

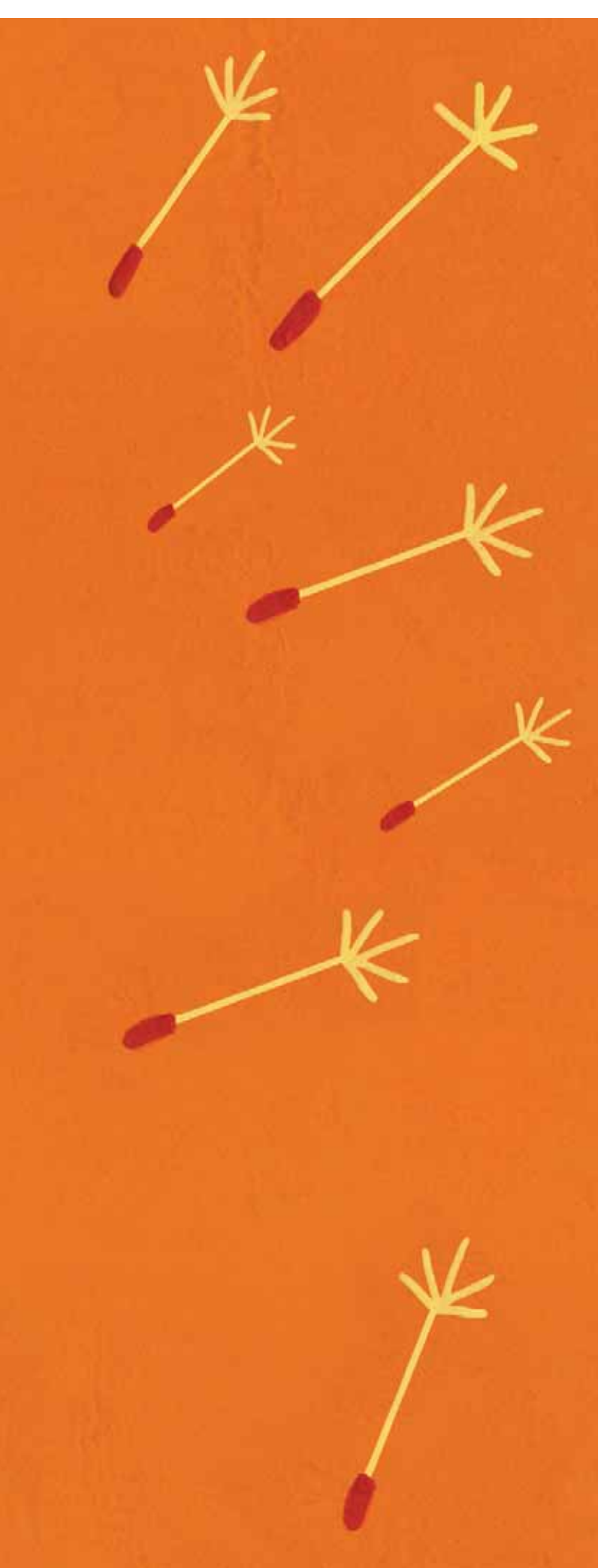
# Vital Signs

SPRING 2008 | VOLUME 25 | NUMBER ONE

**UIC** COLLEGE OF  
UNIVERSITY OF ILLINOIS  
AT CHICAGO NURSING

SOWING THE SEEDS OF KNOWLEDGE





On the cover: Grants from the National Institute of Nursing Research currently support the research of seven pre-doctoral students in the UIC College of Nursing. Story on Page 4.

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# Message from the Dean



To see the world through UIC nursing eyes means looking beyond the usual, focusing on indicators of need and change, and bringing solutions and transformations. It means seeing ways to make life and healthcare better—in volunteer, salaried, and philanthropic ways.

In February, I had the privilege of speaking to a class of graduating BSN students, sharing with them the ways our College trains leaders, poised to transform nursing and healthcare. Personal comfort with embracing change spans the gamut from extreme “conservator” (those who prefer to maintain the status quo) to extreme “originator” (those who prefer radical change). Most of us are in between. Any group has members from all along the continuum, thus provoking spirited dialogue when subjects of change arise.

Nowhere is this more evident in the College than in our discussions of curricula. We are shifting toward building an entry-level general practice master’s degree as a complement to our traditional upper division undergraduate education. We are shifting advanced specialty practice toward a doctorate of nursing practice degree rather than toward a master’s-level degree. These changes present challenges in determining how much change—and how fast.

In this issue of *Vital Signs*, we profile new discoveries by students, showing their tremendous successes in achieving nationally competitive pre-doctoral awards—all guided by our accomplished faculty. Read about alumni who have mobilized community resources, advocated for vulnerable groups, and embraced novel ways to transform healthcare for people in need. Read about the inspiring power of the ripple effect among alumni, students, and faculty—the seeds of change for the future of our College.

As you can see, we continue the ripple of change begun in this College more than 50 years ago. We do this in the spirit of following in the footsteps of those before us who could envision an exciting future, and were not afraid to take risks.

Thank you for your continued support of our College.

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

Joan L. Shaver, PhD, RN, FAAN  
Professor and Dean

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# SOWING THE SEEDS OF KNOWLEDGE

## Growing Novel Ideas Through Grants



**By Brian Sarna**

The National Institute of Nursing Research (NINR) was signed into existence on June 14, 1993 with the purpose of meeting the nation's demand for doctoral-trained nurses in behavioral, biological, and biobehavioral research.

A major facilitator for this purpose is the Ruth L. Kirschstein National Research Service Award for pre-doctoral students (also known as the F31). The grant helps pay tuition and other educational costs and can last up to five years. Requirements include the support of the applicant's institution and a mentor, whose work is closely related to the applicant's intended area of study.

"The mentorship aspect of the fellowship is critical," says Mark Foreman (PhD '87) associate

dean for nursing science studies. "It is a really good way for a student to start their career. The closer the match in research interests, the better. The mentor can introduce the student to other experts in the field, and create appropriate learning opportunities for them to develop as a scholar."

The College of Nursing generally has three or four F31 grants funded a year, though currently there are nearly twice that number. Students are receiving more encouragement to pursue the grants, and, according to Foreman, "When they see their friends having success, they want to have success, too."

Currently, there are seven doctoral students with F31 awards.



Motivated by his clinical practice with prostate cancer patients, PhD Candidate **Jeff Albaugh (MS '90, BSN '86)** uses his F31 supported research to learn more about erectile dysfunction treatment for men undergoing prostate removal.

“I have worked in prostate cancer for a while and especially with sexual dysfunction, and I have seen what a big struggle this can be for men and their mates,” Albaugh notes. “This research will add to the body of knowledge about the importance of addressing sexual issues with patients, which is often an ignored aspect of care.”

His advisor, Associate Dean for Research **Carol Ferrans (PhD '85, MS '82)**, believes Albaugh's research is groundbreaking and important. “This study will be the first in a research program aimed at addressing the needs of men regarding sexual dysfunction after treatment for prostate cancer,” said Ferrans. “Given the widespread prevalence of sexual dysfunction after prostatectomy, Jeff's research career has great potential to make a significant impact in healthcare and in the lives of men treated for prostate cancer.”



Jeff Albaugh prepares to see patients at Northwestern Memorial Hospital.

**Cynthia Fritschi's** curiosity about bothersome fatigue in Type 2 diabetes grew out of her connection with her mentor **Laurie Quinn (PhD '96)**, whom she met 16 years ago when Fritschi began her nursing studies.

“She was a great influence on my decision to become a certified diabetes educator and eventually encouraged me to go into research and start the PhD program,” says Fritschi.

Now Fritschi, a PhD candidate, is studying the interrelationships between physiological, psychological, and lifestyle factors associated with fatigue that is common with Type 2 diabetes.

“I think that symptoms such as fatigue may play a key role in one's ability to maintain the daily work involved in managing diabetes – especially participating in regular physical activity,” says Fritschi. “Hopefully findings from this study will give diabetes clinicians more insight into all the different factors that may be involved in fatigue, rather than assuming the problem is only glucose control.”

“Her work is exceptional and very exciting,” Quinn states. “Cynthia has learned so much about the ups and downs of clinical research. With the continued emphasis on translational research, this experience is invaluable.”



Cynthia Fritschi works with Type 2 diabetes patients experiencing fatigue.

Nine years ago **Aleeca Bell (MS '98)** was working as a research assistant in the lab of **Dr. Rosemary White-Traut**, head of maternal child nursing, while pursuing a master's degree in nurse midwifery. Now she is conducting her own research with White-Traut as her F31 mentor.

PhD Candidate Bell is measuring nutritive sucking and alertness states in infants exposed to maternal epidural analgesia during labor to determine the effects on initial feeding after birth.

"The rate of maternal epidural analgesia in the U.S. is estimated to be 76 percent," according to Bell, "yet we still have limited evidence of the effect on the newly born infant's physiologic and developmental systems." Bell's first application for the F31 grant was unsuccessful, but White-Traut and the UIC faculty continued to offer encouragement.

"When I was not funded with the first submission, Drs. White-Traut and **Dorie Schwertz** (a member of my dissertation committee) helped me to rewrite and resubmit," recalls Bell. "Dr. White-Traut worked closely with me, and arranged opportunities for faculty, post-docs, and students to critique my proposal and offer feedback on improvement."

In an ethnically diverse inner-city hospice, **Steve Stapleton (MS '94, BSN '82)** is conducting his doctoral study on the possible clustering of symptoms for patients admitted to hospice care.

The research follows the shift from studying individual symptoms to looking at them in clusters, according to Stapleton. He hopes his research will be applied to cancer patients with a wide array of symptoms resulting from cancer and its medical treatments.

"As researchers and practitioners, we can concentrate on relieving these distressing symptoms and increasing the patient's quality of life at the end of life," says Stapleton.

When Stapleton decided to pursue his PhD and this research in 2004, he wanted to find someone who would support his research interest. The following year, with a degree from the Chicago School of Massage Therapy, he began working with **Dr. Diana Wilkie**, Harriet Werley Endowed Chair for Nursing Research, as a research assistant on her study investigating the effects of massage therapy on cancer patients.

"Writing the F31 proposal provided Steve with many opportunities to grow as a nursing scientist," says Wilkie, his mentor. "This award is his first of what I expect will be a long and productive research career with many grants."

Postpartum depression "affects maternal and fetal health at the rate of 15 percent of Caucasian middle class women and 35 percent of African-American women with low socio-economic status," says **Lindsey Garfield (BSN '03)**. In her doctoral research, the goal is to uncover knowledge for identifying mothers at risk for postpartum depression, using biological indicators.

She is concentrating on two hormones, cortisol and oxytocin, measured in saliva.

"Cortisol is associated with stress factors and is related to other psychiatric illnesses," says Garfield. "Oxytocin has mainly been researched in the animal model, but when given to virgin females, it initiates mothering behaviors."



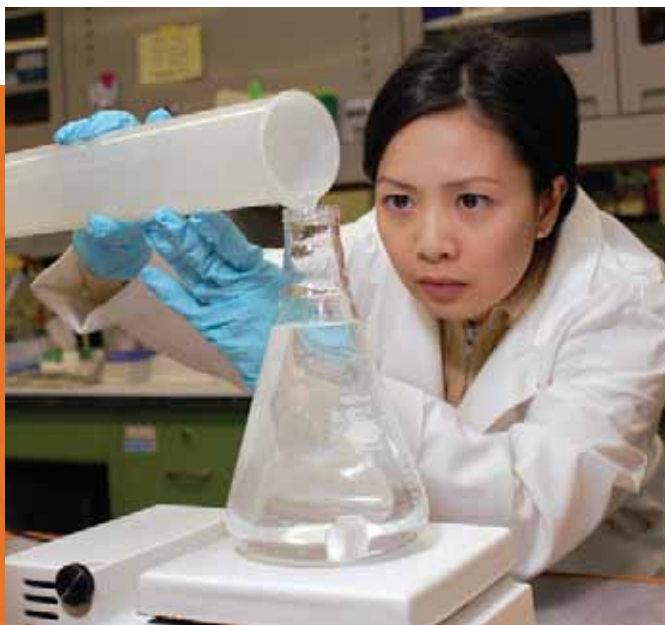


“The identification of a salivary biomarker for clinical depression will make a significant contribution to the state of the science and clinical practice,” says her mentor, **Dr. Rosemary White-Traut**. “Since infants and young children of depressed mothers lag behind in their development, this research also has the potential to contribute toward improving growth and development for children of depressed mothers.”

According to **Mai Nguyen (BSN '03)**, “Neither nutrition nor genetics alone can fully explain the pathogenesis of preeclampsia,” a medical condition where high blood pressure arises in pregnancy along with high urine protein levels. “Looking at the gene-nutrient interaction, I hope, will provide the foundation for identifying women who are at high-risk for preeclampsia and the development of an appropriate strategy to prevent this disorder.”

Research Associate Professor **Dr. Tess Briones** suggested Nguyen apply for a F31 award after she was awarded a pre-doctoral fellowship on the institutional NINR Biobehavioral Nursing Research training grant. Briones believes that Nguyen’s work can have important impact for “at-risk” women.

“To date, the causes of preeclampsia are still poorly understood,” says Briones. “Mai’s research can potentially shed light on early identification of women at risk for developing preeclampsia and the appropriate management for these ‘at-risk’ women.”



In a College of Nursing laboratory, Mai Nguyen explores the causes of high blood pressure during pregnancy.

Working with patients with heart failure inspired **Daisy Sherry (MS '01, BSN '06)** to focus her doctoral research on physical activity in heart failure patients undergoing resynchronization therapy.

“This is a promising new treatment for the millions of Americans with heart failure,” says Sherry. “The first trials demonstrated improved exercise capacity, but no one has yet looked at the impact on daily physical activity.”

Her mentor, Associate Professor **Dr. Eileen Collins**, also explores the relationship of physical activity to the quality of life with patients with chronic illness, making her an ideal mentor for Sherry’s F31 award.

“It was an amazingly influential decision. I am so grateful for how it all turned out,” says Sherry. “It could not have been done without the tremendous help and support of my sponsor, whom I don’t thank enough.”

“This grant helped Daisy narrow her research interests and articulate them clearly in a grant application,” says Collins. “The grant also has a training component that allowed Daisy to take additional courses in physical activity.”

Collins adds, “Her research with heart failure patients and cardiac resynchronization therapy will help to improve the quality of life of these patients.”



At the University of Chicago Medical Center, Daisy Sherry discusses the condition of a patient suffering heart failure.

## Racial Disparity in Breast Cancer – a Chicago Problem

In October 2007, the Metropolitan Chicago Breast Cancer Task Force released a report on the racial disparity in breast cancer mortality. The report received a great deal of local media attention, including a CBS Channel 2 News interview with **Carol Ferrans (PhD '85, MS '82)**, co-chair of the Access to Mammography action group.

“This is a Chicago problem,” the UIC alumna and faculty member told CBS. “Sixty-eight per cent more black women are dying from breast cancer than white women (in Chicago).”



Carol Ferrans (PhD '85, MS '82), professor and associate dean for research in the College of Nursing, leads the Access to Mammography Action Group.

That number compares poorly with metropolitan New York, at 11 percent, and the rest of the nation, at 37 percent.

Ferrans and her action committee identified three factors that negatively affected access to mammograms – cost, capacity, and quality.

“The biggest reason is cost,” she told CBS. “There are a lot of uninsured women, and uninsured women often cannot afford to pay for mammograms out of pocket. We need to eliminate cost as a barrier.”

“The study found that the capacity problem is two-fold,” says Ferrans.

“The capacity to screen is half of the number of screens needed, and the number of mammograms performed is only a third of the number needed.”

Quality was found to be inferior at centers that served black women, according to the study. The greatest factor was lack of the availability of breast-imaging specialists who can better interpret mammography images of lesser quality than the digital images found in centers serving white women.

A second report from the task force, which will offer solutions, is due out in October of this year.

Ferrans’s 20 years of research has focused on quality of life and minority issues in healthcare, and has received funding from the National Cancer Institute and the National Institute of Nursing Research.

## Career Day Inspires Nursing Students

Career Day, held January 28th and sponsored by the Nursing Alumni Board, the Nursing Office of Academic Programs, and the Urban Health Program, brought a panel of recent alumni to share their wisdom with more than 50 nursing juniors and seniors.

(top) Johanna Stubblefield (BSN '05), Nursing Alumni Association president, chairs the Career Day panel. (middle) Graduating seniors Scott Stevens, left, and Solomon Njuba, right. (bottom) Alumni share their experience working in nursing.



## Student Leadership Lays Foundation for Future Work

**Mary Maryland's (PhD '94)** 30-year nursing career is an example of the way early leadership experience can ripple into building the future leadership of the nursing profession.

While Maryland was earning her associate's degree for nursing, she served as class president. Now she is serving a four-year term on the American Nursing Association (ANA) Board of Directors.

"My serving as a member of the ANA Nominating Committee led to being elected vice-chair of the ANA Congress on Nursing Practice and Economics," Maryland says.

She was elected to the ANA Board of Directors in 2006, to the Credentialing Center Board of Directors in December 2007, and to the professional

organization's Political Action Committee. It was as a member of the Political Action Committee that she interviewed Democratic presidential hopeful Governor Bill Richardson of New Mexico.

Maryland's involvement with the America Cancer Society has been on a similar rise. She is ACS Research Committee chair and 1st vice-president of the Illinois Division of the ACS. Maryland is on three committees, and she represented the organization in interviews with Fox News and ABC News, when the smoking ban took effect on January 1, 2008.

Maryland continues to serve as a leader for the UIC College of Nursing. While a doctoral student 15 years ago, she was chair of the Graduate Student



Mary Maryland (PhD '94), with New Mexico Governor Bill Richardson, was recently selected by the *Chicago Defender* as one of 50 Women of Excellence.

Organization and later president and treasurer of the College of Nursing Alumni Association. She now serves as UIC Campus Alumni Advisory Board chair, and is a member of UIAA Illinois Connections.



## GEP Student Views Healthcare Disparities in Nicaragua

"I was not prepared to understand what it is like to live in a poor country," says

**Marilou Carrera,**

a student in the Graduate Entry Program who traveled as a student nurse to Nicaragua in August 2007. "I was surprised at the many contradictions I saw."

Carrera and her professor, **Dr. Gerry Gorman,** volunteered in Nicaragua with Emergency, a non-profit organization committed to training local medical personnel in war-torn and impoverished countries.

Working with a team of Nicaraguan hospital and university officials, Carrera

and Gorman toured the construction site of the existing Women and Infants' Hospital in Leon, a reconstruction project run by Emergency. "We found most of the hospital conditions unsettling," Carrera describes. "Patient rooms were dilapidated. Only the natural landscape will be preserved in the new hospital."

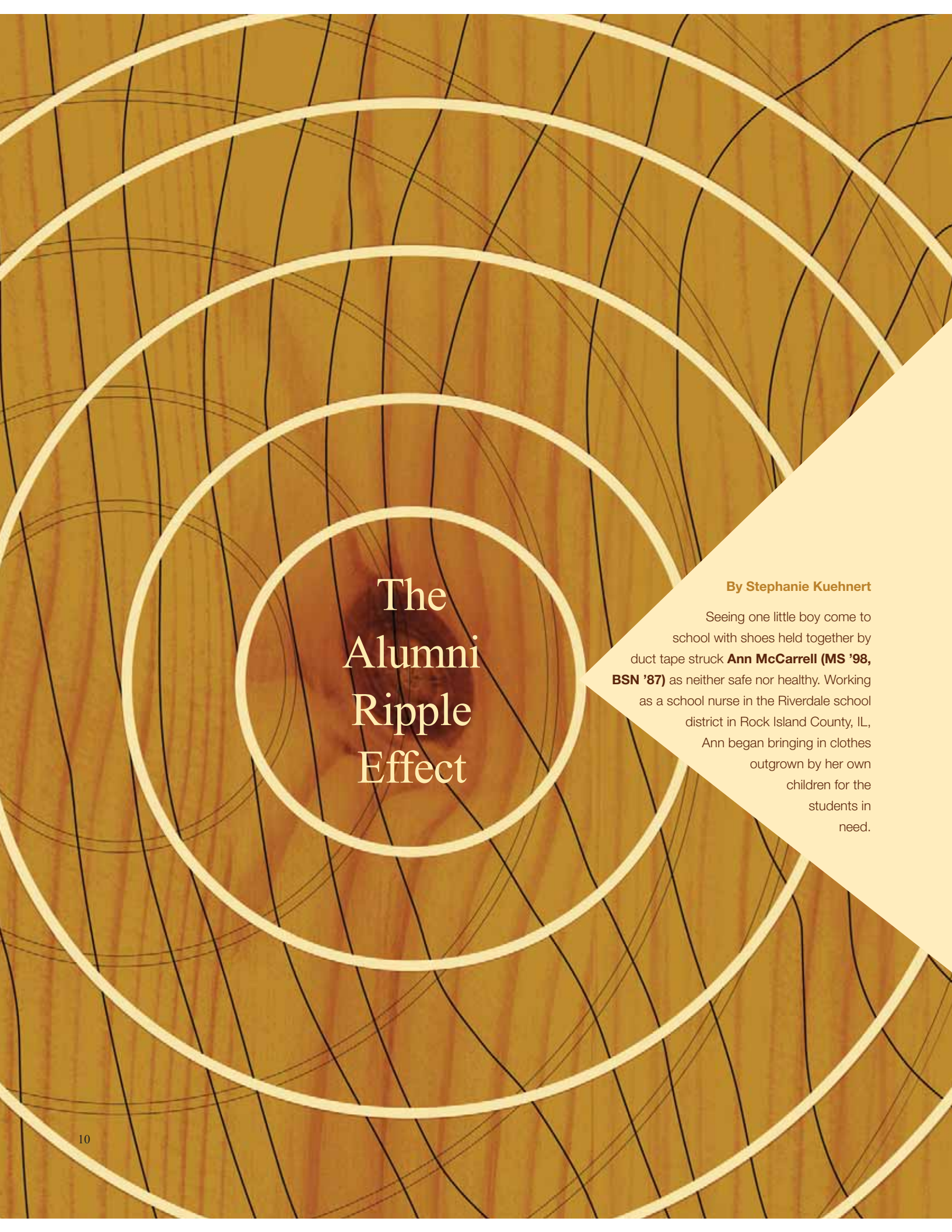
She recalls many discussions about the country's high rate of poverty and health disparity, the influence of religion and politics on government, and how these factors affect progress in Nicaragua.

On a side trip to Isla Ometepe, Carrera and Gorman met with a group of naturopathic doctors and medical

students who provide complementary and alternative approaches to healthcare in a rural setting. "On our last day, we helped the group set up a community clinic. We set up a lab station, medical supply area, and three rooms for physical exams."

Since returning to Chicago, Carrera and Gorman are focused on raising public awareness of the work of Emergency, especially the new Women and Infants' Hospital they toured. They have shared their experience at a fundraiser at the Quaker House in Evanston, and are collaborating on a paper for the Public Health Association.





# The Alumni Ripple Effect

**By Stephanie Kuehnert**

Seeing one little boy come to school with shoes held together by duct tape struck **Ann McCarrell (MS '98, BSN '87)** as neither safe nor healthy. Working as a school nurse in the Riverdale school district in Rock Island County, IL, Ann began bringing in clothes outgrown by her own children for the students in need.

**Other moms noticed** what she was doing and started bringing in clothes as well. At first items were stored in a room at a school, but soon there were so many donations, they had to move to a local church.

“Ann’s Helping Hands,” a nonprofit organization that some call “Ann’s Angel’s,” is now in its fourth storefront location, and has expanded to include donated furniture and appliances. The volunteer-run organization serves as a resource for Upper Rock Island County, a place where resources can be slim. As McCarrell says, “we help our own.” At the storefront those in need can purchase a washer or a couch for five dollars, and those that are really destitute, like mothers fleeing abusive situations, can get these items for free.

**Additionally, Ann’s Helping Hands distributes school supplies to needy families before the school year begins and delivers food baskets during the holidays. This program also started small, with McCarrell and some teachers delivering baskets to five or six families. In the past three years, it has now expanded beyond the school to include families from local churches, with baskets reaching 102 families.**

According to McCarrell, one of the best things about this work is that “it’s a kid-powered system.” The electricity in the storefront is paid for by community donations, including those made by pre-kindergartners who are “proud to donate bags of pennies and nickels.”

Fifteen percent of the students in the Riverdale district are provided for by Ann’s Helping Hands. These are the same kids who come in and help assemble the baskets that will go to their families. McCarrell has watched the way volunteering builds self-esteem for these children. “I see the change it creates and it warms my heart.”

Her role as a **school nurse** allows her to see every child in the Riverdale school district, from Pre-K through 12th grade. In more

than 20 years serving the school system, she is now beginning to meet the children of her former students. And she is able to see who needs what services. “You know the personalities,” McCarrell says. “You know who’s on the free lunch program and you know who’s hurting.”

Being in the position to see so many students also means being seen by many students. “You set examples for kids and they notice.”

Planning to retire after next year, McCarrell worries that she won’t be able to stay connected to the students – “and this was all because of the kids,” she says, but she hopes that she has “left a mark.” McCarrell plans to continue lending her own helping hands by volunteering in the store and with the basket program.

## School Nursing

Coursework leading to the Illinois State Board of Education Type 73 certificate—a requirement for many school nurse positions—has been available through the UIC College of Nursing since 1986. The College now has the unique distinction of offering school nurse specialty coursework online for nurses who do not reside in the State of Illinois or those looking to obtain the School Nurse Specialty Certificate.

Registered nurses with the minimum of a BSN are eligible to take the three course, ten-credit program leading to the UIC School Nurse Certificate. Courses are Educational Perspectives in School Health, School Nursing Theory and Trends, and a 300-hour School Nurse Internship, arranged at various primary and secondary schools.

This unique, contemporary, and evidence-based school health practice program emphasizes nurse leadership and health-related empowerment of students. Internationally-recognized, it is taught by faculty experienced in school health nursing. To learn more about the School Nurse Certificate visit [www.uic.edu/nursing/schoolnursing](http://www.uic.edu/nursing/schoolnursing).



**McCarrell's work shows an example of a person-to-person ripple—how positive change can begin with one person, and grow as others are touched and join in the effort. The ripple effect can also work as communities start change and touch other communities, as shown through the work of Kathie Blanchfield (PhD '92).**

Twenty-five years ago, in trying to draw attendees to continuing education programs for nurses and physicians in the challenging month of December, Blanchfield knew that an inspiring speaker was the key to boosting attendance. She arranged for Reverend Granger Westberg, author of *Good Grief*, to speak to the group about managing grief during the holiday season. Instead, Westberg spoke about a concept he had developed called "Nurse in the Church Parish."

What is now known as **"Faith Community Nursing"** deeply resonated with Blanchfield, particularly when Westberg spoke about the congregation being a place of healing and nurses being the ones who could "speak the language" and help fellow parishioners.

## Faith Community Nursing

Faith community nursing (previously called parish nursing) focuses on the intentional care of the spirit as part of the process of promoting holistic health and preventing or minimizing illness. The care is usually delivered within a faith community.

The faith community, according to Professor Emerita **Gloria Henderson (MSN '70)**, can have a very broad definition, extending worldwide and across denominations.

At Alleluia Lutheran Church in Naperville, IL, Henderson currently works as a part-time paid staff member, managing a health task force of volunteers. One of the advantages of doing healthcare work within a faith community, says Henderson, "is that you know whole families and have the opportunity to really get to know people personally." Her primary goal as a faith community nurse is "to enable people's health."

Henderson also teaches a UIC Nursing course elective on the subject.

Blanchfield was already serving as a volunteer with her congregation, but Westberg's talk motivated her to take her work to the next level in a broader volunteer capacity.

Now, in addition to her regular employment with Chicagoland's Advocate Health Care, a top faith-based integrated healthcare system, Blanchfield volunteers to coordinate healthcare efforts between her township of Orland Park, IL, and her congregation at St. Michael's in the same town.

One of her largest commitments is serving on the Archdiocesan Advisory Committee for Priest Health. Nurses, she finds, "work in the same territory as clergy." Both jobs involve "round-the-clock hours, always responding to people's needs." This can be very draining and taking care of one's own physical health can fall to the wayside; Blanchfield found that many clergy didn't have their own personal physician because "they have no time, they move around a lot, or they feel they don't need it because there is always someone in the congregation they can speak to."

One of the many tasks of the Archdiocesan Advisory Committee for Priest Health is working with insurance companies to make sure clergy get the benefits they need for annual check-ups and additional healthcare like colonoscopy screenings.

The work of the committee has piqued interest worldwide. After 9/11, parish nurses in New York City wanted to start a similar program and the Archdiocesan Advisory Committee for Priest Health shared its bylaws. Blanchfield also presented with a priest and a physician at the International Parish Nurse Conference, which reached parish nurses across the world and across denominations.

Inspired by Westberg's talk 25 years ago, Blanchfield went on to take chaplaincy training. While completing her chaplaincy internship, one of the patients she encountered was Westberg. He was extraordinarily happy to see her and to pray with her.

## Bequest Endows Second Faculty Chair

Two years after **Dr. Diana Wilkie** came to UIC in 2003 as the Harriet H. Werley Endowed Chair for Nursing Research, her husband of nearly 19 years, David Lawrence (known by his stage name Eddie Barlow), died suddenly of a pulmonary embolism. In memory of

### The Value of an Endowed Chair

The strength of a great university is found in its faculty, which is why an endowed chair is one of the most important types of charitable contributions you can make to higher education. Created by a gift, the highly-prized endowed chair position is supported by earnings from invested funds. That means each gift provides permanent financial support for innovative research, teaching, and mentoring opportunities, as well as a legacy that will live forever for the donor. Chairs are critical in recruiting and retaining faculty members of distinction whose accomplishments support the growth and continued enhancement of the College, as well as leveraging the potential to attract funding from federal agencies, foundations and corporations.

Please join us in creating Brilliant Futures. To find out more about endowed chairs or other campaign opportunities, please contact Nancy Herman, Director of Advancement, at 312.996.1736 or [nherman@uic.edu](mailto:nherman@uic.edu).



THE CAMPAIGN FOR THE  
UNIVERSITY OF ILLINOIS  
AT CHICAGO



Dr. Diana Wilkie demonstrates the use of technology in her research.

her “best friend and soul mate,” Wilkie created the Wilkie-Lawrence Endowed Scholarship for Palliative Care and Cancer Nursing. “I wanted to have him live on in some indelible way. Now, the two of us will be remembered in perpetuity.” The scholarship met its full endowment in May of last year.

As a dedicated teacher, Wilkie has gone even further; as part of the Brilliant Futures Campaign for UIC, she had committed to increase the endowment of the scholarship from \$25,000 to \$100,000, thus benefiting students even more fully than she originally planned.

Having a firsthand appreciation for what a faculty member can accomplish with an endowed chair position, Wilkie recently decided to ensure ongoing commitment by the College to her area of scholarship passion. This year, Wilkie pledged a bequest to endow another faculty chair in the College of Nursing as a lead gift within the Brilliant Futures Campaign. This chair will be known as the “Diana J. Wilkie Endowed Chair for Palliative Care in the College of Nursing.”

“To be able to do something for faculty and for students is very important to me,” says Wilkie. “I’m delighted at what I’ve been able to accomplish as an endowed chair, and I would like to enable faculty in the future to have that opportunity.

“Since I don’t have children, I began thinking about how I want my estate to have the greatest impact. If we start thinking about that when we’re younger, we have more time to plan and reflect internally on what’s most important to us. Naming an endowed chair is one way to be remembered and have a lasting impact.”

“We were so fortunate to have recruited a scholar of Diana Wilkie’s caliber to our College of Nursing,” reflects **Dean Joan Shaver**. “There is no doubt that this would not have happened without the foresight and generosity of Dr. Werley, who endowed the chair that Dr. Wilkie holds. It is amazing and inspiring to see this succession. I am exceptionally grateful to Diana as this means so much to all of us in the College, to me personally, and it will impact the faculty and students who will come after us.”



## New External Grants

July 1, 2007—December 31, 2007

**Dr. Cynthia Barnes-Boyd** Integrated Medical and Mental Health Services (Lloyd Fry Foundation)

**Dr. Gloria Bonner** Advanced Care Treatment Plans for African American Family Caregivers (National Institute of Nursing Research)

**Dr. Sandra Burgener** Creating Clinical Expertise across Geriatric Care Settings (Health Resources and Services Administration)

**Dr. Margaret Covey** Nurse Managed: Sequential Resistance then Aerobic Training in COPD (National Institute of Nursing Research)

**Cynthia Fritschi** Fatigue, Exercise, and Diabetes (American Nurses Foundation)

**Dr. Karen Kavanaugh** Life Support Decisions for Extremely Premature Infants (National Institute of Nursing Research)

**Dr. Eunice Lee** Korean Immigrant and Mammography – Cultural Specific Intervention (National Cancer Institute)

**Dr. Patricia Lewis** Advanced Education Training Traineeships (Health Resources and Services Administration)

**Dr. Patrick Robinson** A Partnership for Advances in Registered Nurse Education (Illinois Board of Higher Education)

**Dr. Marlene Sefton** Consultant Partnership Child Program (Department of Children and Family Services)

**Dr. Eva Smith** Developing and Testing a Community-Based Mammography Intervention for African American Women (National Institute of Nursing Research)

**Dr. Judith Storjell** Nurse Education, Practice and Retention: Enhancing Patient Care Delivery Systems (Health Resources and Services Administration)

**Dr. Shannon Zenk** Activity Space Environments, Behaviors, and Body Weight Status in Urban Adults (National Institute of Nursing Research)

## Cardinal Health Awards First Rockford Scholarships

A generous gift from Cardinal Health, a global healthcare company, awarded the first scholarships for UIC nursing students at the Rockford campus this spring. Cardinal Health representatives Timothy Wulf and Donna Proske (center) congratulate graduate student **Jorilyn Baumgarten** (right). **Gail Brick**, the second recipient, is not pictured.



## “Bridges” Celebrates New Helen Grace Diversity Award

Alumni and faculty (above) of the Bridges to the Doctorate for Minority Nursing Students Program benefit from two recent generous gifts from former dean **Dr. Helen K. Grace** (front, third from right); matched by the Kellogg

Foundation, Dr. Grace’s gifts will jumpstart a program for the promotion of minority nurse enrollments, in addition to funding the Helen K. Grace Diversity Award, given this fall to doctoral students **Susana Castro** and **Taryn Eastland-Grant**.

## Patels’ Gift Builds Nursing Leadership in India

**Professor Minu Patel**, a longtime faculty member of the College of Nursing, and his wife Dr. Mehroo Patel, have established an endowment at UIC to support the collaboration between nurse educators in India and at the UIC College of Nursing.



Prof. Minu Patel, far right, and Dr. Mehroo Patel, front left, look on as the ribbon is cut at the new Bel-Air College of Nursing, Panchgani, India, December 9th, 2007

# WOMEN & HEART DISEASE:

By Felicia Schneiderhan

Debilitating fatigue is an under-recognized yet significant symptom in women that frequently precedes a heart attack. This revelation comes out of a study done at the UIC College of Nursing.

Last fall at the American Heart Association (AHA) national conference, a team of nursing graduate students, mentored by College of Nursing faculty, presented their findings showing that compared to men, women reported significantly higher levels of fatigue at the time of acute myocardial infarction (heart attack). As compared to men, fatigue declined significantly in women 30 days post-hospitalization.

**Ann Eckhardt**, a nursing doctoral student at the Urbana campus, was one of the students to present findings to the American Heart

Association. “To our knowledge, there have not been any studies that compared fatigue among men and women suffering heart attacks. For us to get those comparisons was an important part of this study.”

According to **Anne Fink**, another member of the team and a nursing doctoral student at the Chicago campus, “The symptoms most of us associate with a heart attack—chest pain, or something dramatic like you would see in a movie—are more common with men. Women often have a more vague presentation.”

Only in the past few decades, Fink adds, has there been a push for including women in heart disease research. “There hasn’t been a good understanding of gender or hormonal differences.”



# the silent symptom

The findings are significant for providers. “When a woman comes in and has these symptoms that aren’t the classic symptoms,” says Fink, “providers may decide that they should do a work-up for cardiovascular disease.”

In addition to presenting at the AHA conference, the team presented at the Midwest Nursing Research Society this spring and will present to the American Association of Critical Care Nurses National Teaching Institute in Chicago this May.

The student-led study was seeded by the work of **Dr. Julie Zerwic**, associate professor and interim head of the department of medical-surgical nursing, whose research with cardiovascular disease looked at patient symptoms at the time of heart attack.

“One of the top three symptoms people reported was fatigue, but fatigue wasn’t listed as a major heart attack symptom.” With then-doctoral student **Cathy Ryan (PhD ’03)**—now a research assistant professor—Zerwic published an article comparing patients’ reports of fatigue with how often fatigue was recorded in the actual medical records. “About 65 percent of patients reported fatigue,” says Zerwic, “but we found it recorded in the medical records less than five percent of the time. We were really intrigued by this inconsistency.”

Zerwic’s team found that fatigue would precede the heart attack by as much as several months. “If we could intervene early, we would have a better chance of preventing the heart attack.”

Having discovered the fatigue factor, particularly for women, the challenge was to take patients’ descriptions of fatigue to the next level of understanding by using quantitative measures. Zerwic and Ryan decided to involve master’s and doctoral students in the research. “Master’s students often do not have the opportunity to get involved in research, and it is a requirement for doctoral



students during their program,” says Zerwic. “This seemed like a great chance to get the students engaged in a research study that we knew needed to be done.”

Involving graduate nursing students practicing at Northwestern University, University of Chicago, Central DuPage, and the University of Illinois in Urbana and Chicago, Zerwic and Ryan guided the development of a protocol, patient consent form, and a template for the basic study. Zerwic and Ryan mentored the students to adapt the template for data collection and patient consent approval for each site. A total of 108 participants provided data.

Says Eckhardt, “Because it was a student-project, we were all that much more excited—it was our first entrance into the research process, actually doing every step of the process ourselves.”

Measuring fatigue presented another challenge; to prove fatigue could be quantified, the team employed three existing measures used to study fatigue in other populations, including patients undergoing chemotherapy or psychiatric treatment.

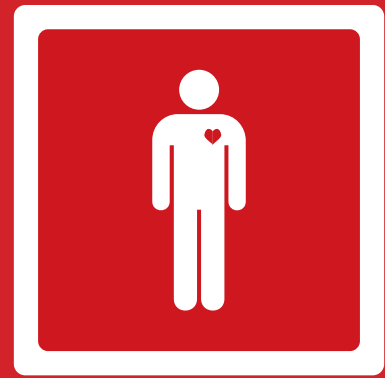
All three measures showed the same results: Prior to heart attack, women reported significantly higher fatigue than men, and significantly less vigor than men. Thirty days after the heart attack, women reported their level of fatigue decreased significantly, while men remained at the same level of fatigue.

On one of the measures—the *Fatigue Severity Index* which is used mainly in cancer studies—women with heart disease reported higher levels of fatigue than even patients undergoing chemotherapy. “This is pretty significant exhaustion but we’re not paying attention to it,” says Zerwic.

“People were too fatigued to do day-to-day activities,” adds Fink, “but they didn’t necessarily connect it to potential heart disease.”

The effects of this research could have far-reaching results. According to Zerwic, “If providers paid attention to changes in fatigue pattern, particularly with women with hypertension, or other risk-factors, healthcare providers could put them in a workup for possible cardiovascular disease early on.”

The team plans to expand the area of research to include fatigue related to congestive heart failure, stroke, and peripheral vascular disease.



## No Longer a “Man’s Disease”

This February, Tracey Kammann (BSN '86), a registered nurse at Silver Cross Hospital in Joliet, IL, lectured on the special challenges women face with heart disease, to the Community Services Council of Will County.

*The Herald News*, a *Sun-Times* suburban Chicago newspaper, reported on her presentation in its February 23rd edition.

“Thirty years ago, heart disease was known as a ‘man’s disease,’ but it now kills 50,000 more women than men every year,” Kammann said, citing recent statistics.

“So very, very truly, heart disease is a woman’s disease, and we need to be vigilant in trying to prevent it,” Kammann told the group, as reported by the *Herald News*.

Kammann currently supervises stress testing at the Silver Cross Hospital LaVerne and Dorothy Brown Cardiovascular Institute.

## \$4 Million Nursing Grant Supports Study of “At-Risk” Premature Infants



Dr. Rosemary White-Traut, principal investigator, with a new mother and her baby at Mount Sinai Hospital.



The UIC College of Nursing has received a \$4.1 million federal grant to develop ways of improving the early growth and development of premature infants who have two or more social-environmental risks, such as poverty or minority status.

“Approximately half a million premature infants are born each year in the United States,” says **Dr. Rosemary White-Traut**, head of maternal child nursing and principal investigator for the five-year study. “Premature birth places the infant at risk for behavioral problems, feeding difficulties, devel-

opmental delays, lower childhood IQ, and increased healthcare costs,” according to White-Traut.

“Premature infants are in double jeopardy when they are born into families with two or more social-environmental risks, such as poverty, low parental education, adolescent parenthood, or living in a stressful neighborhood,” says White-Traut. These families have multiple stressors and fewer resources to cope with the infant’s needs. Mothers of premature infants experience heightened anxiety and have difficulty learning to respond appropriately to their infant’s biologic maturity, according to White-Traut.

The study will enroll 252 premature infants born between 29 and 34 weeks gestational age at two Chicago medical centers, Mount Sinai Hospital and Mercy Hospital. It will use a clinical model called “H-HOPE”—Hospital-Home Transition: Optimizing Prematures’ Environment—that combines components from two research programs previously used by White-Traut and **Dr. Kathy Norr**, professor of maternal child nursing, who is co-principal investigator of the new study.

During the first component, called “audio, tactile, visual, and vestibular stimulation,” mothers spend ten minutes talking to their infants and lightly stroking or massaging them, while looking directly in their eyes. This is followed by five minutes of rocking the baby. In the second component,

mothers are taught by a nurse-community advocate team about preterm infant behavior and feeding.

According to White-Traut, “Mothers have found that they have a stressful and difficult time from 32 weeks, when premature infants begin oral feeding, through approximately one month after they go home from the hospital.”

H-HOPE is the first study to simultaneously incorporate programs for both mothers and premature infants.

“The synergistic effect of the two models should help infants to mature at a faster rate, thereby reducing the time in the hospital,” White-Traut says. “It should also improve mothers’ abilities to recognize their premature infant’s behavioral cues, provide mothers with greater confidence in caring for their infants, give them a more positive perception of their infants, and lower their levels of anxiety.”

If successful, H-HOPE will provide a national model for improving early infant health and development, as well as reducing healthcare costs.

“Preterm infants have an average initial hospitalization of three weeks,” she says. “Reducing hospital stays by just three days could save more than \$2 billion dollars a year.”

The grant is funded by the National Institute of Child Health and Human Development, part of the National Institutes of Health, along with the National Institute of Nursing Research.

## New UIC Center to Study End-of-Life Transition

The College of Nursing has received a P30 Center Grant to create a center for studying individuals as they transition to the end of life.

The UIC Center for End-of-Life Transition Research will advance the science of care for people of all ages facing death—infants, children, adults, and older adults. It is funded by a \$2.4 million grant from the National Institute of Nursing Research, one of the National Institutes of Health, and is one of the most prestigious grants awarded by the NIH.

“The American healthcare system often fails in providing appropriate care to people facing the end-of-life transition,” says center director **Dr. Diana Wilkie**, professor and Harriet Werley Endowed Chair for Nursing Research. “More than half of the people

dying of cancer do so with their pain unrelieved and their expressed wishes about life-sustaining treatments not honored.”

Research also suggests that parents of children who have died felt that their children suffered greatly during the last month of life, adds **Karen Kavanaugh (PhD '91, BSN '76)**, professor of maternal child nursing and co-director of the center.

According to Kavanaugh, the new center will conduct research to foster “patient-centered, family-focused, respectful death,” as well as to plan for end-of-life care that is consistent with the patients’ and families’ values and priorities.

“The new center represents a landmark opportunity to make important advances for palliative and end-of-life care,” Kavanaugh states.

Four studies led by an interdisciplinary team from various colleges throughout UIC will be conducted during the five-year project.

One project will predict end-of-life in patients with advanced heart failure. Despite recent advances in drug and device therapy, the long-term prognosis of patients with advanced heart failure remains poor, says **Catherine Ryan (PhD '03)**, research assistant professor of nursing and an expert in critical care. Ryan will conduct the study.

“More than five million people live with advanced heart failure. Being able to accurately predict the end of the illness trajectory for these patients will be extremely beneficial in direct care,” Ryan says. Such knowledge, she says, could reduce the annual cost of care for these patients—a cost estimated to be \$33.2 billion in 2007.

Another study will focus on oral health problems in terminally ill cancer patients in hospice care. **Dr. Dena Fischer**, assistant professor of oral medicine and diagnostic sciences in the UIC College of Dentistry, will direct the study.

“Oral health problems are common for patients in the end-of-life, though such problems have gone largely unrecognized, and may contribute to the burden of symptoms during end-of-life transition,” according to Fischer. “Our study will be taken from the perspectives of the patient, the primary caregiver, and the oral health professional to determine the extent of the primary caregiver’s knowledge about oral health problems and treatment.”

A third study will utilize a suicide prevention online video to determine if it will raise suicide awareness among Asian American and Caucasian college students in Chicago. After watching the video, students will complete computerized questionnaires about their cultural



Drs. Cathy Ryan, Diana Wilkie, and Sam Zong discuss technology needs for the newly-funded Center for End-of-Life Transition Research.

## Partnership Improves Pediatric Pain Management



A dental resident at work in one of the UIC College of Dentistry clinics (photo courtesy Bill Bike).

orientation and attitudes about suicide. The study will be directed by **Dr. Aruna Jha**, research assistant professor of nursing, who has a background in social work.

Jha tells how Asian Americans have recently emerged as the group with the greatest increase in rates of suicide among men and women aged 20 to 24.

“Their rates now equal those of other races in suicide attempts among high school students. Among college students, the rate is one and one-half times that of Caucasian students. This gap is particularly disturbing, given the availability of a well-accepted suicide awareness videotape.”

**Teresa Savage (PhD '95, MS '86, BSN '84)**, research assistant professor of nursing, will conduct a fourth project, which will address end-of-life issues for

patients with intellectual or developmental disabilities.

“There are more than four million people in the United States who have an intellectual or developmental disability,” Savage says. “They are a disenfranchised group in the healthcare system, and many of them are left out of decision-making regarding their own healthcare, especially at the end of their lives.”

Savage and her research team will conduct focus groups with developmentally disabled patients, support staff caregivers, and family caregivers, in order to learn about their perceptions of end-of-life care.

Other College of Nursing faculty with leadership roles in the new center are: **Dr. Sandy Burgener (MS '84)**, associate professor of medical-surgical nursing; **Dr. Laura Szalacha**, research assistant professor of public health, mental health, and administrative nursing; **Mark Foreman (PhD '87)**, professor of medical-surgical nursing; and **Gail Keenan (PhD '94, MS '83)**, associate professor of public health, mental health, and administrative nursing. An interdisciplinary group of UIC faculty from the health sciences and computer sciences will also participate in the new center.

As a graduate student in **Dr. Catherine Vincent's** Nursing Inquiry class, **Jocelyn Mallard (BSN '05)**, a staff nurse at the University of Illinois Medical Center, made the connection between the classroom and the bedside. Mallard asked Vincent if she would consider coming to the pediatric unit at the hospital to give workshops to nurses on pediatric pain management.

Vincent and her colleague, clinical instructor **Jen Obrecht (MS '91)**, completed a needs assessment and developed a six-month program in pain management for the pediatric unit at the hospital. Once a month, they offer a workshop in the early morning and late evening (so all shifts can attend) on topics ranging from pain physiology, assessment, and general pain management, to specific management for sickle cell pain, post-operative and procedural pain for children at different ages.

“We’re having a big impact on practice,” says Obrecht. “Nurses are engaged and interested in knowledge of pain management. It’s making a difference for their patients.”

“The nurses are very comfortable bringing up challenging patient situations that we can discuss in a real setting,” says Vincent. “We get more and more nurses coming every month. They’re learning more and sharing it. The nurses have been very responsive about how helpful the information has been.”



## 2007 PNLE Marks Ten Years of Nursing Leadership

At the 10th annual Power of Nursing Leadership Event, more than 600 nursing leaders were welcomed to celebrate and showcase the impact of nursing leadership in shaping Illinois healthcare. With honorary chairs Ann Lurie and Senator Dick Durbin, the 2007 Illinois Nurse Leader Dr. Marjorie Beyers was honored, 20 Pinnacle Leaders in Nursing were highlighted, and Meagan Johnson presented as the Mary Kelly Mullane Symposium Keynote Speaker.



(clockwise from top) Dean Joan Shaver, Ann Lurie, president, Lurie Investments, and Dr. B. Joseph White, president, University of Illinois; more than 600 Illinois nursing leaders celebrate in the Grand Ballroom of the Hilton Chicago; 2007 Illinois Nurse Leader Marjorie Beyers, PhD, RN, FAAN

## Denise Sobotka Bids Farewell

In 26 years of service to UIC, **Denise Sobotka** says, “There isn’t anything I haven’t done,” including serve as assistant to the dean, building manager, and finally, director of academic programs.

In her final role, she came into contact with every student across all five College of Nursing campuses. In Academic Programs, “We’re the ones who are their bridge to resources – we can help them with problems in financial aid, registration, in a course. We have found day care for students with children, and found shelters for students in abusive relationships. We’ve laughed with them, cried with them, and celebrated with them.”

Now, Sobotka is “semi-retired,” still working with the College on curriculum, accreditation, and building management.



Mark Foreman (PhD '87), associate dean for nursing science studies, recalls Denise Sobotka's contributions to the College at her going away reception last fall.

## Staff Associates Honored for Service



(Seated, L to R) Gail Cook, 2007 Alvie Bailey Award recipient, Lareina Anthony, WOW Award recipient. (Standing, L to R) Tracy Bartholomew, 5 years of service; Edna Rivera, 5 years of service; Barbara Creed, retirement; Bala Ramaraju, 5 years of service; Laura Scott, 15 years of service; Antoniah Lewis-Reese, 5 years of service.

## Congratulations

### Faculty

**Linda Cassata (PhD '00)**, 2008 Teaching Recognition Program Award.

**Lorna Finnegan (PhD '03, MS '88, BSN '80)**, 2008 Teaching Recognition Program Award.

### Students

**Kathleen Kobler**, Cardew-Mullane Award in Clinical Excellence and Leadership.

**Megan Smyrniotis**, Cardew-Mullane Award in Clinical Excellence and Leadership.

**Amy Cory**, Graduating Student Recognition Award.

**Ann Konkoly**, Graduating Student Recognition Award.

**Yunhee Jeongs**, First Place in Midwest Nursing Research Society Doctoral Student Poster Contest.

**Bridgette Williams**, Graduating Student Recognition Award, and the University of Illinois Alumni Association's 2008 Student Leadership Award.

This spring Bridgette Williams received the Student Leadership Award from the University of Illinois Alumni Association. “To be formally recognized as a student leader is an unexpected honor. As a non-traditional undergraduate nursing student at the UIC College of Nursing, I perceive myself as an average student who works hard at everything.”





# Reunion 2007

Alumni from the Class of '57 to the Class of '07 (and so many classes in between!) gathered at the Hilton Chicago on Friday, October 26th to reconnect and celebrate many successful years of nursing achievements. The Class of '57 donated their keepsakes – including photos, newspaper clippings, and programs – to the Midwest Nursing History Center at UIC.



(top left) Denise Flores (BSN '00) and her daughter Ella; (top right) Mary Beth Regan (BSN '77) and her daughter Nora.

(middle, from left to right) Lance Byczek (MS '03) and Dean Joan Shaver talk with Joyce Shoop (BSN '57), Joan Biek Evans (BSN '57), and JoAnn Nair (BSN '57, MS '76).

(bottom) Memories from the Class of 1957.



# Class Notes

## '50s

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**'58 Jeannette Engelbrecht Whisler (BSN)** has retired after serving in her last positions as the assistant director of OR and Operating Room Nurse at Rush-Presbyterian-St. Luke's. She is married to Dr. Walter Whisler, retired Chairman of the Department of Neurosurgery at Rush. They have two daughters, Katharine, a lawyer, and Laura, a physician.

## '60s

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**'61 Shirley A. Moore (BSN)** retired in 2005. After getting her MS, MSN, and PhD, she still takes Life Long Learning classes at Washington University in St. Louis, MO. She is an active volunteer at Barnes Jewish Hospital and the Missouri Botanical Garden in St. Louis.

**'68 Roberta Paulette Allred (BSN)** is a full-time lecturer at the University of North Carolina-Wilmington School of Nursing. She's a Fellow in the American Academy of Certified Childbirth Educators and a certified Doula (DONA). She has two children, Jami, 29 and Robbie, 28.

**'68, '76 Sabina Dambrauskas (BSN, MS)** officially retired after 31 years at the UIC College of Nursing in the Nurse Midwifery and Women's Health Program. She's taken a part-time job and plans to travel. She continues to participate in Lithuanian community activities, book clubs, and dance classes.

**'69, '71 Linda Gibbons (BSN, MS)** is the director of the School Nurse Certification/Master's Degree and Health Education Master's Degree programs at National-Louis University in Wheeling, IL. She was awarded the IASN Award of Excellence in Legislative Activity for her work with the Nurse Practice Act task force and in spearheading the efforts to defeat the Diabetic Care Act.

**'69 Patricia Justice-Levin (BSN)** moved to Pennsylvania in 1975 where she received an additional bachelor's degree in history. She attended graduate school and focused on folklore and folklife at the University of Pennsylvania. With her extensive background, she taught a variety of courses such as Cultural Tourism, Regional Folklore, Family History and Genealogy, Women's Folklore and Culture, and Folk and Alternative Medicine.

## '70s

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**'71, '75 Arlene Miller (BSN, MS)** is currently a professor and department head of Public Health, Mental Health and Administrative Nursing at UIC. She's been married to Larry Miller for 36 years and they have two children, Seth and Rebecca. Arlene's interest is community research with immigrants from the Soviet Union regarding health behaviors and risk factors for cardiovascular disease and depression.



From left:  
Arlene Miller (BSN '75, MS '75); Carolyn Castelli (MS '75)

**'74 Terry Jo (Maddox) Tasche (BSN)** worked at the Cook County Hospital for ten years. She is now a professional photographer with a Master of Photography Degree and a Master Craftsman Degree.

**'75 Carolyn Castelli (MS)** is a Nurse Retention Specialist at New York-Presbyterian Hospital. She's back in school for a post-master's Certificate in Nursing Education. She volunteers with a women's prayer ministry called "Moms in Touch International."

**'75, '80 Mary K. Walker (MS, PhD)** became dean of the Loyola University Niehoff School of Nursing in Fall 2007.

**'76 Sandra Aardsma (BSN)** is currently a coordinator at Chicago Cyberknife Radiosurgery Center at Advocate Christ Medical Center in Oak Lawn, IL. She and her husband, Cal, have four children. They have one grandson and another on the way. The couple is actively involved in Ugandan Orphan Relief Fund.

**'76 Sandra Webb-Booker (BSN)** has been a commander at 801st Combat Support Hospital since 2005. Both of her daughters are also nurses. She's been active in professional nurse associations and has been the chairperson of the Annual Black Nurse's Day Celebration for more than 13 years.

## '90s

**'78 Jo Ann Gonzales Nieves (BSN)** is a board certified pediatric nurse and nurse practitioner at Miami Children's Hospital. She serves as the treasurer for the International Society of Pediatric Cardiovascular Nurses. She enjoys orchids, gardening, long distance running, and church choirs.

**'79, '85 Amy Lewitz (BSN, MS)** is a board certified APN, and a University of Illinois master gardener at the Chicago Botanical Garden. Amy has been married for 24 years to her husband Jack.

## '80s

**'80 Linda Meints Cooper (BSN)** is a family practice and pediatric nurse practitioner at Illinois State University's Student Health Service and at BroMenn Healthcare's HealthPoint Urgent Care and Occupational Health Clinic in Normal, IL. Linda will start Cooper Legal Nurse Consulting in May 2008.

**'84 Marilyn (Mahone) James (MS)** taught at Aurora and St. Xavier Universities. She is married and has two children: Dwight, 20 and Melissa, 18.

**'89, '97 Amy Wile-Curtis (BSN, MS)** won the Nursing Excellence Award as an educator at Mercy San Juan (Catholic Healthcare West) in California. She is also nominated for the same award with *Nursing Spectrum* Magazine.

**'90, '98 Margaret Dykeman (MS, PhD)** is now a professor on the nursing faculty, University of New Brunswick, Canada. She manages a community health clinic that provides free health-care to homeless and vulnerable populations in the city.

**'90 Holly Trueba (BSN)** has been working in pediatrics at the U of I Medical Center for 17 years and still loves it. She's married with two girls and one boy and lives on the southwest side of Chicago.

**'91 Diane L. Swagger (BSN)** received her master's degree in health services administration in 2004. She served as vice-president of patient care services at Hammond-Henry Hospital in Geneseo, CO from 1996 to 2006, then at St. Thomas More Hospital until February 2008. She is currently CEO of St. Thomas More Hospital in Canon City, CO.

**'92 Gail Ying-Chidichimo (BSN)** works at the U of I Medical Center and has been married to Joseph Chidichimo for nine years. She's a part-time nurse and a full-time mom to her three children: Liana, 8, Mia, 6, and Brandon, 2 1/2 years.

**'93 Mary (Heyd) Heinz (BSN)** will start working as an adjunct faculty member at Oakton Community College. She's a recipient of the Nurse Educator Scholarship Program Award, a new government grant given in response to the nursing faculty shortage.



Cheryl Herrman  
(MS '96)

**'96 Susan J. Black (MS)** is an instructor at Saint Anthony College of Nursing in Rockford, IL, where she is starting an Honor Society of Sigma Theta Tau. Susan is an active member of Stephen Ministry and plans to go to Africa this summer to work with the Zoe Ministry.

**'96 Cheryl Herrman (MS)** is the Coordinator of Apostolic Christian World Relief Mexico Medical Missions. A nurse for 26 years, she has traveled to Peru, Europe, and the Caribbean. At one time, she was a Critical Care Ambassador to China.

**'96 Marti Jordan-Welch (BSN)** accepted an assistant professor position at the University of Southern Mississippi. She is currently a family nurse practitioner at Forrest General Hospital, Hattiesburg, MS.

**'97 Brian Brauer (BSN)** is currently pursuing a PhD in Human Resource Development. He works as the assistant director for the Illinois Fire Service Institute. He lives in Urbana, IL with his wife Laurie and two sons, Mitchell, 10, and Matthew, 8.

**'97 Karen Cummins (MS)**, below, with her family, is an assistant professor at Trinity College of Nursing in Rock Island, IL.







From left:  
Dauphne Sims (MS '03); Suzanne Herrera (MS '07)

'97 **Gabriel Lemus (BSN)** completed his MSN at the University of St. Francis in May 2007. He is currently an adult nurse practitioner with an internal medicine practice (Sanitas Medical Group) in Joliet, IL.

'97 **Linda Matheson (MS)** taught for nine years at Saint Anthony College of Nursing in Rockford, IL, where she initiated a graduate program for clinical nurse leaders, specialists, and educators. She's currently the director of the Regional Heart Institute at OSF Saint Anthony Medical Center. A very busy volunteer enthusiast, she is the chair of the Nurses Expo 2008.

'98 **Daniela Terrizzi DeFrino (MS)** is currently a PhD student at Loyola University. She has three small children and works as a manuscript editor for nurses who are in the process of publishing their works.

'98, '02 **Patricia Decker-Eathington (BSN, MS)** is a nursing instructor at Graham Hospital School of Nursing in Canton, IL. Patricia and her husband Kevin had their fourth child this January. Their other children are ages 8, 6, and 4.

## '00s

'01 **Yi-Fang Yvonne Hsiung (MS)** is a doctoral candidate and has worked at the UIC College of Nursing for four years as a research and teaching assistant. While completing her dissertation in Chinese-Americans' readiness for advance care planning, she also does church ministry work.

'02 **Marilyn Prasun (PhD)** was named a Fellow in the American Heart Association's Council on Cardiovascular Nursing.

'03 **Mai Nguyen (BSN)** is currently pursuing her PhD and was a staff nurse at Northwestern Memorial Hospital. She is married to Stanley Wang who will finish his MD/PhD in May 2008.

'03 **Natalie Norem (BSN)** expects her MSN, FNP in May 2009. She now works at Northwestern Memorial Hospital after serving at Children's Memorial Hospital's Liver, Kidney, and Small Bowel Transplant Unit. She's a camp nurse volunteer for Camp of Dreams.

'03 **Dauphne Sims (MS)** has been a nursing instructor at St. Anthony College of Nursing in Rockford, IL for four years. She will have been married for 28 years in September with three daughters and one grandson. Dauphne recently started her PhD at the University of Wisconsin, Milwaukee.

'05 **Lindsay Paso Buie (BSN)** works at OSF Children's Hospital of Illinois. She married Jasper Crispin in 2007 and they now reside in Metamora, IL.

'06 **Linda Elizabeth Graves (MS)** teaches nursing full-time at Heartland College in Normal, IL where she is also the simulation lab coordinator. She loves working with the students, and plans to sit for the certified nurse educator exam in spring 2009.

'07 **Rebecca Ennen (MS)** recently moved to the San Francisco Bay Area and started working as a nurse practitioner in Interventional Radiology at Stanford Hospital in Palo Alto, CA.



Becki Ennen (MS '07) and her husband Bill

'07 **Suzanne Herrera (MS)** graduated from the UIC family nurse practitioner program and with support from the Urban Health Program, presented her master's project, "Influence of Latino Culture and Adolescent Pregnancy," at the National Association of Hispanic Nurses Conference in July 2007. She is pursuing her PhD at UIC and works as a staff nurse in the NICU at the UIC Medical Center.

## in memory

'07 **Krista Jones (MS)** is a full-time clinical instructor at UIC College of Nursing in Urbana, IL. She and her husband Russ have eight children. She's a member of the Urbana School Health Center Advisory Board, Champaign Country Senior Wellness Task Force, and Champaign County Aging Well Coalition. Krista remains a student at UIC, pursuing a Post-Masters Certificate in Administrative Nursing and Leadership.

'07 **Christine Chao Lai (MS)** moved to Milwaukee, WI and began working as a women's health nurse practitioner and a certified nurse midwife in a clinically underserved part of town. She and her husband Jerry have enjoyed exploring Milwaukee but miss Chicago dearly.

'59, '71 **Rosemary J. Spessard (BSN, MS)** died February 26, 2008 at the age of 74 in Kearney, NE. She spent the majority of her life as a missionary nurse in Bangkla, Thailand, and Bangkok. She was a language specialist and could speak many of the Southeast Asian languages, fluent in Tai, Japanese, and Chinese. She is survived by her sister and adopted son, and many friends.

'61 **Susan Roth-Ruther Franklin (BSN)** died in her home in Florida at the age of 80 in June 2007. Born in Vienna, Austria, she, her sister and her mother, escaped from Nazi-controlled Austria and emigrated to the U.S. She practiced as a nurse in Chicago, California, and Pennsylvania.

'70 **Shirley A. Koerner (MS)** passed away on September 18, 2007. She taught psychiatric nursing at Marion College of Fond du Lac, Fon du Lac, WI and the University of Wisconsin-Oshkosh.

'71 **Helen E. Krause (BSN)** passed away on October 15, 2007 at the age of 66. She was the director of public health, Rock County Health Department, in Janesville, WI for more than 30 years.

'72 **Joan (McMahon) Duslak (MS)** of Plainfield IL, passed away at the age of 72. Prior to retiring in 1993, she served as associate chief, nursing service for education at VA Westside. She is survived by her husband John, her brother, and friends.

'73 **Linda Howenstein (BSN)** 57 years old, of Belleville, IL died Friday, February 8, 2008. She worked as a staff nurse, a psychiatric nurse consultant, and nurse educator at St. Louis University School of Nursing and Cardinal Glennon Hospital. She is survived by her husband Larry, 7 children, 2 grandchildren, 4 siblings, and several nieces and nephews.

'73 **Donna Clare Videtich (BSN)** battled with cancer until December 2, 2007 when she passed away in Joliet, IL at the age of 64. She was a professor of nursing at the College of DuPage for 22 years.

'78 **Nancy O'Rourke (BSN)** passed away on December 14, 2007 at the age of 52. Formerly from McHenry, IL, she is survived by her three sons, two sisters and many other family members.



### **Clara Chipeta (PhD) 1961-2008**

Clara Chipeta, a UIC Nursing doctoral candidate from Malawi, passed away on March 17th, in Chicago, surrounded by two of her children, colleagues, and friends. A memorial was held in her honor at the College of Nursing, attended by more than 75 people.

Clara was awarded her PhD posthumously.

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