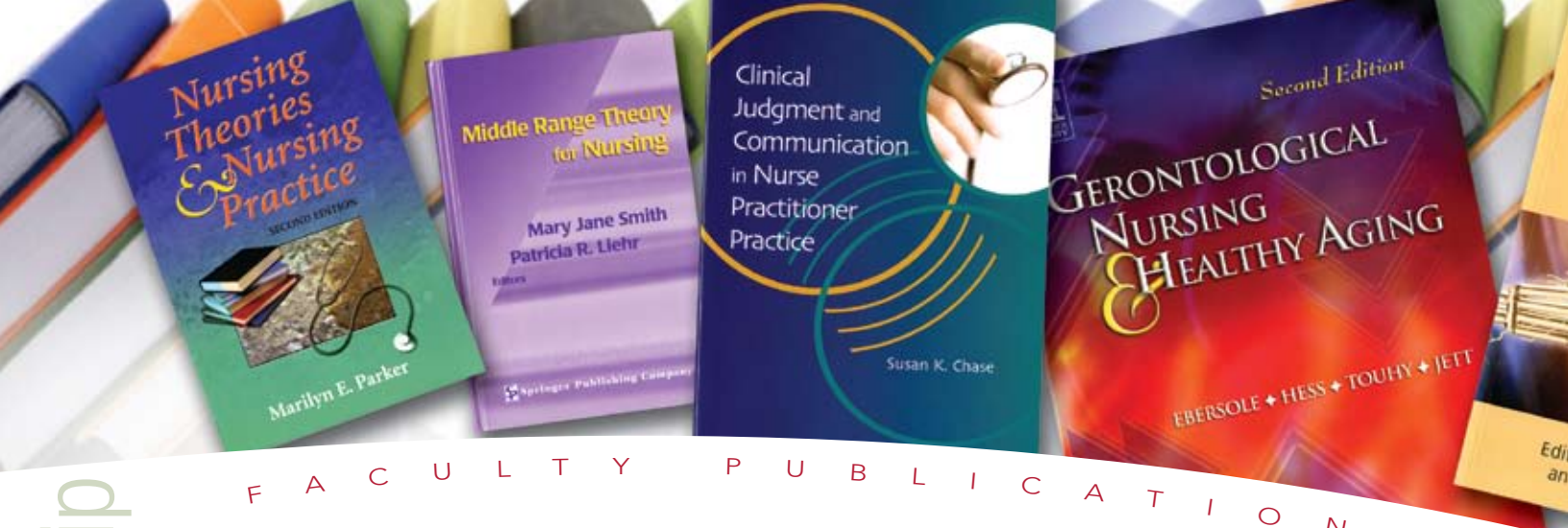
Assistant Professor
Pregnancy prevention in rural adolescents

Christine L. Williams, DNSc, APRN-BC

Professor
*Mental health and communication in culturally diverse
older adults*

Jill Winland-Brown, EdD, APRN-C

Professor
*Ethics in the family nurse practitioner practice setting;
the sandwich generation; disabled nurses*



F A C U L T Y P U B L I C A T I O N S

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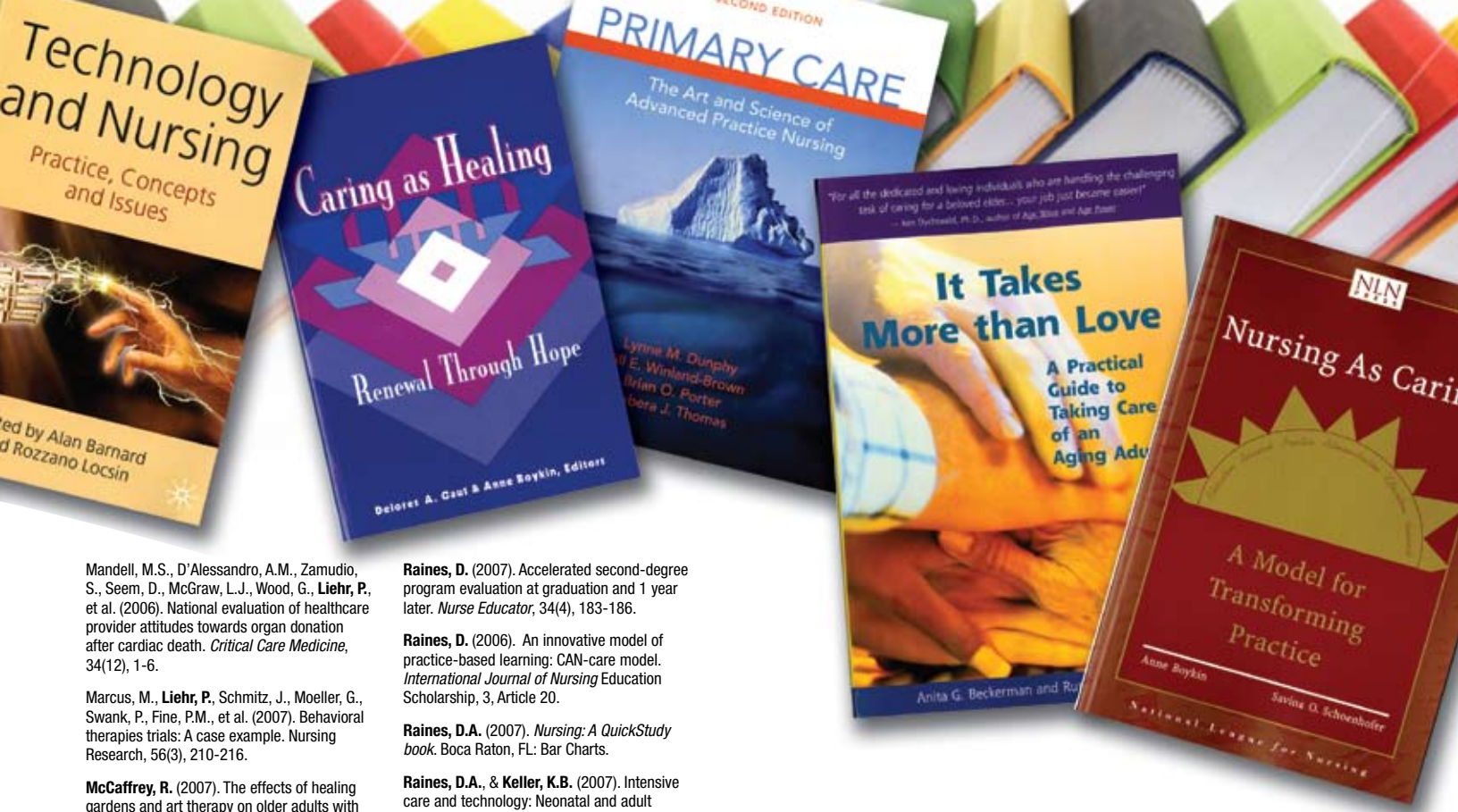
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Making a Difference for Native Americans



Caregiving behaviors such as connection, trust, respect, holism, spirituality, and traditions are traditional Native American values that help make nursing in tribal communities very special.

John Lowe, one of only 13 doctorally prepared Native American Indian nurses in the United States, is passionate about making a difference in the lives of the Cherokee Nation through his unwavering commitment to research and teaching.

Lowe is educating the next generation of nurses, who will continue the work of decreasing disease burden while

including a respect for the history, culture, and uniqueness of Cherokee people.

The National Institute of Drug Abuse (NIDA) recently awarded funding for Lowe to perform a study titled, "Community Partnerships to Affect Cherokee Adolescent Substance Abuse." This grant is built upon years of work with the Cherokee community and the self-reliance model, which emerged from that work.

Lowe has found that Cherokee adolescents who are connected to their culture and true to their Cherokee values are the ones who respect and take care of themselves, pursue meaningful goals, and have a sense

of identity and self-worth. These behaviors affect the adolescents' decisions about risky behaviors, such as substance abuse. He has developed a "Talking Circle" intervention, which honors Cherokee values and encourages self-reliance as a way to prevent substance abuse.

"I am so thankful that I went through the Talking Circle groups. Even though I have been very sick, this has been one of the best years of my life. I have been clean and sober and I now know what it means to live the Cherokee way."

— Talking Circle participant

"I am so thankful that I went through the Talking Circle groups. Even though I have been very sick, this has been one of the best years of my life. I have been clean and sober and I now know what it means to live the Cherokee way," says a Talking Circle participant.

In addition to his research, Lowe has introduced Florida Atlantic University nursing students to the Trail of Tears, a forced march west to Oklahoma beginning more than a century ago when soldiers acted to remove Cherokees living in North Carolina. He takes groups of students to Cherokee Nation in Oklahoma as part of their community health learning experience, an integrative nursing practicum. Cultural characteristics, traditions, and the Nursing as Caring theory are intricately interwoven to address looming health issues, like diabetes.

John Lowe attended the National Alaskan Native American Indian Nurses Association Summit in fall 2007 and stands here with Native Alaskan and Native American nurses from around the country.



(Above) John Lowe with Jim Henson, tribal leader, elder, and member of the United Keetowah Band of Cherokee Indians.



Lauren Lowe, research assistant (Cherokee Nation); Chief Jim Henson, interventionist and community liaison (United Keetowah Band of Cherokee Indians); Dr. John Lowe, principal investigator (FAU and Cherokee); Cheryl Riggs, research partner/project coordinator (Cherokee Nation/Central School); JoAnne Pulido, research assistant (FAU); and Dr. Alice Espinosa, coordinator research programs/services (FAU Christine E. Lynn College of Nursing)

One student, Joanne Pulido, has made two trips with Lowe — first as a community health student and recently as a research assistant with the NIDA-funded study — and is learning the importance of nursing in leading the way to improve health and health care for the Native American community.

"Community nursing practice comes alive when you are there in the tribal community," says Pulido. "The commitment, passion and knowledge that nurses bring can make a tangible difference in the lives of the people. It is a privilege to participate."

A Vision for an Integrative Health and Healing Center

For a moment, imagine that you have been diagnosed with a serious chronic disease. You are reeling and feeling confused and anxious. The health care system you have been navigating seems cold and impersonal. Caregivers are focused on treating your disease, but not on you as a whole person with responsibilities, loved ones, and dreams for the future. You just want someone to care, to offer therapies that can complement your medical care, and to engage you in a partnership in your healing journey.

Now enter the Florida Atlantic University Center for Integrative Health & Healing. You cross the threshold into a beautiful environment filled with light, the sound of music, and the smell of lavender. You are greeted by an advanced practice nurse or physician with a specialization in integrative care. You share your story, and they come to know you as a person. You are advised about lifestyle patterns that might facilitate your healing. You make appointments for massage therapy and attend classes to learn meditation. When things in your life go askew, you drop by to walk the labyrinth or read a book of poetry in the garden. The people there welcome you by name. This is a sanctuary and truly a place for healing.

This is the vision the Christine E. Lynn College of Nursing embraces, and we endeavor to join with other FAU Colleges, such as Biomedicine and Arts and Humanities, to realize it.

“The Center for Integrative Health & Healing is a remedy to the current crisis in health care that calls for innovative solutions to transform existing systems,” says Marlaime Smith, associate dean for academic programs.

As more people live with chronic diseases, such as diabetes, metabolic syndrome, heart disease, and cancer, new approaches that can facilitate change in lifestyle and



The Center for Integrative Health & Healing is a remedy to the current crisis in health care that calls for innovative solutions to transform existing systems.

– Marlaime Smith,
associate dean
for academic programs

management of symptoms are needed. Integrative models of health care that incorporate conventional medicine with evidence-based complementary therapies show promise as part of the solution.

Caregivers who adopt an integrative model acknowledge the whole person — body, mind, and spirit — and focus beyond cure to the full promotion of wellbeing and quality of life. The patient’s needs, desires, and insights are considered in the development of the plan of care. Each patient is educated concerning lifestyle changes and self-care, and he or she is engaged as a unique individual rather than a disease entity.

The Center will position FAU as a leader in responding to the public’s outcry for bringing Caring back to health care. We are hopeful that we can advance this vision through the generosity of those who might share it.

College to Launch Doctor of Nursing Practice Program

Three years ago, the American Association of Colleges of Nursing (AACN) issued a position statement that called for a transformational change in the education required for professional nurses who will practice at the most advanced level of nursing. This includes advanced nurses involved in the direct care of individual patients, management of care for individuals and populations, administration, and health policy development.

Practice demands associated with an increasingly complex health care system created a mandate for reassessing the education for clinical practice for all health professionals, including nurses.

The recommendation that nurses practicing at the highest level should receive doctoral-level preparation emerged from multiple factors, including the expansion of scientific knowledge required for safe nursing practice and growing concerns regarding the quality of patient care delivery and outcomes.

To meet the requirements set forth by the AACN, the specific focus of the Doctor of Nursing Practice (DNP) at the Christine E. Lynn College of Nursing will be to prepare advanced practice nurses to meet the needs of an aging, culturally diverse population.

The program of focus on the aging population not only educates expert nurses to care for older adults, but provides a growing number of individuals who are uniquely placed to assist younger people to work toward healthy aging and increased years of healthy life. The DNP will begin as a post-master's program in the fall of 2008 and will quickly grow to a post-baccalaureate-to-doctorate program.

For more information, please refer to the College of Nursing's Web site: www.fau.edu/nursing



Future Vision

Exploring Alzheimer's Disease through the Caregiving Experience

At 80 years old, Leon DeVoe finds himself in an unlikely position, but one that is becoming more common for many aging couples. DeVoe is caring for his 77-year-old wife, who is in the early stages of Alzheimer's disease.

As the number of individuals with Alzheimer's disease continues to grow, so does the community of family and caregivers who look after their loved ones. While substantial research has been conducted concerning caregivers of individuals with moderate-to late-stage Alzheimer's disease, few studies have focused on the caregivers of individuals who are in the early stages of the illness.

"We have knowledge and better techniques today that allow us to diagnose Alzheimer's disease earlier in its course," says Theris Touhy, associate professor. "This has resulted in earlier diagnoses of growing numbers of individuals. There is not a great deal of research on their needs and concerns, as well as those of their caregivers, which are very different from those in later stages of the illness."

About 14 months ago, DeVoe started taking over many of the responsibilities that his wife handled during their 44-year marriage, including cooking, laundry, driving, and bill paying. Two days a week, his wife participates in the adult day program at the Louis and Anne Green Memory and Wellness Center located on FAU's Boca Raton campus, while he attends a support group for caregivers of individuals in all stages of Alzheimer's.



"I read as much as I can about resources that are available," he says. "My need for support is crucial so that I can prepare for the future. The good Lord willing, we will come up with something that will help us in the years ahead before it is too late."

Touhy recently co-directed two studies with Denise Sparks, interim director of the Center, and Debra Hain, adjunct professor. The data from these studies will be used to help design an individualized assessment and intervention protocol for caregivers, which will be used in a geriatric nurse practitioner consultation program at the Center.

"Caregivers often risk emotional, physical, and financial burdens," says Touhy. "We need to explore the issues of caregivers of individuals who are in the early stages of the illness so that we can create interventions specifically designed for them."

"We are asking the caregivers questions like, 'What matters most to you right now?' They might discuss the difficulties of dealing with driving issues or taking over the responsibilities of household management or bookkeeping that had been done by their spouse before the illness. We are planning to follow these caregivers over time as they progress with this illness, which has not been done before."

Research and Development to Assure Nursing's Voice in the Electronic Health Record

To the dismay of many practicing nurses, there is currently no electronic health record that captures and documents the Caring practice of nursing.

"The nursing voice is missing in available software products. While nurses can record their observations and actions, there is no opportunity to systematically record nurses' being, presence, and Caring," says Marilyn Parker, professor and director of the Quantum Center for Community and School Wellbeing.

Parker has been instrumental in addressing this gap by pulling together a team to develop a language for documenting these critical, but often invisible dimensions of nursing care. The team of 12 nursing and computer science faculty and graduate students are in the state of prototype development of software that is designed to complement other electronic health records by providing the ability to document compassionate Caring.

We quickly recognized a need for research and development of software to report and record the nursing that takes place in nurse-client and nurse-community encounters.

Data sources include nursing situations described by advanced practice nurses. Nursing situations from practice in the community and acute care settings will provide the data to be used in software development.



Pictured left to the right: Alejandra Quesada, Danielle Noell, Dr. Shihong Huang, Dr. Abhijit Pandya, Dr. Kelley Newlin, Dr. Marilyn Parker, Dorothy Dunn, Mary Ellen Hodges, Dr. Sam Hsu

The essential values and concepts of the model — respect, Caring, wholeness, and connections, as well as access, empowerment, essentiality and community participation — are elements of the developing nursing language system.

Biennial Dialogue with Caring Scholars Scheduled for March 31

In February 2006, the Christine E. Lynn College of Nursing held its inaugural Dialogue of Caring, a gathering of nursing scholars and health care leaders focused on the nature and evolution of Caring knowledge.

The second Dialogue with Caring Scholars will occur on March 31, 2008. Leading scholars in the field of Caring will meet to share their emerging idea on the future of growing Caring research, practice, and knowledge. Contributors to this exciting event will include Anne Boykin, Madeleine

Leininger, Dee Ray, Sr. Simone Roach, Savina Schoenhofer, Marlaine Smith, Jean Watson, and Zane Wolf.

Plan to join us for an inspiring dialogue on the evolution of nursing knowledge related to Caring. For more information and to RSVP, please contact Alison Heim (aheim@fau.edu or 561-297-1110).





Dear Friends of the College:

I have had the pleasure and the privilege of supporting Florida Atlantic University's truly outstanding nursing program since its inception 27 years ago. As you may know, I am a nurse, so I fully understand and endorse the concept of basing a nursing education program on the philosophy of Caring. Our College of Nursing has achieved its mission with such wholehearted diligence that it is now internationally known for its Caring-based curriculum and commitment to advancing nursing knowledge. I am so proud to say that this excellent college now bears my name.

This new publication illustrates the fine work of the College and the dedication of the dean, faculty, students, and alumni to making a difference in nursing practice and improving the health of our community. I invite you to visit our College and to consider supporting its important initiatives.

Sincerely,

Christine E. Lynn

IN THE SPIRIT OF CARING...SHARING...GIVING.



Dear Friends,

This is a time of great excitement and challenge. As you have experienced through reading about the scholarly work of the College, the fusion of nursing excellence grounded in Caring is deeply rooted in our education, service, and research programs. Faculty, students, and alumni continue to have a significant impact on the lives of those whom we are privileged to nurse, as well as on local and global communities.

However, as state assistance of higher education continues to decline, it is vitally important to have the commitment of friends. Your generous contributions provide the critical financial resources that directly support and enhance our academic mission and goals. In the spirit of Caring, sharing, and giving, I thank you for considering partnering with us in our commitment to transform health care. Through our focus on Caring, we are making a difference!

Sincerely,

Anne Boykin

Archives Provide Canvas for Displaying Artistic Expressions of Caring in Nursing

Historic uniforms, photos, books, and artifacts make walking into the Archives of Caring in Nursing like taking a look back in time — and possibly to other countries — and give scholars access to one-of-a-kind information about the history of Caring in Nursing.

The Archives of Caring in Nursing support the Christine E. Lynn College of Nursing's goal of transforming nursing practice through the study of Caring.

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Located in the Christine E. Lynn Center for Caring, the Archives are dedicated to preserving the history of Caring in



The Archives are developed and maintained for the purpose of providing access to primary sources for scholars and will eventually be open to researchers via the Center for Caring and through the College of Nursing's Web site (www.fau.edu/nursing). To inquire regarding use of archival materials in the Center, please contact the archives manager, Claire Hanson, at chanson8@fau.edu or 561-297-2883.

The Archives team is working diligently to secure the papers of Caring theorists and to collect beautiful artistic expressions of the philosophy of Nursing as Caring. Those interested in contributing their work to the Archives of Caring in Nursing are welcome to contact Dean Anne Boykin, at aboykin@fau.edu.

CARING HEARTS

Share Time and Talents with People Experiencing Memory Loss and Their Caregivers

The Louis and Anne Green Memory and Wellness Center of the Christine E. Lynn College of Nursing holds a special place in many local families' hearts.

Located on Florida Atlantic University's Boca Raton campus, the Memory and Wellness Center offers a wide range of services and programs to individuals who are experiencing memory loss and their caregivers.



John Gallo, Christine Lynn, Pat Thomas, Deborah Lindstrom

"The Memory and Wellness Center is truly a gift to our community, providing a special place for families to bring loved ones," said Nancy Quick, president of the Caring Hearts Auxiliary, which supports and raises funds for the programs of the Memory and Wellness Center.

The Caring Hearts Auxiliary holds two fundraising events each year: Shades of Green and Keep Memories Alive. More than 250 people participated in the second annual Keep Memories Alive walk in 2007, which raised \$35,000 for the Center.



(Above) Minette Hoffheimer, John Gallo, Bob Levinson, Annie Green

(Right) Joanne Nappi, Joan Wargo, Jan Baldwin, Arlette Baker, Annie Green



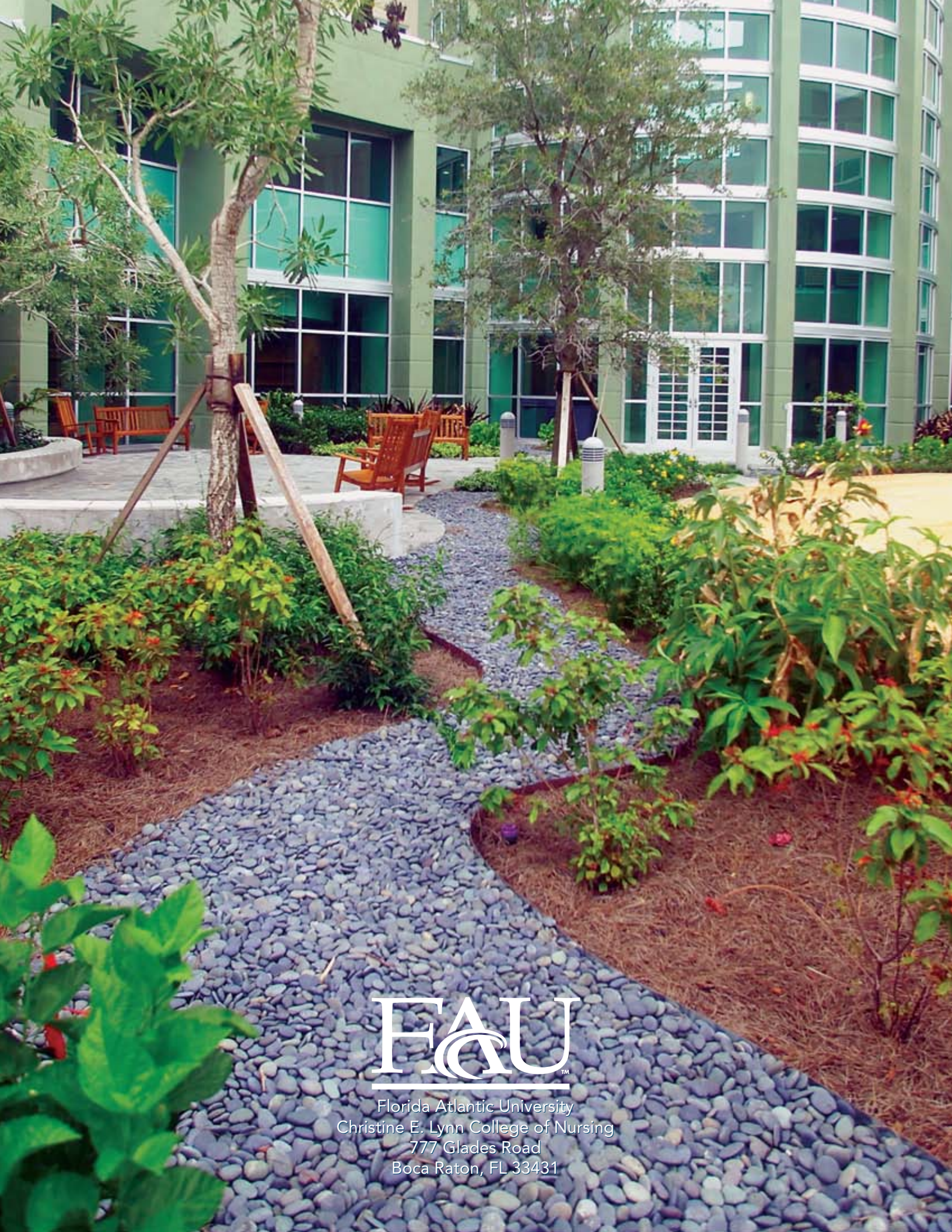
"The Center offers such a loving atmosphere where participants can experience life-enriching programs while improving their cognitive abilities. It is also a special place that provides supportive programs for the caregiver who faces many challenges in caring for a family member with memory loss."

– Deborah Lindstrom,
board member

Originated four years ago to honor the Center's generous benefactors, Lou and Annie Green, Shades of Green is a cocktail party fundraiser. To honor Christine Lynn, a former nurse, the Caring Hearts Auxiliary dedicated the funds raised from the 2007 Shades of Green to increase the Center's professional nursing staff.

Details about 2008 events can be found at www.fau.edu/nursing.

In addition to participating in events, the Auxiliary offers a variety of volunteer opportunities throughout the year. For information about becoming a member of the Caring Hearts Auxiliary, call Denise Sparks at 561-297-0502.



FAUTM

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