

FALL 2013

THE pulse

MAGAZINE

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IN BEING THE PATIENT

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SCHOOL OF NURSING | ROCHESTER, MICHIGAN



MESSAGE FROM THE DEAN

It is evident that the technology, landscape, demographic, needs and delivery methods of health care are constantly changing. In order to provide the most up-to-date education for our students, the faculty in the School of Nursing includes both expert clinicians who use the best evidence to provide quality care for patients as well as nurse researchers who are involved in cutting edge research that has the potential to improve patient outcomes.

We believe this is why so many of our alumni are respected leaders in the profession and who are innovative and have an entrepreneurial spirit. We are immensely proud of our alums. Many have pushed the boundaries of practice in an effort to make it better, to make their practice meet the needs of their communities. Many are also involved in the science of nursing, identifying the evidence for best practices. Their discoveries are published in some of the most respected nursing journals.

We also believe that a School of Nursing must not only provide a quality education for its students but must also have a dedication to making healthier communities. Recently, a faculty member was conducting research that involved minority women who were working to further their education. During this research, an ugly truth was exposed about the prevalence of intimate partner violence that occurs when women in some cultures continue their education beyond that of their domestic partners. Armed with this discovery, the School of Nursing recognized that our community has a need for forensic nurses who have advanced knowledge and skills in assessment and in the collection and analysis of evidentiary data. It is also important that they know how to provide support for the individual who has been a victim of violence. The result is the offering of a new program: forensic nursing, which will debut in the fall of 2014.

The special section of this issue of *The Pulse* will focus on the amazing achievements of our faculty and alumni who are leaving positive marks on health care through education, research, leadership and community enhancement.

We hope you enjoy reading about our current faculty and our graduates, who are your colleagues, and your nurses.

Kerri D. Schuiling

Kerri Schuiling, Ph.D., CNM, FACNM, FAAN
Dean
School of Nursing



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The Pulse magazine is published one to two times per year. It is distributed free of charge to Oakland University's School of Nursing alumni, staff and friends, and select school of nursing deans nationwide.

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ISSN 1946-7257
Issue No. 11.

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The United States needs nurses. An estimated 125,000 nursing positions are open nationwide. That number is projected to rise to 1 million in the next decade. OU's School of Nursing is taking steps to address this need, and you can help. In partnership with local health care organizations, we actively recruit faculty and students for our programs. Applications and admissions have risen by 40 percent, but much more can be done to ease the current and future nursing shortage. The development of scholarships and distinctive campus, online and satellite programs will serve as an important catalyst for future growth. This also will provide important incentives in attracting, retaining and graduating students into the ranks of professional nursing.

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Transforming care

Nurses prep for enhanced role to accommodate changing world of health care

By Mary Gunderson-Switzer

Nurses are the lifeblood of America's health care system.

Whether in pediatrics, nursing homes, ERs or clinics, there's virtually no health care setting where you won't find a nurse — and the public depends upon them.

When the country's Patient Protection and Affordable Care Act takes full effect, the public will find nurses stepping up even more.

Oakland's School of Nursing (SON) courses and clinical experiences prepare today's nurses for a new era in health care with the latest technology, care philosophies and leadership skills.

In doing so, nurses can play a key role in smoothing the health care transition for patients/caregivers.

MANAGING CARE

With the Affordable Care Act providing health care to those previously uninsured, the supply of health care professionals must meet demand for services. Nurses — the nation's largest group of health care professionals — are expected to figure significantly into this equation.



Deana Hays, MSN, RN, FNP-BC

"In particular, the role of nurse practitioners (NPs) will be expanding to improve access to care and accessibility," says Deana Hays, coordinator of OU's NP program.

According to government statistics, since 2009, community health centers have added about 3,000 nursing positions, including 800 in advanced practice — a 20 percent increase.

As advanced practice nurses, NPs provide high-quality health care services. NPs are fully qualified to diagnose or treat acute and chronic conditions and to prescribe medications and treatments.

Oakland's NP program provides the right experience for the times. Educated not only to manage a patient's overall care, their education and clinical experiences emphasize counseling patients about preventive care and maintaining or achieving optimal health.

Oakland's student NPs work with clinical preceptors in a variety of settings including clinics in rural areas, which are often where the most underserved populations reside. This patient contact and role modeling by expert clinicians who serve as preceptors is invaluable, setting graduate NPs up for success in a more autonomous role.

The Affordable Care Act's investment in nurse-managed health care clinics is expected to help educate more than 900 nurses by the end of 2013 and will serve about 94,000 patients.

In addition to providing treatment, NPs will serve an important role as medical coordinators.

"As NPs, care will be geared toward low-to-moderate care cases," says Hays. "If an NP's medical evaluation determines a need, the NP will ensure patients are directed for appropriate follow-up or specialized care, whether that's a family practice doctor, neurologist, cardiologist or other specialist."

A strong, collaborative NP/physician relationship provides a firm foundation in the transition to come.

"In any health care setting where physicians and NPs work, they're team players," Hays says. "As always, NPs work collaboratively with physicians to achieve excellence of care for all patients."

This team approach bodes well for the evolving world of health care cases.

"One very significant issue today is the degree of patient care complexities," says Hays. "We're seeing more patients with complicated health issues and comorbidities [dual diagnoses], which goes hand-in-hand with intricacies involving medications. So again, NPs, physicians and other types of clinicians all have their roles to play in addressing patient needs."

With change comes uncertainty.

Who will eventually communicate the Affordable Care Act details?

The SON is readying its nurses.

LEARNING CURVE

Nurses are used to being proactive in communicating and providing follow-up care in a myriad of ways — explaining physician directives, taking patient/caregiver phone calls to address concerns, and instructing patients/caregivers how to manage illnesses and injuries following treatment or post-hospitalization.

In addition to clinical internships, the SON is prepping its students for even more one-on-one facilitation with courses including: nurse leadership and health care issues (including

management, new health policies and legal/ethical issues); care of patients with comorbidities; and public health promotion/wellness.

"OU's NP policy course updates nurses on new laws, so they'll be kept abreast of how the Affordable Care Act will affect patients and be able to inform them," says Hays.



Kerri Schuiling, SON dean

"For a time, there will be questions about what is the best model of care to use to meet the needs of everyone as the Affordable Care Act is implemented" says SON Dean Kerri Schuiling.

"One model that's gaining attention is the nurse-led clinic. Nurse-led clinics often provide care in underserved areas, or are located in an area such as retail

stores to meet the demand for more convenient care. The care provided is generally of low-intensity, commonly needed services. Federal organizations are providing funding to study the effectiveness of varying models of care to help determine which will work best and have the potential to meet the greatest need with the best outcomes.

"Our students learn about all of the current models as well as the emerging models. We want them to appreciate that change in our health care system will continue to be constant and that adaptability is part of the key to being a successful clinician."

In addition, Hays recognizes that changes in the health care law means it won't be business as usual.

"It's really not the responsibility of the patient to know what's the most low-cost, best solution for their medical situation," says Hays. "Our NPs take business courses that include concentrated content about billing and coding, so that knowledge will also be put to good use."

Patients won't be alone in navigating changes, Hays emphasizes. That commitment extends all the way to the state's capital.

Oakland's SON encourages its NPs to attend Lansing's annual Michigan Council of Nurse Practitioners Advocacy Day. There, NPs have an opportunity to meet with state legislators, which is sure to inspire dialogue on upcoming health care changes.

"When it comes to patients and their health care, nurses are 'in it' with them," says Hays. "We always have been, and we always will be." ■

Mary Gunderson-Switzer is a freelance writer living in Warner Robins, Ga.



Janean Monahan, Ph.D., CNOR, RN, director of the Riverview Institute

At the helm

Janean Monahan guides the course of the Riverview Institute

By Alice Rhein

As a nurse with years of experience as an OR nurse, Janean Monahan is passionate about surgical nursing. It's no surprise, then, as the new executive director of Riverview Institute, Monahan plans to expand its offering to include a perioperative program.



and joined OU as an assistant professor in the School of Nursing in 2012.

Earlier this year, when Penprase was appointed the Crittenton Hospital Endowed Professor, Monahan, who earned her BSN, M.S. and Ph.D. at Wayne State University, stepped into the role that her mentor had held since Riverview Institute opened in 2009.

To address the shortage of operating room nurses, Monahan and Penprase developed the perioperative course, which will begin this fall and include didactic and clinical rotation for senior students.

"I am pleased to share that several area hospitals have agreed to allow our students to do their clinical rotations through their operating room and will offer our students a position after graduation," says Monahan.

She also hopes to help Riverview Institute expand programs in the areas of medical coding and billing, pharmacy and lab technician, and medical records programs. In the future, other specialized nursing courses such as neonatal intensive care, emergency nursing, and critical care will be developed, along with an LPN to BSN ladder. Monahan would also like to see RN refresher courses and graduate classes offered, too.

"The location of Riverview is convenient for many individuals who work downtown and are interested in obtaining their degree," says Monahan, who appreciates that the City of Detroit continues to work with OU on educating underserved populations.

In the four years since Riverview opened, it has given students a chance to advance their career in nursing with programs such as the CNA (Certified Nursing Assistant), PCT (Patient Care Technician) and LPN programs. In addition, graduates of the Accelerated Second Degree program are highly sought after for positions at primary hospital settings in Detroit.

"Many people are unaware of OU's presence in Detroit and therefore are unaware of the wonderful opportunities that Riverview offers," says Monahan, who grew up in Vicksburg, Mich., near Kalamazoo. "Riverview is a gem. The environment at OU is welcoming, comfortable and is conducive for learning."

A mother of three — Matthew, 24, an attorney; Erin, 20, a senior social work student; and Kerrie, 19, a student at St. Louis University — Monahan and her husband, Michael, are also parents to Hogan, a delightful 11-year-old Treeing Walker Coonhound, who loves taking walks with Monahan after her busy day at Riverview.

While Monahan says the transition from the OU campus to Riverview was amazingly easy because of its phenomenal employees, she has many mountains left to climb, professionally and personally. On the home front, the avid hiker and climber has her sight set on hiking the Appalachian Trail. At Riverview, she'll measure peak success by helping to establish more nursing education opportunities, and doing her part to ease the O.R. nursing shortage. ■

Alice Rhein is a freelance writer based in Huntington Woods, Mich.



OU SON OFFERS NEW PERIOPERATIVE PROGRAM

First offered this fall, the Oakland University School of Nursing's new perioperative course is designed to give the senior student nurse the opportunity to learn the basic skills of a circulating nurse based on Association of Perioperative Registered Nurses (AORN) standards, recommended practices and guidelines for perioperative nursing. Perioperative nursing includes the preoperative, intraoperative and postoperative phases of the surgical experience.

"A circulating nurse is a perioperative nurse that manages the nursing care of a patient during surgery, known as the intraoperative phase. The circulating nurse is an unsterile team member that manages the care and environment during the surgical experience," explains Janaen Monahan, director of the program.

The course is one term, and students attend lectures weekly and have a clinical component that allows them to work with a registered nurse in the operating room providing care to the surgical patient during a procedure. The clinical component of the course includes a minimum of 210 hours. Students are interviewed for admission into the course by a faculty member and several management team members from the clinical site.

"Currently, our clinical sites have agreed to offer our students employment, providing the student is successful in completing the course," she says.

The course lectures present information that provides the base knowledge for perioperative nursing; for example, fundamentals of aseptic technique, sutures, electrosurgery, sterile processing, and positioning. In addition, students will learn about lasers, cell savers, organ procurement, and evidence-based practice in the surgical settings. The students will primarily provide care in general and gynecological surgery. "At the end of the term, our students will be proficient in providing care to patients undergoing a general and gynecological procedure," Monahan adds.





Committed to those who serve

OU commits to aiding veterans and their families through nursing education

By Alice Rhein



As OU's veteran liaison, Brad Reichelt's main job in the Office of Veterans Support Services is to ensure that student veterans have a smooth transition from the military to college.

Earlier this year, Reichelt, a Marine Corps veteran who served three combat tours in Iraq, helped the SON develop a simulation for nursing students as part of the nationwide Joining Forces campaign to enhance nursing instruction in ways that will better serve U.S. military veterans and families.

"(SON) wanted more insight on today's veteran and have someone who can answer questions. My role for SON is to guide them the best I can when it relates to this generation's veteran and to share my experiences with them," says Reichelt, who, after his third tour, came back to Michigan, completed his degree at Oakland Community College, his Bachelor of Science in health science at OU, and is currently enrolled in OU's Master of Public Health program.



Bradley Reichelt



Kathleen Spencer, DNP, RN, ACNS-BC

Kathleen Spencer, DNP, RN, ACNS-BC, the point person for OU's Joining Forces initiatives, explains that the program began out of the White House. It includes three key areas: education, employment and wellness. The American Association of Colleges of Nursing (AACN), the American Nurses Association, and the National League for Nursing are working with the Department of Veterans Affairs and have engaged more than 625 schools of nursing — 24 in Michigan — to support veterans by educating nurses to care for veterans and their families.

"Only 30 percent of veterans receive their health care in the VA system," says Spencer. "Nurses who are taking care of patients in other hospital systems are going to encounter the 70 percent. This program teaches students about the experiences of veterans so they have insight on military culture and their physical and psychosocial needs."

During the simulation, Spencer says students learned to use the right language when caring for vets. Reichelt taught them to avoid saying "I understand" when they really can't. "He was instrumental in helping students know that the words they choose make a huge difference," says Spencer. "Students also learned how important it is to look a veteran in the eye and say 'Thank you for your service.'"

In addition to compassionate caring, nursing students also learn about psychosocial issues and injury trends during various wars, such as what a WWII veteran may have experienced as opposed to a Korean War or Vietnam War veteran.

"In Iraq and Afghanistan, because of IEDs (improvised explosive device), there are a lot of blast injuries that result in lower limb injuries and amputations. These veterans also have traumatic brain injuries and post-traumatic stress disorder (PTSD). Those are the three major types of injuries, in addition to depression, substance abuse, and hearing and vision loss," says Spencer. Nearly one in six U.S. soldiers returning from Afghanistan and Iraq have post-traumatic stress disorder or have sustained a traumatic brain injury. In addition to addressing these injuries, the SON is also focusing on women's health and end-of-life care of older veterans.

"The nursing initiative expands SON's commitment to serve injured veterans, and ensures that the nursing care of veterans is incorporated in all classes," says Spencer.

Not new to serving this cause, OU has been named a "Military Friendly School" by *G.I. Jobs* magazine for five consecutive years, and the university's Veteran Transfer Student Services program received a Michigan Association of Collegiate Registrar and Admissions Officers (MACRAO) Outstanding Transfer Program Award. ■



Alice Rhein is a freelance writer based in Huntington Woods, Mich.

Answering the call

SON nurses and faculty are working to help victims of abuse

By Jennifer Bonacorsi

Jeanine Jacopec, RN, School of Nursing (SON) class of '01, has a 45-minute drive ahead of her after she gets a page to come to HAVEN START, a facility in Oakland County where patients who are victims of physical and sexual assault are evaluated and treated by specially trained nurses.

Jacopec, an ER nurse, also works at HAVEN as a Sexual Assault Nurse Examiner (SANE). She uses her drive time to clear her mind and prepare for treating the patient. And when she arrives, she uses her time with the patient to make him or her feel like a human being again.

Through their work, training, and mentoring, a growing number of nurses with OU ties like Jacopec are filling a special need — unfortunately, a widespread one — by helping and healing victims of abuse.

"I'd always been interested in the forensic side of nursing," says Jacopec. "But I wanted to help the victims too. It's important to just listen to them, and let them know that what happened is not their fault — no matter what."

Samantha Warkentien, RN, an ER nurse and nurse practitioner student in the SON, is another SANE at HAVEN. Warkentien also makes a 45-minute drive to get there when she is on call. "As a SANE, we're trained to make a specialized assessment that differs from any other form of nursing," she says. "We reassure the victim that they are getting help and let them know that they are taking back control of their situation."

Warkentien was drawn by the forensic aspect of being a SANE, but also wanted to offer the empathy it takes to comfort the victim. "We see them as a human being, and not a crime scene," she emphasizes.

The SON focus on helping abuse victims in the community has been shaped by the many faculty who have seen the need for nurses to recognize and treat abuse. In addition to SON involvement with HAVEN, SANE-trained faculty Kelly Berishaj, DNP, ACNS-BC, RN and Margaret Glembocki, DNP, RN, ACNP-BC, FAANP, have hopes of meeting the needs of



Samantha Warkentien, RN, and Jeanine Jacopec, RN

those in the community by creating a program to educate forensic nurses.

With the support and guidance of SON Dean Kerri Schuiling, PhD, CNM, FACNM, FAAN, Berishaj and Glembocki, along with fellow SANE trained faculty Kimberly Holka, MSN, MSA, RN, APHN-BC, CNE and Stephanie Vallie, MSN, RN are working together to develop a Graduate Certificate in Forensic Nursing program — the first of its kind in Michigan and one of only a handful in the country — slated to begin in Fall 2014.

Regardless of whether a student decides to pursue the Forensic Nursing program, faculty are trying to make students aware that their real-world work experience will require them to recognize many types of abuse, including sexual assault, intimate partner violence, and child or elder maltreatment, adds Berishaj.

Nurses with an awareness of the signs of abuse can help mentor the physicians and other nurses around them. It also leads to more effective and coordinated efforts with law enforcement and social workers to get help for abused patients.

That group-effort mindset is already present within OU's campus community, says Berishaj. The SON has built partnerships and garnered great support from other university disciplines, including criminal justice, medicine, health sciences, and social work.

Along with aiding victims, the SON is working to prevent sexual assault and domestic violence from happening in the first place. This October, the SON is partnering with HAVEN to present a Mentors in Violence Prevention (MVP) seminar on campus. "We're trying to develop students who will become leaders in changing the way people think and react to violence," Berishaj says. "We'll be teaching about consent and bystander intervention in cases of sexual assault, dating violence, harassment, and bullying. We then want these student leaders to spread the word and encourage their peers to assist in culture change." ■

Jennifer Bonacorsi is a freelance writer based in Lake Orion, Mich.

OU alum impacts care

Helping Southeast Michigan age with grace

By Cara Catallo

Even before Denise Rabidoux graduated from the School of Nursing's very first class in 1977, she recognized her calling.

"For me, specifically, it was a passion to improve the care to older adults," recalls Rabidoux, now president and CEO of Evangelical Homes of Michigan. "I was a new bachelor's degree RN and looking around and seeing for the most part that older adults were being cared for by individuals who had been in the field a long, long time as nurses, but hadn't seen modern approaches to care planning."



Denise Rabidoux, SON '77, is president and CEO of Evangelical Homes of Michigan.

Today, improved preventive health and wellness measures and technologies deliver dramatic changes to the nature of older adult care.

"Geriatric and long-term care services have evolved in the time that I began in what was known as traditional nursing home care," says Rabidoux.

Now, says Rabidoux, less than 5 percent of older adults are institutionalized. People growing old today have more opportunities

to face their health challenges in unique ways. Seniors who would have had to go into a nursing home can remain in their own home where they've lived and raised their children, she says.

"Medical care for older adults has improved immensely, even in my tenure in geriatric nursing," explains Rabidoux, adding that more people are attentive to health needs throughout the spectrum of their life, plus access to health care has improved. "The consumer is a much more informed consumer, so the older adult is much more informed about what growing older really means, so they are more apt to be prepared."

Where before the only answer for aging adults was often nursing home care, now extended resources provide the

ability to age with greater grace, says Rabidoux, who became CEO of Evangelical 12 years ago.

"In my tenure, we have completely re-engineered how we deliver care to older adults in southeastern Michigan," she says.

When Rabidoux took over, Evangelical served approximately 600 adults primarily in nursing homes, she says. While they still offer traditional skilled rehabilitation and nursing centers, most of the 3,000 older adults Evangelical tends to today live in their own homes or in other aspects of the continuum, such as assisted or independent living condos.

"We see many more older adults picking up the phone to help adapt their home to prevent injuries," says Rabidoux. "Older adults are being much more proactive. A lot of that is health care reform. Public health programs have improved immensely to serve older adults. We have robust health care programs."

A division started several years ago provides solutions to allow seniors to stay at home and even offers alternative medicine options like massage therapists, trainers and nutritionists, plus overall greater health and wellness opportunities, a memory support program; home-delivered meals; hospice care; and a technology division.

"Technology plays an immense roll in their lives," Rabidoux says. "I think it's really a misunderstanding the public has that older adults are not technologically savvy. Many communicate with us through email with iPhones, iPads. They text."

Wireless systems allow caregivers to know if an older adult is leaving home unattended, or provides fall monitoring sensitive enough it can alert someone of an incident of unsteady gait before someone falls.

Rabidoux calls the field an amazing one, with a specialty that transitioned into an advanced study arc in nursing.

"It's a field where a nurse like myself can run a company one day." ■

Cara Catallo is a freelance writer based in Clarkston, Mich.



Health care 'Italian Style'

Study abroad provides new perspective

By Cara Catallo

With national health care dominating conversations from classrooms to dinner tables, Oakland University School of Nursing students have an opportunity to learn firsthand another nation's more seasoned approach.



Gary Moore, Ph.D., RN

Associate Dean of Nursing Gary Moore, Ph.D., RN, created a short study abroad program that enables RN and BSN students to take a research methods course in Padua, Italy, about 25 miles west of Venice.

"I try to give them an inkling of what research is here in the United States and in Italy," explains Moore, who led the first group seven years ago and has gone most summers since.

Students gain new perspectives on health care and nursing as they learn about Italy's national health care system and spend time with Italian nursing students.

"It's always good to see how other health care systems work around the world," Moore explains. "We want our students to be able to impact health policy and how health care is delivered, and what better way than to see how others work."

Even beyond nursing, the exposure to a culture different from their own is good for the future nurses, Moore adds, pointing out that most Italian nurses hold baccalaureate degrees, though pediatric nurses and midwives meet different criteria altogether. And it's common for nurses to work elsewhere within the European Union and then bring their experiences back to Italy.

The program also takes advantage of Italy's rich history. Moore requires students to visit some of Italy's treasures, such as the Uffizi Gallery in Florence.



"We have a western civilization requirement," Moore says. "They can see what it's really like: Why is it really important? How did it influence our way of thinking about the world?"

The program takes place the first half of the summer semester and students arrange their own airfare, in case they'd like to stay in Italy or Europe longer.

For SON student Andrea Aiuto, going to Italy in 2012 was a dream come true. Not only did she further her studies, she explored her heritage by taking a side trip to visit family in Sicily.

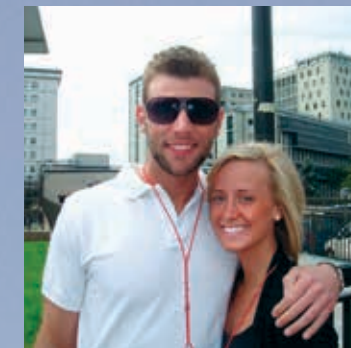
"I learned a lot about the Italian health care system and how it compares to America's. It was very interesting to learn how another country handles socialized healthcare, especially because of the current debate about 'Obamacare' here," says Aiuto, who hadn't before travelled abroad.

"It was an eye-opening experience. On another day we toured one of Italy's larger hospitals and learned about the ER and also nurses' roles in the hospital versus here in America. Experiencing the information as opposed to merely reading it made it a lot more interesting," says Aiuto, slated to receive her BSN in spring 2014.

In addition to covering NRS 452 course basics, Aiuto and the others attended a lecture where representatives from the United States, Italy, Canada and Africa shared experiences of the state of health care in their own countries, she explains.

"I was able to broaden my horizons and integrate experiences from another country. I got to connect with family for the first time and visit the place where my grandparents were born and lived," Aiuto shares. "I feel like this experience is an important part of my life now, and I would not trade it for the world." ■

Cara Catallo is a freelance writer based in Clarkston, Mich.



Testing the waters

Simulated clinical situations help nursing students gain experience

By Ann Marie Aliotta

For nursing students, gaining experience in real situations while in school is one of the most important parts of their education. This is why Oakland University School of Nursing professor Karen Dunn is trying to determine best practices when creating simulated situations where students can gain the experience they need.

"A major objective of the School of Nursing's undergraduate program is to provide students clinical experiences that will foster complex competencies in chronic illness and disease management, clinical reasoning, assessment, diagnosis and interventions," Dunn said. "But the challenges of finding clinical placements have made it hard to provide this necessary experience."

Dunn and her colleague at Oakland University, professor Cheryl Riley-Doucet, are developing a study to see if simulated clinical experiences will be effective in giving the students the understanding they would gain in real-life encounters.

"The purpose of this study is to examine whether the use of a strategically designed, complex, student-led clinical simulation will foster competencies in the assessment and management of medical and psychiatric symptoms," Dunn said. "The study will also assess whether these role-play scenario exercises are perceived by student participants as an effective alternative to clinical placement experiences."

This particular study will focus on chronic mental and physical illnesses common among the elderly. "With the rapid growth of the aging population, the need for knowledgeable nurses to manage older adult patients with complex, chronic medical conditions is essential," Dunn said. "Normal age-related changes, comorbidities, cognitive impairments, and altered responses to medications and other medical treatments increase the vulnerability of this population. To integrate the complexity of treating a patient with a chronic illness with a mental health illness is essential to meet the needs of this growing population."

The first step in the study is to develop the scenarios. Dunn is developing the physical health scenarios, and Riley-Doucet will do the mental health scenarios. The scenarios will be critiqued by School of Nursing simulation experts, professor Megan Harris, in the summer of 2014. The simulations will then be run using senior level undergraduate nursing students in the fall of 2014 and winter of 2015. About 200



Cheryl Riley-Doucet, Ph.D., RN, FGSA (left) and Karen Dunn, Ph.D., RN, FGSA (right)

students will be involved, including some master's degree candidates who will be research assistants.

The simulations will be student-led, according to Dunn, with the students working in pairs or dyads; one will be the patient and other will be the nurse. Both will be given a scenario and checklist of behaviors they need to exhibit. When they have been given enough time to practice, each dyad will then present their simulation to the other students within their clinical group. The students viewing the simulation are blinded to what diseases the

patients are exhibiting and the interventions the nurse is doing. The students will be given a participant observation sheet that asks them what are the diagnoses (both mental health and physical), what did the nurse do right, what did the nurse do wrong, and what other strategies could the nurse have used. The students and their clinical faculty will discuss this in the de-briefing part of simulation. The students will then evaluate the simulation strategy and whether they feel more confident in their abilities to care for patients such as these.

The simulations will be done in downtown Detroit at the Oakland University Riverview Institute, which has 50,000 square feet of clinical education space with five multi-purpose classrooms, four clinical skills development labs, a state-of-the-art Clinical Simulation Center, computer labs and faculty offices.

This former hospital facility will provide an ideal setting both in space and location. Aside from being spacious, this renovated facility has an intensive care unit, step-down unit, recovery room and an operating room, providing students an authentic hospital setting. There are more than 20 patient beds where students can practice their assessment and fundamental skills. Each practice area is positioned in front of wall mounts that hold oxygen, suction and patient call lights, which are similar to what they will use at the hospitals during clinical rotations. To date, hundreds of nursing students have used this facility to practice skills within a safe environment.

In addition to providing students with valuable experience, these studies could help other nursing schools. Once the scenarios and checklists are copyrighted, they would be available for purchase for a minimal fee to institutions that are interested in replicating them, Dunn said. She and Riley-Doucet also hope to publish the results and present them at conferences. ■

Ann Marie Aliotta is a freelance writer based in Grosse Pointe Farms, Mich.

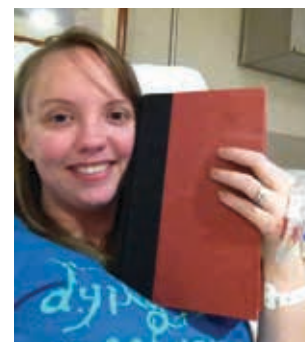
Prescription for inspiration

Nursing student discovers drive in being the patient

By Rene Wisely

Inspiration, for SON sophomore Heather Bristow-MacLean, came from a pair of health scares..

When she was a junior at Birmingham, Mich., Groves High School, Bristow-MacLean fell ill with a high fever, low blood pressure and fainting spells. She was admitted to Beaumont Hospital's pediatric ICU in Royal Oak, Mich.



Heather Bristow-MacLean, a patient at Beaumont Hospital's Pediatric ICU

"They never did figure out what was wrong with me, so they unofficially diagnosed me with West Nile virus," she recounted.

But the hospital stay was enough to pique her interest in a career. "I found the thought of being a nurse very intriguing from that experience," she said.

Still, she started at Oakland University with the intention of becoming a marine scientist. "I always had it in the back of my mind, though, that maybe I should try nursing."

With a few semesters under her belt during a challenging economy, she studied the job market for marine scientists and the future looked bleak. She finally listened to her intuition to pursue nursing and has been a standout in the program ever since.

Bristow-MacLean was recently chosen for the 2013 NURSE Corps Scholarship Program, a prestigious U.S. Government program that helps alleviate the critical shortage of nurses common in certain types of health care facilities located throughout the country.

She expects to graduate in December 2015 and she has committed to working at least two years in a critical shortage facility. In exchange, the program will pay her tuition and

"I found the thought of being a nurse very intriguing from that experience"

— Heather Bristow-MacLean

fees, books, clinical supplies, uniforms and provide a monthly stipend of \$1,289 for the school year.

"I was looking for some relief on tuition and I realized there are 25 of these critical shortage facilities in Wayne County alone," she said. "Or I can move somewhere warmer to get out of the snow and work there, which is my desire."

Wherever she chooses, "She'll be a total asset to any employer," believes Kimberly Holka, an SON faculty member, who recommended Bristow-MacLean for the NURSE Corps program. "She's one of those students who stands out."

Bristow-MacLean gives of herself often. She volunteered for OU's Alternative Spring Break program in 2012, working in Chicago at an HIV/Aides clinic. She also provided guidance for an at-risk teen attending the Lake Orion School District's Crossroads for Youth, helping him win a full scholarship to Mott Community College. She also works nights in Cardiac ICU at Troy Beaumont Hospital, all the while maintaining her grade point average at OU.

Holka believes one of Bristow-MacLean's gifts is her empathy. "She knows what it's like being a patient," Holka pointed out.

In May 2010, just after deciding to pursue nursing, Bristow-MacLean felt tired all the time, even after 18 hours of sleep. The diagnosis shocked her: thyroid cancer at age 24. She would need surgery.

Bristow-MacLean, now three years cancer-free and a newlywed, used her hospital stay as motivation to be the best nurse possible. ■

Rene Wisely is a freelance writer based in West Bloomfield, Mich.

Nursing aid

New scholarship honors legacy of SON's Dr. Diane Norris

By Rene Wisely

School was always important to the late Dr. Diane Norris, former associate dean of OU's School of Nursing and a professor.

It's where she met her husband in 7th grade in a crowded cafeteria. It's where she honed her leadership skills as class president at East Detroit High School in Eastpointe, Mich. It's where she learned her pediatric nursing specialty. It's also where she capped her career, first teaching and then as an administrator.

As her beloved husband of 47 years, Douglas Norris, kept a 20-day bedside vigil while she lay comatose before her October 2, 2011, death after a long illness, he knew exactly how to honor her legacy: Establish a scholarship for a worthy student to attend OU's nursing school.

"Her reason for being was helping people," said her husband. "She was a superstar at it."

Family and friends funded the first Diane Norris Memorial Scholarship Award with donations made at Diane's funeral visitation.

"She was loved by students, staff, faculty, administration and patients," said Norris, explaining the generosity of the memorial contributions.

Since then, Norris himself is donating \$30,000 over six years to create a permanent endowed scholarship. The scholarship will start as a \$1,500 award and grow as the money is invested.

Norris and their three grown children will be on hand at the scholarship recognition reception in October to meet the recipient. They're also attending a dedication ceremony for a bench and tree that the faculty, staff and students from SON donated in her honor. (See accompanying story.)

The scholarship will go to an OU student who, like Dr. Norris, plans to work in pediatric nursing upon graduation. The applicant will have an undergrad grade point average of 3.7 or higher; for a graduate student, 3.5 and up.

"Diane was always at the top of her class, so this scholarship winner will be as well," said her husband.

Dr. Norris worked in the neonatal/premature wing of Children's Hospital of Michigan for 30 years. She received her bachelor's degree and her master's degree in nursing at Wayne State University. When she was laid off from Children's, she decided to finish her doctorate in nursing at the University of Michigan. Soon after, she was hired by Oakland to teach.

She occasionally shared a classroom with Dr. Mary Mittelstaedt, professor emerita, who would teach the maternity content, while Norris handled the pediatric content.

"I respected how well she thought through things," explained Mittelstaedt. "She was detail oriented but would bring it all together so quickly. I respected that kind of thinking."

They became fast friends and Mittelstaedt suggested she apply for the associate dean position because she thought so highly of her.

Norris didn't disappoint.

"She really carried the university for a long time through some difficult changes," she said. "I'm glad they have this scholarship in her honor because she made such a tremendous impact on so many people at Oakland." ■

Rene Wisely is a freelance writer based in West Bloomfield, Mich.



A BENCHMARK FOR AN IMPACTFUL CAREER

After former associate dean Dr. Diane Norris died in October 2011, Colette O'Connor, director of development for the School of Nursing, was flooded with queries on how they could honor Norris.

"Diane was really loved by faculty, by staff and by students and when she died, they wanted a lasting memory of her here at Oakland," O'Connor said.

She collected enough pledges to establish a scholarship in her name, as well place memorial recognition plaques on a bench and a tree near the new Human Health Building. They will be dedicated in October.

Douglas Norris and his daughter, Rebecca, chose which tree and bench for the plaques, O'Connor explained.



"The bench was in the Reflection Garden, a quiet place that Diane would have loved," Norris said. "Colette pointed out that the associate dean's office overlooks that bench, so it was the perfect spot," Norris said.

Father and daughter disagreed over the tree, however; ultimately, the largest birch closest to the north entrance of the building was selected.

"Rebecca told her dad her mom would probably like the last birch in the back, not the first," O'Connor recalled.

But Norris wanted something that casts a longer shadow.

"My wife was a major driving force in the success of the School of Nursing," he said.

“It was a lovely evening.”

Celebrating 20 years of CRNA

Eighty-seven graduates of the Oakland University William Beaumont Nurse Anesthetist program gathered on September 12, 2013, for a 20-year reunion celebration.



Program director Anne Hranchook says, “It was a lovely evening” celebrating the growth of the program.

“We believe our graduates are the greatest measure of our success,” Hranchook says. “They are living proof of this success in that they

are some of the most respected and highly skilled nurse anesthetists in the country. In addition, we have graduates who have gone on to take high-level leadership roles in major academic medical centers, and many continue to give back by teaching in the classroom and in the clinical area.”

The program has 344 graduates to date, and its growth has been measurable.

“We began the program with 12 students. We now average 20 admissions per year and currently have three cohorts with a total student body of 63,” Hranchook says. “In the early days of the program, clinical rotations were held at Beaumont Hospital (which is to this day our primary clinical site and partner) and just two other clinical sites. Today, students not only gain clinical experiences at Beaumont, they also rotate to many of our 28 clinical affiliates. We are now recognized as one of the premier nurse anesthesia programs in the United States.

“The first classroom was a mobile trailer located in the west parking lot of Beaumont Hospital. Today it incorporates state-of-the-art video conferencing technology, with microphones stationed at each desk allowing students to interact with their classmates hundreds of miles away in one of our three distance site campuses located in Marquette, Kalamazoo and Petoskey,” she says.

Now that’s something to celebrate ■



Welcome aboard

New faculty join SON community

MARGARET MCLAUGHLIN, DrPH, RN, Assistant Professor



Building on a background in economics, Margaret McLaughlin’s career has interspersed operating room nursing with international health. Upon graduating from college, she was a Peace Corps volunteer in the Republic of Niger, working as an English teacher in a middle school on the edge of the desert. An interest in helping people to prevent and recover from diseases like malaria spurred her to become a nurse. During 22 years of

experience as an RN, she has worked in orthopedic, vascular and pediatric surgical settings in Baltimore, Chapel Hill, N.C., and Ann Arbor, Mich. She has managed primary health care programs in Sudan and Senegal, and has coordinated maternal-child projects in Mali, Mauritania, India, Ethiopia and Sierra Leone. Her research interests include global health, cost effectiveness and nurse staffing arrangements.

MARY GOLINSKI, Ph.D., RN, CRNA, Assistant Professor



Mary Golinski is an assistant professor in the School of Nursing as well as the assistant program director for the Oakland University William Beaumont Graduate Program of Nurse Anesthesia. Dr. Golinski earned her Master of Science in nurse anesthesiology in 1991 from the University of Detroit-Mercy and her Ph.D. in education evaluation and research from

Wayne State University in Detroit in 2002. Additionally, she actively practices anesthesia and is a clinical mentor for graduate nurse anesthesia students at Beaumont Hospital, Royal Oak, and Detroit Receiving Hospital, both level-one trauma hospitals. Additionally, she is a CRNA practitioner member on the board of directors of the National Board of Certification and Recertification for Nurse Anesthetists.

SANDRA DEERING, MSN, APN-BC, Visiting Instructor



Sandra Deering obtained her MSN from Oakland University in 2003 along with her Family Practice specialty certification from the American Academy of Nurse Practitioners. She works part time for a boys’ juvenile detention center for family practice and spent nine years running a step down pulmonary unit. She currently is co-principal investigator in a national fibromyalgia research

study with the Cerephex Corporation and St. Joseph Mercy Oakland hospital.

TERESA M. CHAHINE, RN, MSN, PMHNP-BC, Visiting Instructor



Teresa Chahine’s career in psychiatry evolved over the past 25 years from being part of a small team of nurses in an emergency setting, to leading the growth of Macomb County’s walk-in emergency psychiatric service. In the past two years, she has co-developed the psychiatric consult service at Henry Ford Macomb Hospital,

promoting mental health of individuals and families who are experiencing physical illness and or injury. Teresa received her bachelor’s and master’s degrees in nursing from Wayne State University in Detroit. She is a board certified Psychiatric Mental Health Nurse Practitioner. Her experience includes working with inpatient, outpatient and crisis psychiatric facilities, and she has a private practice in Oakland and Macomb counties. Teresa applies resilience, narrative and creative therapy to her treatment modalities. She also has a strong knowledge base in psychopharmacology

News briefs

OU scholar named a fellow by the Academy of Nursing Education

Oakland University associate professor Barbara Penprase, Ph.D., RN, CNE, has been named a fellow in the National League for Nursing's (NLN) Academy of Nursing Education. She is being honored for her work both as the Crittenton Endowed Professor in OU's School of Nursing and as executive director of the Riverview Institute.



Established in 2007, the Academy of Nursing Education strives to foster excellence in nursing education by recognizing and capitalizing on the wisdom of

nurse educators who have made sustained and significant contributions to nursing education.

Fellows support the vision of the NLN to promote standards of excellence in nursing education and increase the number of graduates from all types of nursing programs. Fellows also serve as role models and provide resources to new educators and others aspiring to become nurse educators.

"Nurse faculty and colleagues from other fields who contribute to excellence in nursing education and to the preparation of a nursing workforce that meets the needs of our ever-changing health care environment deserve this public recognition and the gratitude of all who are eager to elevate the status of the profession," says NLN CEO Beverly A. Malone.

Penprase has been lauded for passionate and supportive instruction using innovative teaching strategies, as well as for bringing a wealth of clinical expertise to the classroom setting. She has won numerous honors and acknowledgements at OU, including the Teaching Excellence Award at OU in 2009.

Penprase developed and implemented Oakland University's Accelerated Second Degree Nursing Program – the first of its kind in Michigan – and helped obtain more than \$3.5 million to support its growth. She also was active on a team that developed and implemented the university's online RN-BSN program, which has been used as an exemplar throughout the United States as the first completely online nursing program.

In her role as executive director of the Riverview Institute, Penprase oversees certificate programs that allow students to pursue careers as animal assisted therapists; basic, advanced cardiac, and pediatric advanced life support professionals; and nursing assistants, practical nurses and patient care technicians.



Barbara Penprase

The majority of the programs are in Detroit, focused on helping the underserved populations obtain skills to secure employment and stay in the city.

Additionally, Penprase is an active researcher whose research focus is on student and nurse outcomes. She specifically is interested in empathy, compassion fatigue, and noise levels within hospitals that cause miscommunication and errors as well as impair healing of patients. As the Crittenton Endowed Professor, she serves as a role model and teacher to help staff with evidence-based research to help change how nurses deliver care. She also works with both students and colleagues to develop strategies to enhance nursing practice.

"This fellowship opportunity is a great honor that will allow me to grow as a nurse educator and researcher," Penprase said.

Penprase will be inducted as a Fellow in the Academy of Nursing Education during the NLN's annual Education Summit this fall.



SON dean recipient of Esteemed Women of Michigan honor

For her many achievements, contributions and positive work in the community, Kerri Schuiling, dean of the Oakland University School of Nursing, has been designated as one of the Esteemed Women of Michigan. An event honoring the recipients was held at Royal Park Hotel in downtown Rochester on September 30, 2013.

This event honors women of Michigan who have made extraordinary contributions through personal, volunteer and professional avenues. These are women of diverse backgrounds and professions who inspire other women to achieve and undertake challenges and make a positive difference.

The Esteemed Women of Michigan will benefit the Gary Burnstein Community Health Clinic in Pontiac, Mich. This clinic is a self-funded, self-directed free health clinic serving the uninsured and underinsured. The clinic does not receive any government funding and relies solely on grants, fundraising events and donations.

"We are honoring and acknowledging their contributions to individuals, communities and our state. These women have made a significant difference in the lives of so many," event organizers explain.

The School of Nursing Dean's Circle presented "Living Little in an Average World: Dwarfism in the US"

One in 10,000 people are born with dwarfism ...

There are more than 200 distinct types of dwarfism ...

During Dwarfism Awareness Month (October), the School of Nursing Dean's Circle hosted "Living Little in an Average World: Dwarfism in the US", to help raise awareness on the experience of living as a little person in the United States. Little People of America (LPA) representatives spoke at the one-hour lecture for future health care professionals.

"It is our hope the presentation helped bring awareness of the health disparities, provide better services and help advocate for those in the population," says Kerri Schuiling, dean, School of Nursing.

OU SON student receives “A Nurse I Am” scholarship

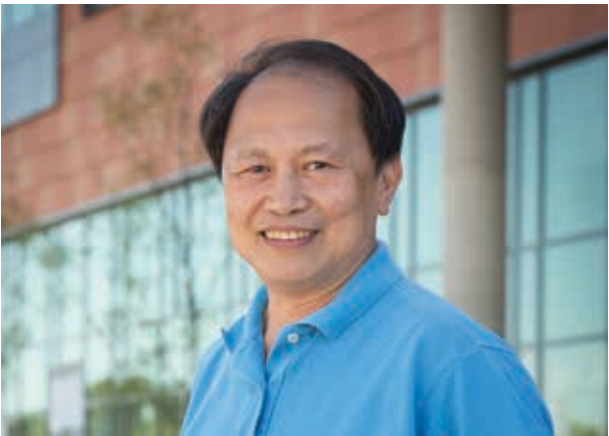
Oakland University School of Nursing student Jesus F. Beltran was one of 10 winners of the 2013 “A Nurse I Am” Scholarship, sponsored by Cherokee Uniforms. Scholarship winners each receive \$2,000 toward defraying the cost of their nursing education.

The selection was based on an assigned essay written in response to the inspirational nurses’ film, *A Nurse I Am*.

“The winning essayists represent a solid understanding of the role nurses play in America’s health care continuum and an awareness of what nurses can do to maintain and improve patient care, despite the challenges facing the industry,” said Wendell Mobley, who directs charitable and scholarship programs for Cherokee Uniforms.

Within Beltran’s essay he discussed the role of nurses and the necessary focus to provide the best care.

“In order for a nurse to provide the highest quality care to a client of a different culture, it is important that she or he is culturally sensitive and aware of the client’s ethnic



background and culture,” he explains. “Cultural sensitivity, knowledge and awareness are essential in providing care, and are then transformed into cultural competence by practicing one’s profession and taking into consideration the different values and traditions of the client.”

Kudos for Camp RN

Middle school students in seventh through ninth grade seeking a behind-the-curtain look at the nursing profession found it this summer at Camp RN@OU, hosted by Oakland University’s School of Nursing.

Camp RN@OU is designed to introduce future health care professionals to the challenges and benefits of patient care in a clinical setting through job shadowing and simulation labs.

“Middle school is the perfect time to engage future nursing professionals,” said Kristina Aaron, director of the Camp RN@OU program. “Being captivated by a profession early, students can take the necessary math and science courses during high school to be better prepared for a nursing education.”

One student especially enjoyed the program this year. Rachel Pfarrer, a CampRN participant who recently had a craniotomy to remove a large tumor a year ago. Explains her mother Michelle Pfarrer, “Rachel is very self-conscious now. After meeting a young girl at Beaumont, Troy who had the same surgery, Rachel told the girl that she would be okay and was complimented by her mentor for being so caring. Rachel confessed to her mentor that she, too, had had the same surgery. This was a first for Rachel, as she does not want anyone to know about her surgery.



Camp RN

An early start in nursing ...

Eighth grade students interested in nursing were treated to a week of learning, exploring, fun and friendship at OU’s Camp RN.

The two-week pre-college summer program educates and informs middle school students of the opportunities available through a nursing career. Participants are actively engaged in nursing forensics, biology, math, and chemistry workshops, while learning nursing fundamentals including CPR and First Aid Certification. Students also tour Oakland University, interact with nurses in a hospital setting (job shadowing), and utilize our new physical assessment laboratory to learn about the human body.



SON Highlights

◆ CERTIFICATIONS AND CONTRACTS

Congratulations to **Marilyn Childers**, faculty member of the School of Nursing, for receiving notification of successfully meeting the requirements to be board certified for psychiatric/mental health nursing. The National Commission for Certifying Agencies and the Accreditation Board for Specialty Nursing Certification accredits this ANCC certification.

Kim Holka, faculty member of the School of Nursing, recently passed her certification exam and is now an advanced public health nurse (APHN-BC). The Advanced Practice Public Health Nursing specialty area provides a foundation for planning and evaluating community/public health programs; learning about community/public health concepts, health promotion, population-level interventions, grant writing, health care systems, leadership, and health policy; addressing health disparities of vulnerable and diverse populations; and practicing and consulting in diverse and multicultural settings.

◆ PARTNERSHIPS

United Physicians and Oakland University have partnered together in an effort to place OU nursing practitioner students for internships as well as employment upon graduation. OU has an excellent NP program that annually graduates approximately 30-40 NPs whose focus is primary care. These students are all registered nurses with at least a year experience as a nurse, but most have three years of clinical experience before applying to the program.

Nominate a nurse for the 2014 Nightingale Awards for Nursing Excellence®



The 26th Annual Nightingale Event will take place in May 8, 2014. Nominate your favorite nurse today. Nominations will be accepted through December 2013.

The Oakland University School of Nursing strives to recognize and honor the compassion, knowledge and initiative of outstanding nurses in the field at its annual Nightingale Awards for Nursing. Awards are given based on nurses' achievements and community and professional involvement. Leadership, quality of care given, innovative practices, and advances in research are also valued in the selection processes. The nine categories include: Administration, Advanced Nurse Practice, Education/Research, Long Term Care/Rehabilitation, Nursing in the Community, OU Distinguished Alumni, Staff Practice (2) and the People's Choice Award.

Contact Amy Yurgalonis at (248) 364-8705 or yurgalon@oakland.edu. You can also visit oakland.edu/nightingale for a nomination form.



Oakland University | School of Nursing



Animal Assisted Therapy certificate program

Animal assisted therapy offers a positive behavioral support intervention for people with emotional or behavioral problems as well as provides support for the critically ill, elderly, physically impaired and more. The difference you'll make in the lives of others is extremely rewarding.

Gain the skills necessary to properly use animal assisted interventions in the Oakland University Animal Assisted Therapy certificate program

The five eight-week modules include an introduction to animal assisted interventions, the psychology of animal assisted interventions, special populations, working with

animals and a final capstone project. The program is completely online with a couple of the assignments involving meeting with people in the field in your area.

For more information, visit oakland.edu/animalassistedtherapy or contact Amy Johnson, Director for the AATC program, at (248) 364-8704 or johnson2@oakland.edu.

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