

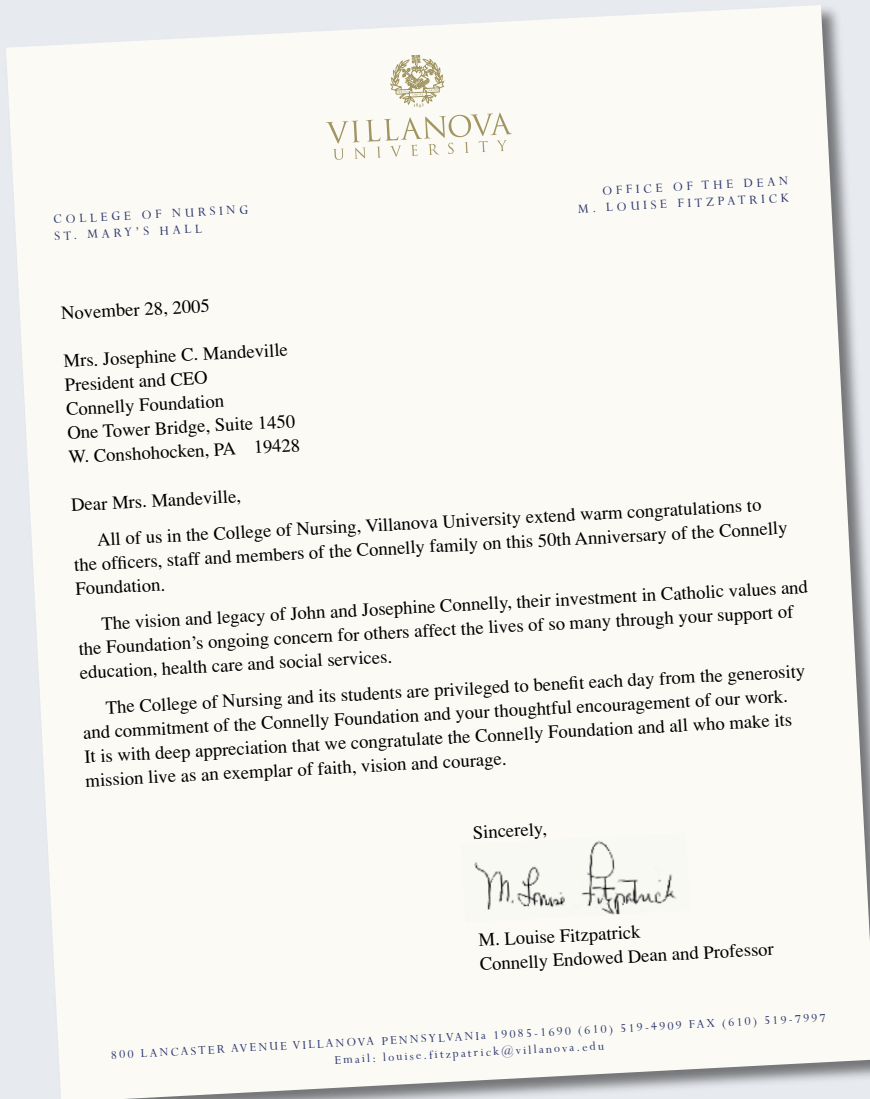
VILLANOVA FALL 2005 NURSING

A PUBLICATION OF THE VILLANOVA UNIVERSITY COLLEGE OF NURSING



Nurse Administrators Who
Make a Difference

Connelly Foundation Celebrates 50th Anniversary



Mark your calendar!

Spring 2006

- March 14** Graduate Program Open House
- March 15** Health and Human Values Lecture Series: Heifer International Initiatives
- March 26** Nursing Alumni Society Graduation Tea
- March 30** Research Symposium
- April 22** College of Nursing Annual Mass & Alumni Awards Ceremony
- April 23** Undergraduate information session for high school juniors
- May 20** College of Nursing Convocation, Baccalaureate Mass
- May 21** Graduation

VILLANOVA NURSING



Vol. 25 No. 1 Fall 2005

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On the Cover:

In her three years as neonatal ICU nurse manager at Baystate Medical Center in Springfield, Mass., Tyonne D. Hinson '01 M.S.N., R.N. guided her unit to significant recognition. She's one of six College of Nursing alumni whom we salute in this issue for their leadership that creates a culture of care.

Our thanks to this issue's authors:

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Dear Alumni and Friends of the College of Nursing:

Among our alumni are many who provide administrative leadership in hospitals and health agencies as vice presidents for patient care, directors of nursing services, associate hospital or agency administrators, chief executive officers of health systems and nurse managers. Theirs is a formidable and critical assignment. As administrators, they are well aware of the factors that drive contemporary health care. Chief among these are the changing political climate; economics; the supply, demand, distribution and variety of health-care personnel; the impact of technology on patient care; the management of care systems; and the demographics of our society. At the heart of the matter is the daunting challenge of delivering high-quality care, structuring a safe patient environment and assuring that the recipient of care is the priority, despite the constraints that compromise providing the ideal health-care delivery system.

Recently, I was a patient. The contrast between last summer and my illness experience of 13 years ago was eye-opening. Although care was quite good, the number of staff categories has proliferated and the identity and roles of various caregivers was sometimes a point of confusion for me. Multitasking was considerable. Another difference, especially among nursing staff, was the larger number of part-time staff or those who work 12-hour shifts several days each week.

I was fortunate to be hospitalized in a well-respected local health-care system. I was glad to be known by some staff and to know how to be my own advocate—despite the distance that has transpired between my intimate knowledge of clinical practice and what I do each day as a dean. I had no complaints about my caregivers or their knowledge, attitude or competence. They had a genuine desire to do a good job, cared about patients, and were current and intelligent clinicians.

What is clear to me is that the American health-care system is fractured and constrained. Often, professional caregivers cannot practice as they wish or should. An industrial model, still evident in some hospitals, can relegate even highly

educated and credentialed professional nurses to little more than distributors of medications. Technologically-based operations, which have so many positive attributes, also create a robotic atmosphere that forces knowledge workers into patterns that can restrict their exercise of professional judgment, autonomy and creativity.

My opinions are not intended to be severe and hypercritical, nor are they universals. Our faculty, who with our students are immersed in this “real world” each week, as well as those who practice in it daily, know the situation only too well. Some of us are old enough to recall a time when the system, despite its imperfections, was less fractured.

Those who administer and manage health-care agencies and systems may not always be able to extend their influence beyond their own sphere of responsibility, despite a desire to do so. However, many have the vision, the unrelenting drive and the commitment to keep the focus on the patient and to face overwhelming challenges. Many nurse administrators are attempting to

create a culture of caring within a technologically and cost-driven environment. This culture of caring is essential for the welfare of patients, as well as for the legions of dedicated direct caregivers whom these nurse administrators lead.

In this issue of *Villanova Nursing*, we pay special tribute to those nurse administrators. Their leadership is truly the voice of advocacy for patients, for those who deliver patient care and for those who promote quality health care while working to advance health-care reform.

A New Building for the College of Nursing

“We are delighted to announce that Villanova University will pursue the construction of a new building for the College of Nursing, central to campus, near the St. Augustine Center for the Liberal Arts. We are confident that the plan will be implemented with expediency. This is an historic event in the history of the College of Nursing.”

— M. Louise Fitzpatrick, Ed.D., R.N., FAAN,
Connelly Endowed Dean and Professor



M. Louise Fitzpatrick, Ed.D., R.N., FAAN
Connelly Endowed Dean and Professor

Perspectives

Nurse Administrators Who Make a Difference

Meet six savvy administrators who inspire those around them. These Villanovans all have high levels of responsibility in settings that span neonatal to geriatric, hospitals to nonprofits, New York to Texas.



By Marcia Costello, Ph.D., R.D. and Ann Barrow McKenzie '86 B.S.N., '91 M.S.N., R.N.

Today's health-care arena requires creative, risk-taking leaders who are willing to take hold of the challenges and lead their organization and its people toward the future with their visionary changes. Nurse leaders educated at Villanova University's College of Nursing understand that it *is* all about the people—the people whom they lead and the people for whom they care. These six leading nurse administrators embody this philosophy. We highlight here their careers, commitment and strategies for success.



TARA CORTES '67 B.S.N., PH.D., R.N. (left) observes the skills of Lynee Holmes, a graduate of the Lighthouse International's Adaptive Living Programs. The program, a series of six intensive classes held at Lighthouse facilities and throughout the New York metropolitan area, helps people with recent vision loss regain the skills and confidence necessary to remain independent—at home, at work and in the community.

Energy Unleashed at Lighthouse International

Tara A. Cortes '67 B.S.N., Ph.D., R.N. knows the challenges of running an organization. She has been in academic, service and nonprofit sectors, most recently as the former senior vice president and chief nursing officer (CNO) of Patient Care Operations at Bridgeport Hospital, Yale-New Haven Health System in Bridgeport, Conn. Dr. Cortes remains a clinical professor at Yale University School of Nursing and, as of June, serves as president and chief executive officer (CEO) of Lighthouse International, a nonprofit resource worldwide on vision impairment and vision rehabilitation. Lighthouse, based in New York City, celebrates its 100th anniversary this year. Dr. Cortes serves her alma mater as a member of Villanova's Board of Trustees.

Shortly after starting her career in critical care nursing, Dr. Cortes moved into supervision at several settings in New York City. She earned her M.S.N. at New York University and became a nursing educator at Hunter College. Along the way, she returned to NYU for her Ph.D. When leaving Hunter in 1992, she decided to return to nursing service. She notes that her "internship and residency in big-time service" began as CNO at The Rockefeller University Hospital, where she outsourced programs and decreased the budget. At The Mount Sinai Hospital, she transitioned into an operations and nursing position—director of medicine and primary care medicine—where she had a \$70 million budget and 1,000 FTE staff reporting to her. She oversaw all of medicine, all outpatient clinics and outreach programs.

While at Mount Sinai, Dr. Cortes became one of 15 nurses in the country selected as a Robert Wood Johnson Executive Nurse Fellow. During her three-year fellowship, through networking, acquiring a background in policy, developing communications skills and obtaining the key skill of using community resources to her advantage, she gained valuable experience that she now channels into Lighthouse.

When a search firm called in 2002 to offer her a position at Bridgeport Hospital, Dr. Cortes did some self-examination and concluded that she felt she could "release the energy there." Over the next three years at Bridgeport, she empowered her staff to make decisions and progress without micromanagement, thus changing their behavior and therefore the organizational culture.

To further broaden her 13-year scope in service, Dr. Cortes relished the idea of something different. Along came Lighthouse, an organization that combines all of her areas of interest and talents on behalf of an important issue. Vision impairment is a major public health concern, with 180 million people affected worldwide. She sees the successes that have come in career re-education for those who lose their sight, the pride of independent living, the impact of targeted education around the world and the metamorphosis from research that makes a difference. All of those successes fuel her desire to champion the cause, raise funds and drive the organization forward.



MARIA L. TALAMO '77 B.S.N., M.A., R.N., CNAAB-BC, CHE began her career as a staff nurse, and moved on to become an administrator at hospitals in Philadelphia and then Texas. She provides management consulting services to the Sisters of St. Mary's Health Care system in Jefferson City, Mo.

Clinical Control, Texas-Style: "It's like the Wild West"

Early in her career as a staff nurse in Philadelphia, Maria L. Talamo '77 B.S.N., M.A., R.N., CNAAB-BC, CHE was inspired at the Hospital of the Medical College of Pennsylvania by her head nurse, who was forward-thinking and empowered her staff. Talamo also saw the importance of collaboration between nurses and physicians. Living up to the "culture of expectation" she had experienced at Villanova's College of Nursing, she moved into nursing management at Temple University Hospital, where she was involved with the city's first heart/lung transplants. It was at Temple that she discovered her love of clinical program development and gained the skills associated with growing new hospital buildings and units.

Talamo knew she wanted to become a chief nurse executive some day, and so left Temple to enroll in the Teachers College, Columbia University nurse executive master's program. After making what she called "great connections" and starting her own company to contract directly with a staffing agency, she moved on to Franklin Square Hospital in Philadelphia. There, as a director and CNO, she gained experience in collective bargaining, multimillion-dollar budgets, starting an open-heart surgery program and, in the early 1990s, reorganizations at Franklin Square and Underwood Memorial Hospital.

Seeing hospitals and health-care systems contract in the Philadelphia region, Talamo examined her options and chose to relocate with her family to Texas to accept a CNO offer at Trinity Valley Medical Center in Palestine. In this Texan town, she dealt with the culture shock of moving from a major metropolitan area to a rural setting. At her for-profit 150-bed community hospital, she administered all acute and sub-acute nursing units. She also collaborated through a public-private partnership to bring a baccalaureate extension program and a master's program to her rural hospital in 1995. The program's

use of distance learning was the first of its kind in the country.

Talamo did not sit still in Texas. In other nurse executive roles, at several other hospitals, she survived takeovers, shepherded sales, saw parent companies traded and continued to grow her skill set as a leader. As chief operating officer (COO) at Summit Hospital of Central Texas in Austin, she was an on-site administrator for a long-term acute-care hospital. At Summit, she established an environment of accountability and performance improvement that resulted in high patient satisfaction scores and reduced costs per patient day, while at the same time giving staff salary increases.

In 2000, Talamo became the administrative director for two Seton Network ambulatory care centers in Cedar Park, Texas. She expanded the centers' business and generated more revenue in 14 days than the organization had done in the year before her arrival.

Intrigued by her first start-up opportunity, Talamo moved on in October 2004 to become CNO and director for medical services at The Hospital at Westlake Medical Center in Westlake Hills, an up-scale area being developed near Austin. The 23-bed hospital that opened in June is the product of a syndicate of surgeons and cardiologists who, like other physicians in Texas seeking more clinical control, are opening their own hospitals. Talamo says "It's like the wild West." She enjoyed this role, developing standards of care, carrying fiscal responsibility, collaborating with design and IT teams, preparing for an initial hospital licensure survey and recruiting staff, among numerous other responsibilities. Through it all, Talamo remains focused on her goal of becoming an acute-care hospital CEO. Currently, she is engaged in a management consulting project for the Sisters of St. Mary Health Care system in Jefferson City, Mo.

Medical Management at a Health Insurer in Harrisburg

Denise Fessler '97 M.S.N., R.N., CMAC is director, Medical Management at Capital BlueCross in Harrisburg, a position she has held since March 2003. Even as a student at Villanova's College of Nursing, Fessler had an interest in teaching. She moved from her early critical-care staff nurse position into education in that specialty, and developed a fondness for the administrative roles and program development. As managed care grew, Fessler found she liked the combination of administration and clinical practice and so took a position with an HMO as manager of disease management. At Villanova, she also earned her M.S.N. in Case Management.

Following her recruitment to Capital BlueCross, Fessler now is responsible for the direction and management of utilization and care management services. This includes departments such as preauthorization, medical claims review, concurrent review, case management, disease management, health

education and wellness, and preadmission and discharge outreach programs.

What keeps Fessler motivated in a managed care environment? Through the eyes of an insurer, she sees members moving through the continuum of care, as well as the opportunity to help members navigate through the health-care system. The teams she supervises strive to meet the health-care needs of members by offering them support to maintain wellness or improve their health status. Her teams frequently assist in the design of care plans to meet those needs. Fessler also monitors trends to assist customers to best utilize available health-care resource dollars. She acknowledges that certain skills are needed to be a leader in health-care administration, and believes the priority should be to "value the caring nature of our roles as health-care professionals to make a difference in this setting."



DENISE FESSLER '97 M.S.N., R.N., CMAC (right) directs Medical Management services at Capital BlueCross in Harrisburg. Her colleague here is Connie Sours, R.N., CCM, CMCN, Medical Management project manager.

Guiding a Staff of 80 to their Goals in Behavioral Health

In 2000, Yasser Al-Khatib '01 M.S.N., R.N., CRNP traveled from his home in Lebanon, fresh from the bachelor's program at American University of Beirut, to continue his nursing education at Villanova University. Since earning his M.S.N. in Clinical Case Management and a post-master's certificate from Villanova's College of Nursing, he has been making an impact in the service sector in Philadelphia.

Now as the clinical nurse manager for behavioral health at the Albert Einstein Healthcare Network, Al-Khatib puts his advanced education as geriatric nurse practitioner and case manager to good use. In supervising 80 health-care employees, he constantly assesses and reassesses what needs to be done to lead his team. He values how the College helped to refine his skills in critical thinking and problem analysis.

Al-Khatib manages functions such as

payroll and staffing, provides education and feedback to staff, supervises patient care, and develops and implements quality improvement projects. He also provides clinical care to patients. His position demands a diversity and breadth of skills, knowledge and competencies. He must ensure quality care despite nursing shortages, limited insurance coverage, unaffordable medications, sparse community services and programs, and a lack of adequate family and social support for patients.

Even faced with all that, Al-Khatib does not give up his goal to provide leadership for his staff and patients. As he explains, "A leader is someone who knows what needs to be done in order to complete a task, knows the priorities and capabilities of his or her team, and uses all that knowledge to inspire the team to perform at its best to achieve the goals."



Originally from Lebanon, YASSER AL-KHATIB '01 M.S.N., R.N., CRNP (second from right) came to Villanova's College of Nursing for his advanced education. He now applies it as clinical nurse manager for behavioral health at the Albert Einstein Healthcare Network in Philadelphia. Among his colleagues is Kristin Lovas Trenham '02 B.S.N. (second from left).



TYONNE D. HINSON '01 M.S.N., R.N., pictured when she was neonatal ICU nurse manager at Baystate Medical Center in Springfield, Mass. Now at The Children's Hospital of Philadelphia, she is in charge of the educational and clinical development of her neonatal unit's surgical R.N.s and co-manages its staff of 200 R.N.s.

Competency Education to Tend to the Tiniest Patients

Tyonne D. Hinson '01 M.S.N., R.N. is the neosurgical nurse manager at The Children's Hospital of Philadelphia's Newborn-Infant Center, a newly created position she accepted in May. With another nurse manager whose focus is medical issues, Hinson manages this new unit's staff of more than 200 R.N.s. She oversees the educational and clinical development of the surgical R.N.s, as well as strategic planning for surgical care for these tiniest of patients. Hinson is expanding the surgical core team and adding more education on competencies to make these nurses experts in their field.

Hinson also is involved in the renovation of the hospital's current neonatal intensive care unit (NICU), as well as with building a new neosurgical unit, which will expand the number of NICU beds to 75. She loves to develop new programs and think strategically. Working with surgeons from the hospital's Center for Fetal Diagnosis and Treatment is "cutting-edge," she says. She sees its promising opportunities to build collaborative partnerships and develop her nurses.

Hinson is more confident in this professional responsibility because of the "excellent direction" and support she says she received at Villanova's College of Nursing, especially from her mentor, Associate Professor Patricia Haynor, D.N.Sc., R.N., NHA.

At the children's hospital, Hinson enjoys her new role because it builds on skills honed earlier at Baystate Medical Center

in Springfield, Mass. She was recruited to Baystate after completing her M.S.N. in Health Care Administration at Villanova in 2001—the first graduate of the redesigned program. She also earned a Certificate in Business Administration from Villanova's College of Commerce and Finance.

Hinson had signed on as NICU nurse manager at Baystate despite warnings about the "difficult staff" she would have to manage. She felt she had the drive and desire to help them and wanted to see what they could do. She recalls that she was tough, but believes they saw in her a good leader, and that is what made her effective. "It's about who you are, not your years of experience," she says.

In three years at Baystate, Hinson turned around a unit with the lowest patient satisfaction scores, pushing it into the top percentile and achieving recognition for it as a five-star unit by PRC, a national patient satisfaction corporation. At the same time, she was co-leader for her hospital's successful Magnet™ Recognition Program project; this recognition from the American Nurses Credentialing Center is the nation's highest award for recognizing excellence in nursing care.

What lies in Hinson's future? She says there are so many avenues she would like to pursue in her career. Right now, she thinks she might like to be a division director, and would like to pursue doctoral study some day.



Navy Nurse Corps **LT. KATHRYN "KATE" L. (BERGER) PINEDA '96 B.S.N., R.N.** (standing, second from right) worked with the Surgeon General of the Navy, Vice Adm. Donald C. Arthur (seated, front left). With them are other members of his immediate personal staff.

A Navy Nurse Adapted to the Ordinary and the Extraordinary

Navy Nurse Corps Lt. Kathryn "Kate" L. (Berger) Pineda '96 B.S.N., R.N. cherishes her time in the U.S. Navy Nurse Corps, although is separating from the Navy, her service as an officer and her 10-year notable nursing career to spend more time with her young family in Fairfax Station, Va. The Navy Nurse Corps, says Pineda, afforded her a distinct opportunity to lead and create a culture of care on a large scale.

At the National Naval Medical Center in Bethesda, Md., after four years as a staff nurse in various specialty units, Pineda moved on to be the officer in charge (clinic

director) of the Branch Medical Clinic at the Washington Navy Yard and Naval Research Laboratory. She held that position for four years. Her most recent position was serving as administrative officer to the Surgeon General of the U.S. Navy. That office focuses on readiness, quality and economical health services, development of a seamless and future-oriented workforce, and collaboration with other agencies in the interest of the Department of Defense as well as homeland security.

Pineda describes her most significant career challenge as "caring for others under

ordinary, extraordinary and often unusual circumstances. The Navy Nurse Corps must maintain operational readiness that is responsive, agile and aligned with the operational forces.” Pineda credits her Navy career for having given her the responsibility of providing professional nursing care both during peacetime and wartime. She administered programs and experienced leadership in distinct and fast-paced environments.

What does it take to be a good leader? Pineda replies that “A good leader, or the

The Inner Satisfaction of Success

All six of these leaders emphasize that they do what they do for the people—staff, clients and patients. For Dr. Cortes, the most satisfying aspect of her career, whether as a researcher, educator, provider or administrator, is the transformation that results. “What we do as nurses affects people’s lives,” she explains, “We are actively changing how they approach life, or a quality death.” She has a positive outlook for the profession, saying “Nurses are positioned to have tremendous influence on the welfare of society going forward, especially with the geriatric population.”

Talamo is equally as passionate about her role. What’s the most satisfying aspect for this nurse executive in Texas? “When patients do well,” she replies. She relishes “creating a practice environment where it’s possible for people to do a good job, where the staff has fun, where systems work to support the staff to do their job well and the organization can expand with good expectations.”

Fessler, too, enjoys developing staff. “Matching people with their passions and seeing them develop as professionals and experiencing success in their endeavors is extremely rewarding,” she explains. Through developing high-performing teams, she wants to continue to improve medical management practices at Capital BlueCross because ultimately, she says, the “core of our business is helping people.” She values creating new strategies and processes, finding new solutions and being successful in improving the overall health of the populations served by the health insurer.

basis of strong leadership, is someone who is trustworthy, with honorable character.” Villanova’s College of Nursing influenced her career path and talents, she notes: “The Augustinian education that I received at Villanova University helped shape my Christian beliefs and values. The College of Nursing prepared me with sound clinical skills, compassion, respect for others, ethics and leadership skills that have carried into my practice today.”

In the future, Fessler plans to further push the application of health-care research into medical management practice, especially in the areas of preventing chronic illnesses and supporting individuals who are working toward improved health status. Another of her goals is to facilitate the use of available resources and information gained at the health insurance level. This knowledge may be useful to other health-care disciplines and assist in “cracking the code” to determine what makes a difference in maintaining health and in preventing poor outcomes for those who are chronically and catastrophically ill. “We are part of the health-care system and can play a significant role in improving health,” she says.

At The Children’s Hospital of Philadelphia, Hinson finds satisfaction in coaching and mentoring. She encourages her staff to continue their education, and she cares about their development. “I want to be there and be a good manager for them,” she says.

Pineda has found that her role in the Navy Nurse Corps enabled her to care for people under extreme circumstances and bring them the finest health services, including serving “America’s heroes and their families.”

Al-Khatib realizes that administrative leadership never slows down. He values learning and sharing his experience in striving to create a culture of care at the Albert Einstein Healthcare Network, just as his colleagues do. For Al-Khatib, the journey continues. He observes, “I am always humbled and amazed by how much there is to learn and how much there is to teach in our profession.”



Congratulations to Main Line Health!

Villanova University’s College of Nursing congratulates its neighbors, the nursing services of the three hospitals of Main Line Health, on being awarded Magnet™ designation by the American Nurses Credentialing Center (ANCC). The recognition, announced in October, acknowledges the quality of the nursing practice at Bryn Mawr Hospital, Lankenau Hospital and Paoli Hospital.

Under the direction of Barbara J. Tachovskiy, M.S., R.N., CNAA, chief nursing officer for Main Line Health and president of Paoli Hospital, the hospitals began the designation process in 2002.

Countless Villanova Nurses have had clinical rotations at these three facilities, and many of our alumni provide nursing care or serve as managers in those organizations (see back cover).

ANCC developed its Magnet™ Recognition Program to recognize health-care organizations that provide excellence in nursing care. Only five other hospitals in Pennsylvania have achieved this recognition.

12 Essential Ways to Grow Leadership Skills

For these six Villanova Nursing alumni, guiding health-care teams means finding the best ways to triumph over challenges. Our exemplars of risk-taking share their tried-and-true strategies.

[1] Think strategically.

Maria L. Talamo '77 B.S.N., M.A., R.N., CNAA-BC, CHE, a management consultant in nursing and health-care administration, dares leaders to “think big and think strategically.”

Her thoughts are echoed at Lighthouse International in New York City, where Tara A. Cortes '67 B.S.N., Ph.D., R.N., president and CEO, adds that an effective leader needs to understand the culture of the organization and “identify a few strategic goals to achieve the defined mission. Too many people keep the status quo and then just keep cutting to a skeleton.” She urges leaders to think about what will be worthwhile in the years to come, and then make those programs or products cost-effective. “It’s really about revisiting your mission,” she states. In her case, that means addressing a large-scale, long-term concern about building appropriate programs for the geriatric population.

At The Children’s Hospital of Philadelphia, neosurgical nurse manager Tyonne D. Hinson '01 M.S.N., R.N. finds that brainstorming ideas is valuable. She then re-evaluates her plans as she implements the best ideas. Hinson advises that a leader needs to anticipate what will happen and be visionary in making plans. “Focus on what lies ahead,” she suggests, “and think differently.”

[2] Solve problems creatively.

As administrative leaders face tough issues to resolve, coming from a nursing perspective is a benefit in working toward solutions. Talamo recognizes the valuable skills that helped her in her role as a CNO, COO, VP and consultant. “The nursing process is a problem-solving process. Being good at it is critical,” she explains, because “a ‘performance improvement orientation’ is an extension of it.” For example, Talamo used that method to examine the revenue cycle at one institution, then tightened it to bring in more revenue. “Systematic process design

and improvement—that’s what R.N.s do,” she says, “if you can do it with a sick person, you can do it with a sick system, or design a healthy system.”

As clinical nurse manager for behavioral health at the Albert Einstein Healthcare Network, Yasser Al-Khatib '01 M.S.N, R.N., CRNP analyzes problems and incidents by understanding all the elements involved. “At Villanova, I learned to examine a situation from different angles,” he observes. “I also come up with as many solutions as I can for a problem, calculating all possible scenarios. You can never do the same task the same way, although the process might seem similar.”

Evaluation also is aligned with problem-solving. Denise Fessler '97 M.S.N., R.N., CMAC, director, Medical Management at

best-suited for leadership positions are those who blend clinical experience with financial knowledge. “Become astute in finance, marketing, capital budgeting and revenue integrity,” Talamo recommends, adding that it’s also vital to understand stewardship of resources and expense control. She urges administrative leaders to “learn how clinical process design leads to quality care and saving money. Then build in quality.”

Hinson takes it a step further. “You need to clearly understand what’s going on in your state,” she advises. Leaders must be on top of what is happening related to their state’s budget deficits, program cuts and other funding issues. Beyond the money, there is the issue of patient safety. “Put the patient first,” she cautions.

“A great leader is a great listener.”

—Yasser Al-Khatib '01 M.S.N., R.N., CRNP

Capital BlueCross in Harrisburg, encourages leaders in being sensitive to business needs to use decision-making skills and revisit plans as the situation requires. In her business, she says, “rapid cycle improvement” demands being responsive to the market. Staying nimble requires the effective use of data, as well as of staff, to “move the status quo,” she says. “Keep asking the question ‘How can we improve?’”

[3] Learn to be financially savvy.

For Dr. Cortes, “Achieving security in finances...that is, in all of health care, the biggest issue and must be the first area of attention.” Because of the precarious nature of reimbursement, she recommends balancing the quality of care with financial stability by looking at relevancy of programs to the future.

In the health-care industry, you may have to overcome a bias against nurses. Nurses

[4] Scout out the information resources.

“It will be critical in the future how we use the large amount of health information available,” Fessler says. “We need to be more targeted in our uses of this information and use it to create innovative and effective interventions. Information systems and technology will be helpful not only in the identification of high-risk patients but also assist them to become better-informed consumers of health-care services.”

[5] Develop your network.

In Harrisburg or almost anywhere, acknowledges Fessler, “Developing a network is essential today. You can’t possibly know everything.” Cultivating contacts in and outside of your specialty area can help you in gaining the knowledge necessary to develop best practices, she advises.

[6] Surround yourself with good people.

Managing and developing human resources is a primary concern of administrative leaders. In her career as a naval officer, Navy Nurse Corps Lt. Kathryn “Kate” L. (Berger) Pineda ’96 B.S.N., R.N. had to be aware of resources, both human and material, to maintain responsive capabilities that were coordinated with operational forces. She advocates projecting and preparing for manpower needs to ensure that patients are getting the best care possible. “Your demands

physicians, nurses and administrators are aligned, you can get a lot done.” She has found that it comes down to what is the right thing—the clinical best practice.

For Fessler, fostering teamwork is key. “Today’s teams consist of individuals with multidisciplinary skill sets,” she observes. “Utilizing teams with the right skill sets will ultimately provide for effective multifaceted health-care solutions, both at the individual patient and system levels. This is critical especially as we work to improve the health status of members who are at the highest risk

United States, using its trainers or partners in related groups. She describes such linking up this way: “When for-profit, nonprofit and government sectors work together, it’s a powerful partnership.”

Al-Khatib sees the same value of partnering in the clinical area “when the entire team is in full partnership with the customer, working as a whole unit to achieve the desired treatment goals.”

[10] Create your vision and match it to your organization.

“Be visionary and willing to take risks,” says Hinson. Then lead by example. “Being an effective leader isn’t just about going to school, it’s character that drives how well you can lead.”

Pineda describes this characteristic of leadership as “displaying selfless service to an organization, mission or goal.”

[11] Maintain your values.

Ethics not only play a role in the provision of health care but are also critical in its administration. The manager or administrator is held accountable for the use of resources. Dr. Cortes points to her roots at Villanova’s College of Nursing for directing her behavior. “The value system gives people a base from which to operate and face barriers to institutional advancement...it also helps leaders resist the desire to go in the wrong direction.”

[12] Develop yourself.

Talamo urges administrative leaders to take care of themselves. “Invest in personal health and wellness,” she says. “Be calm, focused and relaxed.” Balancing that advice with aspirations, she advises “Aim high.” She became an independent wellness consultant for Nikken, the largest total wellness company in the world. She is able to bring wellness technologies into her life and help others in their quest for wellness. She offers this sage reminder: “Prevention and health are preferable to disease and symptom management.”

“ Keep asking the question ‘How can we improve?’ ”

—Denise Fessler ’97 M.S.N., R.N., CMAC

of your staff take you farther than you can imagine,” she says.

Dr. Cortes and Talamo emphasize that strength comes from surrounding yourself with good people. Adds Talamo, develop them by “looking at your people’s skills and maximizing their potential.”

[7] Cultivate your communication skills.

“Develop and deliver clear messages” to ensure that you capture the listener’s attention, Dr. Cortes advises. To market your programs, learn your message points, she says. Work with people who are experts at it, such as marketing and communications staff.

Al-Khatib’s experience as a clinical nurse manager has shown that a leader must be a “motivator, analyst, facilitator,” among other things, to inspire the team and find a way to achieve goals. He knows being a good communicator means using your ears. “A leader is a great listener,” he says.

[8] Foster teamwork.

Teamwork is essential in partnerships, another tool in the administrative box. Talamo summarizes, “when the interests of

for compromised health states.” The Capital BlueCross director adds that teamwork is essential when advocating a new course of action. To rally people around a common cause, she advises “Get past *who’s* right to *what’s* right to create the focus that is necessary for successful change.”

[9] Forge powerful partnerships.

Dr. Cortes believes strongly in partnerships since “what you need to do is bigger than just one group.” In her past positions, she has established many effective partnerships. At Mount Sinai, Dr. Cortes and the chair of geriatric medicine collaborated on education for nursing and medicine, as well as plans for patient care. They traveled around the country to speak on how their two groups worked together.

Dr. Cortes is excited about a new project at Lighthouse International to develop a relationship with the U.S. Army and the for-profit sector. The Army identified 400 men and women who partially or fully lost their sight in Afghanistan and Iraq. The for-profit sector will pursue placing them in jobs near their homes. Lighthouse International will provide them with job training around the

Big dream. Bigger impact.

Villanova's Graduate Nursing Program looks back with pride on 25 years of advancing nursing education and developing leaders.

By Ann Barrow McKenzie '86 B.S.N., '91 M.S.N., R.N.

To stay at the office until 2 a.m. writing a grant proposal, you need to believe in your dreams. In 1979, M. Louise Fitzpatrick, Ed.D., R.N., FAAN was the new dean at Villanova University's College of Nursing, fresh from teaching in the graduate program at Teachers College, Columbia University in New York City. It was there that she worked at the master's and doctoral levels in preparing people to teach. Dean Fitzpatrick believed that Villanova had the same potential for a graduate program in nursing. During her employment interview two

years earlier, she had expressed this potential to the Rev. John M. Driscoll, O.S.A., at the time University president. When he offered her the position of dean, he told her, "I can't guarantee it, but will give you the opportunity to try."



M. Louise Fitzpatrick, Ed.D., R.N., FAAN

The odyssey had begun. Now Connelly Endowed Dean and Professor, Dean Fitzpatrick looks back on those early days with fondness, but says the realization of her dream for the College did not come easily. At the time, she was the College's only doctorally prepared faculty member and juggled many competing priorities. She searched for an assistant dean and found her: Barbara R. Heller, Ed.D., R.N., FAAN, who had



Barbara R. Heller, Ed.D., R.N., FAAN

experience in continuing education (CE). Dr. Heller made the argument that if the College would start a CE program, the adult nursing public would get to know Villanova, would become comfortable in the academic environment and

would then provide a potential pool of graduate students. The CE Program began under Dr. Heller's direction in 1979 (later on, she was appointed dean at the University of Maryland School of Nursing).

In the meantime, Dean Fitzpatrick began seeking the requisite approvals on campus for a graduate nursing program. "It's not easy to force a change," she says. The new dean wrote proposals for the graduate program and went to the University's Graduate Committee, at the time the centralized committee for graduate education. She received approval to offer the M.S.N. from Villanova's administration and the University's Board of Trustees. Chairing the trustees at that time was the Rev. Francis X.N. McGuire, O.S.A., '32 A&S, D.D., who had founded the College of Nursing in 1953 and had served as University president from 1944-1954. Father McGuire continued to believe in the College's mission, and the board approved Dean Fitzpatrick's request (Father McGuire died in 2003). After multiple conversations, meetings and documents, the dean had the go-ahead.

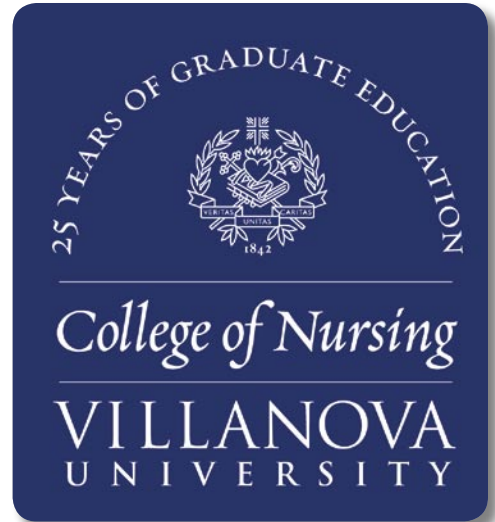
That summer of 1979 meant long hours. Dean Fitzpatrick was simultaneously writing the documents needed for approval as well as an Advanced Training Grant proposal to compete for federal funds from the Division of Nursing of the U.S. Public Health Service. For the determined team of Dean Fitzpatrick and Dr. Heller, it was a time of late nights, coffee and looming deadlines. Once they succeeded in obtaining

the funds, they had to build the graduate program. Their key to success would be to focus on role development for nurses. Of the two master's degree programs in the Philadelphia area at that time, neither offered role preparation. Villanova responded to that need in the professional community by beginning with two concentrations—Nursing Administration and Nursing Education—to develop leaders in those areas.

A former Villanova faculty member, the late Joan Large '54 B.S.N., Ed.D., R.N., returned as director of the new M.S.N. program. Also recruited was Terry Valiga, Ed.D., R.N., FAAN, who later became the program's director. Other early faculty included Elaine Beletz, Ed.D., R.N., FAAN; Janie Brown, Ed.D., R.N.; and Claire Manfredi, Ed.D., R.N. (who became the third director of the Graduate Nursing Program and assistant dean). All three recently have retired. Dr. Joan O'Leary, Dr. Mary Ziemer and the late Dr. Anne Donnelly also were

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Joan Large '54 B.S.N., Ed.D., R.N.

faculty members. The faculty remained one faculty within the College, keeping a promise Dean Fitzpatrick had made to Father Driscoll. Today with more Nursing faculty members, a larger number of them teach in both the undergraduate and graduate programs.

The new graduate program was quickly up and running, and the College prepared for accreditation from the National League for Nursing (NLN). The program's first graduates earned their master's degrees in 1982.



Terry Valiga, Ed.D., R.N., FAAN

When Dr. Valiga was appointed director in 1988, upon the retirement of Dr. Large, there were more "firsts" to come. The College, with Dr. Manfredi's dedicated efforts, in 1993 successfully applied for another grant from the Division of Nursing of what had become the U.S. Department of Health and Human Services. With the grant, the College initiated the country's first Clinical Case Management option in the M.S.N. program. "That was exciting because it was 'cutting edge,'" explains Dr. Valiga. "It allowed us to prepare graduates who were able to influence patient care in another way."

Simultaneously, the time was right for another opportunity for Dean Fitzpatrick: bringing in international students to the M.S.N. program. The first of these students came from Jordan and the Palestinian West Bank in 1992. Soon, students from the People's Republic of China and the Sultanate of Oman followed, extending the imprint of Villanova Nursing around the world. That global initiative has blossomed. Today, international students, who make up 10 percent of the student body in the M.S.N. program, are also enrolled in the B.S.N. program.

As the graduate program expanded, it remained true to its roots, according to

Dr. Valiga. In her current role as director of professional development for the National League for Nursing, she continues to observe the achievements of Villanova graduates. "Villanova was one of the handful of schools in the United States that maintained its commitment to preparing tomorrow's faculty, and they did an outstanding job of doing that. I saw and heard wonderful things about the graduates of the Nursing Education track—how well-prepared they were for

consistently were delighted with their knowledge, skill and value system."

In 1995, Dr. Manfredi became assistant dean and director of the Graduate Nursing Program, emphasizing its continued growth to meet the demands in the health-care arena. She had to make the best use of the available resources, and did so successfully. Dr. Manfredi describes how she met some of her goals, just one year into her new role. "One of the trends we noted was the emphasis on

"We can take credit for producing deans, directors and expert faculty on whom deans can rely for quality performance."

— M. Louise Fitzpatrick, Ed.D., R.N., FAAN

the faculty role, how much they were able to contribute to curriculum development, what leaders they were among their peers and how well they were able to enhance student learning. It was exciting to be part of that, and it gives me great joy to see what graduates of the program have done to influence the future of nursing education."

Nursing Administration graduates also were making their mark in the profession. They "moved into leadership positions in the clinical setting, armed with a solid knowledge base, a thorough understanding of the scope and significance of their role as administrators, and a commitment to direct change," Dr. Valiga points out. "Highly respected chief nursing officers sought out Villanova graduates and

clinical preparation, particularly the preparation of nurse practitioners (NPs). With the assistance of a very fine faculty, we were able to implement the Adult Nurse Practitioner track, followed by Pediatric Nurse Practitioner and finally the Geriatric Nurse Practitioner track. Within three years, we presented each of these tracks to the State Board of Nursing and received first-time approval with each presentation."

The Nurse Anesthesia component also was established in 1997, and is now a highly competitive, nationally known program. Originally it was undertaken in partnership with Lankenau Hospital in Wynnewood, Pa. Its partner now is Crozer-Chester Medical Center in Upland, Pa. The program's director is Clinical Associate Professor Bette



Claire Manfredi, Ed.D., R.N.



Wildgust '97 M.S.N., M.S., CRNA. Both the NP and Nurse Anesthesia concentrations combine an intensive didactic and clinical curriculum to prepare competent advanced practitioners.

Analyzing societal trends, Dr. Manfredi saw the need to transition the Nursing Administration concentration. Further collaboration with Villanova's College of Com-

“We had faculty members who were willing to take on new challenges, and several of them became very skillful in developing Web-based courses. By 2000, we had all of our core courses online.”

— Claire Manfredi, Ed.D., R.N.

merce and Finance led to a joint program for an M.S.N. in Health Care Administration and a Certificate in Business Administration from the College of Commerce and Finance in 1999.

The Clinical Case Manager concentration shifted to a course of study in Case Management Administration to better meet market needs. Case managers were being asked to take on more responsibility to direct case management programs for insurance companies as well as hospitals. The College also created post-master's certificate options to offer career flexibility to nurses with advanced degrees who sought additional skills and knowledge.

With the growth of technology in higher education came more options for the College's graduate students. Dr. Manfredi explains, “Another trend noted in the late '90s was the emphasis on distance learning. We had faculty members who were willing to take on new challenges, and several of them became very skillful in developing Web-based courses. By 2000, we had all of

our core courses online.”

Dr. Manfredi also was instrumental in creating the proposal for the doctoral program. Offering Ph.D.-level nursing education had been part of the long-term planning in the College since 1979, to be instituted at the right time and when the College was ready to staff and support it.

That time arrived in 2002. Villanova's

Board of Trustees approved the College's doctoral program plan to prepare nurse educators for careers in academic settings in higher education, using a mostly distance learning format. This degree curriculum, an evolutionary component of the graduate program, addresses the critical national need for nurse educators to mentor and educate a new generation of nurses.

Dr. Manfredi was confident in “passing the torch” to Marguerite Stuhler Schlag '68 B.S.N., Ed.D., R.N., the current assistant dean and director.



Marguerite Stuhler Schlag '68 B.S.N., Ed.D., R.N.

Since returning to her alma mater in 2003, Dr. Schlag and the faculty have been moving the graduate program forward. Currently the program is expanding its expert faculty, pursuing creative marketing methods, cultivating partnerships, increasing distance learning initiatives and

enhancing educational options according to market needs. Dr. Schlag continues to build on the successes of her predecessors to take the program to the next level. She is confident in future success, noting that “Our graduates have a long history of leadership roles in clinical practice, education and health-care administration. Building on that rich history, we will continue to be on the leading edge for excellence and innovation in nursing graduate education.”

Coordinating the doctoral program with graduate studies is Nancy Sharts-Hopko, Ph.D., R.N., FAAN. She explains the program's aim to prepare teacher-scholars for the next generation of nurse faculty: “With a 25-year heritage of preparing nurse educators, we felt well-positioned to take the next step and begin educating students at the doctoral level. The goal of this program, to prepare teacher-scholars, has been consistent with the objectives of the Graduate Program from its inception.”

Villanova's Nursing Ph.D. program has a unique focus on preparation for roles in higher education in conjunction with the application of advanced nursing knowledge and scholarly inquiry that address professional and practice concerns related to the learning process. The College welcomed its first doctoral students in 2004.

Through the years, Villanova's Nursing graduate program has maintained its holistic approach to education. The program features both specialty content and the opportunity to study the sociopolitical, economic and technological forces that will have an impact on these future leaders in nursing education, administration and practice.

This fall, there are 170 M.S.N. students and 20 doctoral students who, while advancing themselves, will advance health care. About 25 percent of them are Villanova alumni. Far from complacent, they are ready to meet high expectations once they graduate from this profoundly effective graduate program.

How can the impact of the graduate nursing program best be described? Dean Fitzpatrick can do so in one word and without hesitation: “Tremendous.” As an example, she points to the educators and

Two Tributes to 25 Years of Graduate Education

This year, Villanova University's Graduate Nursing Program is celebrating its 25th anniversary with special recognition to highlight its history and recognize its alumni. This fall, the reception prior to the Annual Distinguished Lecture on November 9 offered one of these opportunities. Alumni testimonials and a timeline were displayed, and Marguerite Stuhler Schlag '68 B.S.N., Ed.D., R.N., assistant dean and director of the Graduate Program, offered remarks. In the spring, the annual Research Symposium on March 30, 2006, will focus on the research accomplishments of the program's graduates.

health-care administrators who developed their career focus at Villanova. “We have had a great influence on nursing education, not just in the region but around the country and the world,” notes Dean Fitzpatrick. “We can take credit for producing deans, directors and expert faculty on whom deans can rely for quality performance. Our graduates bring leadership to a faculty. They are the architects of curriculum development and other aspects of the educational process. They are clinical experts, but also very knowledgeable about the process of nursing education. It is because of the education we provide and goes to role development.”

As Dean Fitzpatrick looks to the future, she sees the potential to develop another offering: academic administrative leadership preparation.

From that late-night grant-writing session more than a quarter-century ago have grown:

- seven master’s degree concentrations,
- six post-master’s certificate options and
- nearly 1,050 nurses who can call themselves Villanova M.S.N. graduates.

Villanova’s M.S.N. nurses now operate hospitals and health-care systems, nursing departments and their own businesses. They are deans of schools of nursing in the United States and abroad. They influence education standards, teach hundreds of thousands of patients and nurses, manage countless patient cases, create and run clinics, and

“We need to celebrate what we do and like magnets, draw others to it”

In Beirut, Lebanon, M. Louise Fitzpatrick, Ed.D., R.N., FAAN, Connolly Endowed Dean and Professor, gave the keynote paper on July 1 at the Centennial Conference of the School of Nursing at the American University of Beirut (AUB), the first nursing school in the Mideast. She serves on AUB’s Centennial International Advisory Board. Dean Fitzpatrick’s topic was “Cultivating Nurse Educators for a Challenging Future.” The following is an excerpt from her address at the conference, which was co-sponsored by Villanova University’s College of Nursing.



“...most of all, we need to encourage young, intelligent, career-minded nursing students to consider continuing their educations at young ages and to embark on careers in nursing education. We need to encourage funding for faculty preparation.... We need to showcase charismatic and enthusiastic nurse educators at career days for our nursing students, and we need to use the opportunities we have every day to encourage our students to think about careers like ours, careers in academia where they, too, will be able to make a contribution and a difference by preparing still another generation of nurses.

“We need to celebrate what we do and like magnets, draw others to it. To do so does not compromise the importance or satisfaction of clinical practice but opens up a world of ideas about how those who choose a career in nursing education have the privilege and opportunity to transform minds and hearts as they prepare new generations of nurses.”

deliver safe anesthesia care around the country and the world. Some of them are returning for their doctoral degrees at Villanova and elsewhere. In short, they are leaders and scholars in their fields, recognized with countless honors. To date, 13 of these M.S.N. graduates have received the College

of Nursing Medallion for excellence in their respective fields.

The work is not done. Dean Fitzpatrick predicts, “We will be needed for quite some time.”

For more information about the graduate programs at the College of Nursing, visit villanova.edu/nursing/programs/graduate.



The Power of Nurses, Worldwide

In Taiwan, two faculty members and two students gained insight into international health-care issues at the ICN Congress.

By Ann Barrow McKenzie '86 B.S.N., '91 M.S.N., R.N.

Regardless of the problems nurses face in a given country, there is a commonality among them worldwide. “We are here to care, to help people reach their level of wellness,” says M. Frances Keen, D.N.Sc., R.N., assistant dean and director of the Undergraduate Program at Villanova University’s College of Nursing. Dr. Keen and Lynore Dutton DeSilets, Ed.D., R.N., BC, assistant dean and director of the Continuing Education in Nursing and Health Care Program, attended the International Council of Nurses (ICN) 23rd Quadrennial Congress, in Taipei, Taiwan, on May 21-27.

The two faculty members were accompanied by two Nursing undergraduates, Christine Martinenza, then a junior, and Jennifer Lanzo, at the time a sophomore. Both are Connelly-Delouvrier International Scholars as well as Villanova University Presidential Scholars.



At the International Council of Nurses 23rd Quadrennial Congress in Taiwan, two College of Nursing faculty members and two Nursing students were delighted to have as their interpreter and tour guide another Villanovan, Dr. Li-Ling Lin '97 M.S.N. (right). She teaches nursing in South Taiwan. The four who attended from the College were (from left) Christine Martinenza, Jennifer Lanzo, Dr. Lynore Dutton DeSilets and Dr. M. Frances Keen. (See inside back cover for a profile of Dr. Lin.)

Dr. DeSilets recalls the camaraderie of the meeting. “Speaking ‘nurse’ automatically connects you,” she says.

More than 4,000 nurses from 148 countries attended the Congress to exchange ideas. Sessions included nursing workforce concerns; health policy; and health and environmental issues, such as malaria, HIV/AIDS and safe drinking water, among many others.

The two undergraduates participated in student sessions and events, toured Taipei and learned about Taiwanese culture. They found ways around the language barrier and learned to eat with chopsticks. Martinenza says no place can compare to Taiwan, which for her became a “once-in-a-lifetime experience.” She explains, “I most enjoyed the opportunity to meet with nurses and students from all over the world. It was great to see so many unite as a profession and recognize that although we are all so different, we share the same fundamental qualities as



The theme of the ICN’s 23rd Quadrennial Congress was “Nursing on the Move: knowledge, innovation and vitality.”

Lanzo notes. “What I enjoyed most about this trip was the opportunity to learn. I got a better understanding of Taiwanese culture and of nursing around the world.”

Whether faculty member or student, each of the four Villanovans who attended was moved by the Congress. Martinenza was especially affected hearing stories of a single nurse, or a small group of nurses, creating change that leads to national or global advancements in such areas as needle stick injury prevention or education and supply needs for health-care workers. “It made me

“It made me realize how capable nurses are in terms of initiating change and also how much still needs to be done.”

—Christine Martinenza '06

nurses. I loved chatting with students from South Africa, Australia, Canada, Taiwan, Denmark and Sweden, and learning of the similarities and differences of our student nursing experiences.” She looks forward to the next ICN Congress, to be held in 2009 in Durban, South Africa.

For Lanzo, the ICN was her first experience in Asia, and it turned out to be “amazing,” she sums up. After hearing stories of nurses in other countries, she grew to appreciate all of the resources available to American nurses. “We also had a chance to see nurses from different countries working together to help each other to find solutions to solve these problems,”

realize how capable nurses are in terms of initiating change and also how much still needs to be done,” Martinenza says.

“Prior to this experience, I never really considered the political aspect of nursing,” Martinenza adds. “I appreciated that as Americans we have great health-care resources, but I never considered the fact that because we have such resources, it is our responsibility to not only improve our system nationally but also to use those resources to improve health care globally.”

Martinenza also was impressed with her chosen profession. As she summarizes, “ICN really opened my eyes to the power of nurses.”

SNAP Volunteers Aid Families with Blind Children

By Elizabeth Dowdell, Ph.D., R.N., CRNP

By providing child care to more than 50 blind children and their siblings, members of the Villanova University chapter of the Student Nurses' Association of Pennsylvania (SNAP) offered their support at the biennial conference of the International Children's Anophthalmia Network (ican), held at the Franklin Institute in Philadelphia on March 18-20. More than 30 Villanovans, from freshmen through seniors, along with the SNAP-Villanova advisor, Associate Professor Carol Toussie Weingarten, Ph.D., R.N., cared for the children so the families could attend the conference.

Ican was founded in 1993 by two Villanovans, Nursing alumna Sandra Myers Gomberg '85 B.S.N., '90 M.S.N. (see page 29) and her husband, Robert '84 A&S, '90 G.S. The nonprofit organization focuses on the birth defect anophthalmia, which produces blindness when one or both eyes do not form early in pregnancy. The conference was the largest gathering to date of families experiencing this birth defect.

Villanova's SNAP members volunteered their time and energy with children who ranged in age from 14-month-old twins through young teens. Among the SNAP "stars" are the chapter's 2005 president, Kerry Halleran, now a junior, and its 2005



Kerry Halleran, now a junior, enjoyed the exhibits at the Franklin Institute in Philadelphia with her new friend. Halleran, president of Villanova's chapter of SNAP, was one of more than 30 chapter members who took care of blind children and their siblings last March so the parents could attend the International Children's Anophthalmia Network conference.

Special Projects chairs, Kathryn "Katie" Lenhardt and Ann "Annie" Donnelly, now both sophomores. All three worked hard with ican to ensure a successful experience.

Dr. Weingarten also served as the volunteer nurse at ican's free clinic, hosted at The

Children's Hospital of Philadelphia. During this clinic, anophthalmic children were seen by an oculoplastic surgeon, a geneticist, an ophthalmologist, a pediatrician and other specialists who donated their time. Dr. Weingarten found that her work at the conference also presented an opportunity to talk with the children's siblings, who were very interested in her role as a nurse and nurse educator and about careers in nursing.

Villanova's chapter of SNAP has a long history of working with ican, which was founded in Philadelphia. For several years, Villanova SNAP volunteers cared for children and their siblings during monthly meetings of ican's parent advisory board, at ican's special family events, and at ican's first parents and health-care professionals conference in Philadelphia.

Ican can be reached through the Albert Einstein Medical Center in Philadelphia. For more information, visit www.anophthalmia.org or call 1-800-580-4226.

Class of 2009: Outstanding in Every Way

As the College of Nursing continues to meet the demands of the nursing shortage, this fall faculty and staff welcomed 92 incoming freshmen. These students represent 11 states, from California to Florida to Massachusetts. One freshman is from Burma.

Once again, the College exceeded its target class and experienced an increase in the quantity and quality of applicants. These students have an outstanding academic profile. Among them are a Presidential Scholar, an Underrepresented Presidential Scholar and four NROTC full scholarship recipients.

It has been another banner year. This exceptional Class of 2009 will continue the 52-year tradition of excellence in the College of Nursing.

Faculty Development Institute Looks at the World, and Teaching, in New Ways

They arrive on campus from a variety of educational settings, each with a desire to improve curricula, or implement new evaluation techniques or change student assignments and methods of teaching to better promote critical thinking. So begins the Faculty Development Institute, now in its fifth year. Held each June, it is co-sponsored by Villanova University's College of Nursing and the National League for Nursing. Those who teach in the institute come from Villanova as well as other institutions.

The 2005 institute on June 4-9 attracted 24 nursing educators from diploma and associate degree programs, private colleges and state universities. From 13 states, including Iowa, Indiana, Florida, Nevada, Texas and North Carolina, they journeyed to Villanova for an invigorated outlook. After a Saturday night reception on the West Campus, the group set to work on Sunday morning. M. Louise Fitzpatrick, Ed.D., R.N., FAAN, Connelly Endowed Dean and Professor, welcomed the group.

Marilyn Oermann, Ph.D., R.N., FAAN delivered the keynote address on the innovative initiatives that have been developed to respond to the nursing shortage. Dr. Oermann, professor of nursing at Wayne State University in Detroit, offered food for thought on how faculty need to change the ways they teach in schools of nursing. She shared information from her studies of stressors for students and faculty in clinical rotations, posed questions and challenged the

group to look at creating an environment that will foster nursing education.

Faculty members attending the institute also benefited from an overview by Stephen R. Merritt '78 A&S, dean of Enrollment Management at Villanova. He spoke about today's students and the learners of the future. Current students are experienced consumers and doers and achievers who are technologically savvy, he said.

Attending the Faculty Development Institute is no vacation, but rather requires earnest work in a selected area. Before arriving, attendees had to choose one of three tracks:

- Critical Thinking, where they learned about and designed strategies to promote and evaluate critical thinking among students;
- Effective Clinical Teaching, which involved revising clinical evaluation tools; and
- Designing Innovative Curricula, in which attendees developed an honors course, revised a medical-surgical course and started creating a B.S.N. completion program.

Why is the institute so effective? "It's unlike any other experience the participants have had," explains Lyn DeSilets, Ed.D., R.N., BC, assistant dean and director of the College's Continuing Education in Nursing and Health Care Program. "They are involved in their learning, identify the focus



Catherine Todd Magel, Ed.D., R.N., BC (left) and Elaine Tagliarini, Ed.D., R.N. co-presented a session at the institute on "Designing Innovative Curricula." Dr. Todd Magel is an assistant professor in Villanova's College of Nursing. Dr. Tagliarini is a professor and Independence Foundation Chair in Community Health Nursing at the Community College of Philadelphia.

of their week, get the information they need and have access to an expert." By consulting with the institute's faculty, participants enhance their ability to problem-solve and be creative. Additionally, participants are interacting with one another and benefiting from new perspectives. Dr. DeSilets believes it is this time away from their classrooms that offers participants a chance to reconnect with their role as an educator and adds value to their experience.

In the future, the Faculty Development Institute may be expanding its tracks. But it will always include the application of new knowledge so that these nursing faculty members from around the country can take their ideas and develop them in their home setting. Regardless of a participant's academic institution, specialty or favorite teaching methods, the institute helps talented teachers rekindle and nourish their commitment to excellence in nursing education.

The sixth annual Faculty Development Institute will be held June 3-8, 2006. Housing is provided on campus. For more information, visit: www.villanova.edu/nursing/ce/conferences or call (610) 519-4930.



From 13 states, nursing educators gathered on campus for the fifth annual Faculty Development Institute, co-sponsored by the College of Nursing and the National League for Nursing.

Two Faculty Members Honored for 25 Years of Service

At the 16th Annual Mass and Alumni Awards Ceremony on April 9, the College of Nursing recognized Lynore Dutton DeSilets, Ed.D., R.N., BC and Suzanne Tracey Zamerowski, Ph.D., R.N. for their 25 years of service to the College.

M. Louise Fitzpatrick, Ed.D., R.N., FAAN, Connelly Endowed Dean and Professor, presented both faculty members with gifts of appreciation at the ceremony. Dr. DeSilets, assistant dean and director of the Continuing Education (CE) in Nursing and Health Care Program, is a “professional par excellence,” Dean Fitzpatrick noted. She described Dr. Zamerowski, associate professor, as an excellent teacher, genetics expert and role model.

Dr. DeSilets was involved in the College’s original grant-funded CE program. Since then, she has grown the program to include workshops, regional and national conferences, seminars, certificate programs and customized on-site offerings. Since its inception in 1979, the program has educated more than 25,000 nurses and related health-care professionals.

Dr. DeSilets chairs the Content Expert Panel for the American Nurses Credentialing Center (ANCC) certification exam in Nursing Professional Development.

She also serves on ANCC’s Board for Certification and is an appraiser for ANCC’s Commission on Accreditation. An associate editor of the *Journal of Continuing Education in Nursing*, she is a member of the National Board for Certification of Hospice and Palliative Nurses. (See sidebar below.)

Dr. Zamerowski is an experienced educator, researcher and clinician whose professional interests are rooted in genetics. She has been committed to increasing Nursing students’ knowledge of genetics by integrating the subject into the undergraduate curriculum; developing a graduate course, Clinical Genetics for Health Care Professionals; and expanding student clinical experiences of individuals with



The College of Nursing honored Lynore Dutton DeSilets, Ed.D., R.N., BC (second from left), assistant dean and director of the Continuing Education in Nursing and Health Care Program, and Associate Professor Suzanne Tracey Zamerowski, Ph.D., R.N. (second from right), for their quarter-century of service to the College. With them at the April ceremony are Connelly Endowed Dean and Professor M. Louise Fitzpatrick, Ed.D., R.N., FAAN and the Rev. Edmund J. Dobbin, O.S.A., '58 A&S, University president.

genetic diseases. Through collaboration with Villanova’s biology department, Dr. Zamerowski was instrumental in developing a Cell Biology course that provides a unique foundation in genetic concepts, essential in today’s health-care arena.

In addition to increasing students’ theoretical knowledge of genetics, Dr. Zamerowski believes that it is equally important for students to learn how to care for individuals with genetic diseases, not only in health-care settings but also in sheltered workshops and community events. Through this experience, students will recognize that individuals who may differ in appearance and intellect have the same needs as others, and the students will rise to the challenge of devising strategies to meet their patients’ needs. Nursing students, as future health-care professionals, need this exposure and guidance so they can assist these individuals and families to maximize their health physically, mentally and spiritually. Currently, students learn to provide this assistance in clinical practica as well as through their extracurricular activities, such as helping with Special Olympics.

Russian Nurses Learn More about Professional Competency from a Villanovan

“Nursing’s role in Russia is very different from that in the United States,” notes Lynore Dutton DeSilets, Ed.D., R.N., BC, who traveled to Russia in April to give a talk on professional competency. In Russia, the nurse’s competence is currently the physician’s responsibility. “Great efforts are being made by a few dedicated Russian professionals to upgrade the level of practice,” explains Dr. DeSilets, who is assistant dean and director of the Villanova College of Nursing’s Continuing Education in Nursing and Health Care Program.

Dr. DeSilets spoke at the conference titled U.S.-Russian Nurses: Bridging Cultures to Enhance Health Care.

An expert in continuing education, she addressed the group of Russian nurses and American continuing education colleagues on “The Challenge of Continuing Professional Competency.” She defined competency and whose responsibility it is, and presented issues related to competence assessment. She also presented a poster on “Specialty Certification in the United States.”

The conference was co-sponsored by The Russian Nurses’ Association in St. Petersburg; the Department of Nursing at Sechenov Moscow Medical Academy; and Providence Portland Medical Center and Beta Psi Chapter, Sigma Theta Tau International, both in Portland, Ore.

Reducing the Threat of Violence Against Women

As an educator, researcher and clinician, Dr. Linda Carman Copel, APRN,BC, DAPA seeks to lessen the injuries, disabilities and trauma that battered women experience.

Each year, more than 5.3 million female adults in the United States are subjected to intimate partner violence (IPV). This violence in 2003 resulted in nearly 2 million injuries and nearly 1,300 deaths, according to the federal Centers for Disease Control and Prevention.

Linda Carman Copel, Ph.D., APRN,BC, DAPA, associate professor in Villanova University's College of Nursing, is a nationally recognized researcher in the area of intimate partner violence. As a faculty member in both undergraduate and graduate nursing courses, Dr. Copel brings to the classroom her extensive knowledge and skills from her

work as a Certified Family Life Educator and a Clinical Specialist in Adult Psychiatric Nursing.

Dr. Copel's research has been published in the Journal of the American Osteopathic Association and the Journal of Emergency Nursing, among others. Components of her research, plus additional information about IPV and other types of family violence, can be found in her book, Nurse's Clinical Guide to Psychiatric and Mental Health Care (Springhouse). Her article on "Confronting Violence Against Women: Community and Faith-Based Strategies" was published in October in Feminism in the Twenty-First

Century, the Proceedings from the Theology Institute of Villanova University.

In July, she traveled to Waikoloa, Hawaii, to present the study titled "Spiritual Distress: The Lived Experience of Women in Abusive Relationships Who Sought Spiritual Guidance" at the 16th Sigma Theta Tau International Nursing Research Congress.

In the following comments from an interview, Dr. Copel discusses her counseling work and research contributions to the field of partner abuse.

—Marcia Costello, Ph.D., R.D.,
Assistant Professor

“In my clinical practice of providing counseling for women, I recognized three themes that consistently emerged during therapy sessions. These themes were abuse, loss and addiction. Over the years, I have obtained additional education and certification in each of these areas, and they have subsequently become my research interests.



*Associate Professor
Linda Carman Copel,
Ph.D., APRN,BC, DAPA*

the impetus to more formally study violence against women.

“Currently, my research focuses on the

“For many years, I have facilitated a women's therapy group. The most pervasive mental health issue identified by group members has been intimate partner violence (IPV). My clinical work has provided

worldwide, socio-cultural, public health problem of IPV. Initially, I studied the topic from the perspective of educating health-care providers about partner abuse. My first series of research studies focused on the knowledge and attitudes of nurses providing care for battered women in emergency departments, psychiatric units, medical-surgical units and maternity units.

“The results of these studies indicated that prior to receiving any educational interventions, psychiatric nurses were the most knowledgeable group. The other groups of nurses demonstrated significant improvement in their level of knowledge about IPV on their post-test scores.

“Prior to the educational program, many of the nurses participating in the research projects were not able to identify some of the classic myths and stereotypes associated with IPV.

“Next, I presented the educational program developed for the research projects as continuing education programs at five additional clinical agencies within the Delaware

Valley area, as well as for specialty groups of advanced practice nurses in the fields of mental health and women's health.

“My other research investigations have been qualitative studies that examined the lived experience of IPV, and the experience of assistance offered by health-care providers as women who endured IPV struggled to extricate themselves from their abusive male partners. The outcomes of both studies provided descriptions of the pain and suffering experienced by women in abusive situations, and their journey out of the abusive marital relationship.

“An important finding from my research refutes some of the literature that indicates that health-care providers do not appropriately assess or assist women who live in fear of male aggression and violence. The female respondents clearly stated that nurses, then social workers, were the two groups of clinicians that offered understanding and various forms of assistance when other types of care providers did not offer any type of assistance.

“As a component of the Women with Disabilities project in the College of Nursing, I researched the issue of IPV for women with physical disabilities. Funding from the Bristol-Myers Squibb Foundation for two separate research studies allowed me to study their experience of abuse. The funding further allowed me to continue to study disabled women and develop a model for understanding the experience of partner abuse for physically disabled women.

“This model is different from Walker’s Cycle of Violence model in that disabled women do not experience any type of honeymoon or contrite loving phase after the episode of violence. The women with disabilities endured a period of separation from the male partner, typically characterized by physical distance, silence and limited eye contact from the perpetrator. This finding has strong significance for clinical practice, since it supports the premise that abuse in women with disabilities has nuances that are different from the experience of abuse in non-disabled women. This study has been

accepted for publication in the April 2006 edition of *Perspectives in Psychiatric Care*.

“My research findings and my clinical expertise in IPV and family violence have been integrated into the undergraduate, graduate and doctoral courses that I teach. I have presented my work at international, national and local nursing and family study conferences. I have had numerous opportu-

both women with disabilities and women who are not disabled. Currently, I am researching the injuries of disabled women who experience partner abuse and the experience of abuse in women with diverse cultural backgrounds. Future research will focus on intervention studies that can be instituted in community settings.

“My desire is ultimately to contribute to

“An important finding from my research refutes some of the literature that indicates that health-care providers do not appropriately assess or assist women who live in fear of male aggression and violence.”

—Linda Carman Copel, Ph.D., APRN,BC, DAPA

nities to provide formal continuing education and informal staff development courses as a way to not only educate health-care providers about violence against women, but also to share my research findings.

“For the future, I plan to continue my work on violence against women, studying

reducing the injuries, disabilities and trauma caused by acts of violence against women. Through my work in education, clinical practice and research, I hope in some small way to reduce the threat that IPV poses to women in this country and throughout the world.”

Address to Villanovans Centers on the Joys of Nursing

Associate Professor Patricia Mynaugh, Ph.D., R.N. spoke at the 10th annual St. Thomas of Villanova Day, a day to celebrate Villanova University’s community, heritage and mission. In her talk on September 8 to students, faculty and staff at the Academic Convocation in the Pavilion, Dr. Mynaugh addressed the joys of teaching maternal-child health nursing and seeing students discover lessons in life through their clinical and classroom experience.

“Our students seek answers to the unknown, identify preconceptions, dispel their misconceptions and readjust to the situation, and empower others,” Dr. Mynaugh noted. She illustrated her point about what students learn by describing critical thinking and problem-solving situations they encounter in childbirth emergencies and how they adapt to cultural differences in patients. She also spoke of the need to maintain an open mind and flexibility while providing

care, and the value students find in being able to help others help themselves.

“In America, it often means helping a young mother negotiate finding a way to combine child care with continuing her own education, so she can get a good job and make a better life for herself and her baby,” Dr. Mynaugh explained. She urged students to “adapt these themes or some semblance of them to your life’s work, no matter what you are studying at Villanova. Wherever you go, you’ll need to solve problems, identify your preconceptions of others, dispel your misconceptions, adjust to new situations and empower others.”

Dr. Mynaugh went on to describe the unique payoff in nursing: “Our days in nursing

are challenging but gratifying. The real rewards come when individuals develop determination and independence to better themselves because we have helped them discover their capabilities.”



In her speech to the Villanova University community on St. Thomas of Villanova Day in September, Patricia Mynaugh, Ph.D., R.N., associate professor, urged students to help people discover their capabilities.

Transitions



Diane M. Ellis '84 B.S.N., '92 M.S.N., R.N., CCRN in August was appointed clinical assistant professor. She primarily teaches theory and clinical skills to students in the *BSNExpress* Program.

Her focus is on medical-surgical nursing and health promotion. Ellis also advises students and performs some administrative duties.

Ellis joined the College in 1995 as an adjunct clinical instructor. Her clinical background is in neuroscience and critical care nursing. At several local health-care facilities, she was involved in developing and implementing initiatives focused at improving and evaluating patient, employee and physician satisfaction.

Kimberly K. Trout, Ph.D., R.N., CNM was appointed assistant professor after earning



her doctoral degree from the University of Pennsylvania, where she also received her bachelor's and master's degrees in nursing. While at Penn, she was honored with the Marion R. Gregory Award for her promising doctoral proposal. She also received a National Research Service Award from the National Institute of Nursing Research to support her dissertation research project, "Menstrual Cycle and Insulin Sensitivity in Diabetics."

Dr. Trout joined the College in 2004 as an adjunct clinical professor, teaching maternal-child health nursing. She also has taught at Saint Francis University in Loretto, Pa. The College and its students will benefit from her 20 years' experience in maternal-child health, midwifery and education.



Karen May, M.S.N., R.N. joined the staff in August as student services advisor. She serves as co-advisor to Nursing students with academic challenges and meets with individual classes

concerning developmental issues.

May earned her B.S.N. at Holy Family College (now University) and her M.S.N.

at Virginia Commonwealth University. She comes to the College from a pediatric practice that she helped establish. Prior to that, she was a community health nursing instructor at Penn State University and also has taught pediatric nursing. Her background includes clinical practice in pediatric, public health and community health nursing.

Karen Cash, B.S.N., R.N. joined the staff in June as Learning Resource Center lab assistant. She serves as a resource to students for technical simulations and participates in the development and implementation of clinical scenarios using simulation equipment and technology. She earned her B.S.N. at York College and comes to the College from Delaware County Community College, where she was a clinical instructor and simulation lab educator.

The College regretfully accepted the resignation of **Janice Hinkle, Ph.D., R.N.**, assistant professor, whose husband relocated



to Oxford University in England with other members of his research team. At Oxford, Dr. Hinkle will build on her research with stroke patients: She has been awarded a five-year Medical Research Council fellowship as the nurse researcher for an acute stroke team. She has studied functional recovery after stroke, as well as stroke risk assessment and prevention.

Dr. Hinkle has shared her expertise in neuroscience nursing through numerous articles, presentations and several textbook chapters. Since joining the faculty in 1999, she has taught neuroscience content to juniors and seniors and precepted master's students in their teaching practica. We wish her well and will miss her scholarly presence.

Elizabeth "Beth Ann" Reedy, Ph.D., R.N., assistant professor for the last three years, has left full-time employment to devote more time to her family and parenting. A pediatric nursing specialist, Reedy taught undergraduates.



Lab Assistant Karen Cash, B.S.N., R.N. demonstrates SimMan.

Publications

Theresa Capriotti, M.S.N., D.O., R.N., CRNP, clinical associate professor, co-authored with **Suzanne C. Smeltzer, Ed.D., R.N., FAAN**, professor, and **Vanessa L. Zimmerman '98 M.S.N., R.N.** an article titled "Osteoporosis Risk and Low Bone Mineral Density in Women with Physical Disabilities" in the *Archives of Physical Medicine & Rehabilitation*, 86 (3), 582-586.

Lynore Dutton DeSilets, Ed.D., R.N., BC, assistant dean and assistant professor, published "It's All About the People" in the Administrative Angles column in the *Journal of Continuing Education in Nursing* 36 (3), 100-101.

M. Louise Fitzpatrick, Ed.D., R.N., FAAN, Connelly Endowed Dean and Professor, authored the chapter "Partnership in International Nursing Education" in *Nursing and Health Policy Review* 3 (2), 149-166, edited by Lucille Joel, Ed.D., R.N., FAAN. (2004, Springer Publishing Co.).

Barbara Ott, Ph.D., R.N., associate professor, authored the chapter on "To Feed or Not to Feed" in *Moral Dilemmas in Community Health Care*, edited by B.C. White and J. Zimbelman. (2005, Longman Publishing Co.).

Mary Pickett, Ph.D., R.N., associate professor, co-authored with J. Lee, S.L. Dibble and J. Luce an article on "Chemotherapy-induced Nausea/Vomiting and Functional Status in Women Treated for Breast Cancer" in *Cancer Nursing* 28 (4), 249-55.

Suzanne C. Smeltzer, Ed.D., R.N., FAAN, professor, co-authored with **Vanessa L. Zimmerman '98 M.S.N., R.N.** an article

on “Health Promotion Interests of Women with Disabilities” in the *Journal of Neuroscience Nursing* 37 (2), 80-86.

Awards and Leadership Achievements

Two Nursing faculty teams have received funding for their VITAL proposals. VITAL (Villanova Institute for Teaching and Learning) coordinates resources for University faculty members so they can help their students become more effective learners.

- The proposal from **Elizabeth Bruderle '90 M.S.N., D.N.Sc., R.N.**, clinical assistant professor, and **Marycarol McGovern '68 B.S.N., '86 M.S.N., Ph.D., R.N.**, assistant professor, was titled “Development of Simulated Patient Scenarios to Enhance Laboratory Practice and Preparation for Clinical Experiences in Freshman and Sophomore Nursing Courses.”
- The proposal from **Elise Pizzi, M.S.N., CRNP**, assistant professor, and **Debbie Wimmer '83 M.S.N., R.N., PNP**, clinical assistant professor, was titled “Incorporation of Simulation Scenarios to Enhance Graduate Nurse Practitioner Program.”

Four faculty members spoke at the Eastern Nursing Research Society’s 17th Annual Scientific Sessions on Translational Research for Quality Health Outcomes: Affecting Practice and Healthcare Policy, held in New York City in April.

- **Linda Carman Copel, Ph.D., APRN, BC, DAPA**, associate professor, presented “Partner Abuse in Physically Disabled Woman: A Model for Understanding Intimate Partner Violence.”
- **Nancy Sharts-Hopko, Ph.D., R.N., FAAN**, professor, presented “Reaching the Hard to Reach: Perceptions of Providers and Women with Disabilities on Outreach Strategies.”
- **Christine Crumlish '74 B.S.N., Ph.D., R.N., APRN, CCRN** and **Catherine Todd Magel, Ed.D., R.N., BC**, both assistant professors, presented their research on “Heart Attack Response Rehearsal in High Risk Patients” as a

poster. They also presented the poster in March at Villanova University’s Graduate Nursing Program and the Alpha Nu Chapter of Sigma Theta Tau International’s Research Symposium.

Theresa Capriotti, M.S.N., D.O., R.N., CRNP, clinical associate professor, is president-elect of the Alpha Nu Chapter of Sigma Theta Tau International.

M. Louise Fitzpatrick, Ed.D., R.N., FAAN, Connelly Endowed Dean and Professor, presented “Partnerships in International Education” at the 42nd Annual Isabel Maitland Stewart Nursing Research Conference on Globalization of Nursing and Health Care, which took place April 29 at Columbia University, Teacher’s College in New York City. (See page 13 for an excerpt from her talk in Beirut, Lebanon.)

Maryanne V. Lieb '85 M.S.N., R.N., who coordinates the College’s *BSNExpress* Program, received a second Wachovia Grant from Villanova’s Inclusion and Diversity Committee to support a community-based clinical experience at St. Agnes Church in West Chester, Pa. She directs the clinic.

Marycarol McGovern '68 B.S.N., '86 M.S.N., Ph.D., R.N., assistant professor, in May received an honorable mention for the Lindback Award for distinguished teaching, based on a combined vote of faculty and students at Villanova University.

Colleen Meakim '84 M.S.N., R.N., director of the Learning Resource Center, spoke to nursing educators and learning resource center managers as a panelist at the 6th National Conference on Nursing Skills Laboratories, held June 23-25 in San Antonio, Texas. The panel was titled “Mission Organization: How to Organize Your Learning Resource Center to Save Your Sanity.” Panelists spoke about managing a learning resource center, including hiring and managing staff and student employees; managing supplies and equipment; scheduling activities; and coordinating with others to maximize effectiveness and efficiency.

Meakim also received the Bridgebuilder’s Award from Learning Support Services and the Above and Beyond Award from Villanova University’s VQI initiative.

Barbara Ott, Ph.D., R.N., associate professor, spoke in March in Muscat, Sultanate

of Oman, at the Third International Nursing Conference. Her topic was “The Nurse-Patient Relationship: Trust, Compassion and Conflict, Informed Consent: Meeting the Challenge.”

Suzanne C. Smeltzer, Ed.D., R.N., FAAN, professor and director of nursing research, participated in an international symposium on aging and quality of life at the 18th Congress of the International Association of Gerontology, which took place in Rio de Janeiro, Brazil, from June 26-30. Her paper was titled “Aging Issues of Women with Pre-existing Disabilities: Implications for Quality of Life.” Her co-presenters were from Australia, Hong Kong, New York and Mexico.

Dr. Smeltzer was also an invited speaker at the 55th annual meeting of the New Jersey Obstetrical and Gynecological Society and the Association of Women’s Health, Obstetrics and Neonatal Nurses, New Jersey Section, which took place in Atlantic City, N.J., in June. Her presentation was “Health Issues of Women with Disabilities.” This followed her participation in a joint symposium of the National MS Society and National Institutes of Health in New York City in May to address multiple sclerosis rehabilitation research and strategies to increase and improve research grants supporting this area.

Dr. Smeltzer was invited to speak on “Bone Density and Osteoporosis Risk in Women with Disabilities” at Promoting Health in Underserved Populations: A Research Conference on Improving the Health of Persons with Chronic and Disabling Conditions. The conference took place in Austin, Texas, in April.

Joyce S. Willens '83 B.S.N., Ph.D., R.N., assistant professor, has been selected as interim editor of *Pain Management Nursing*, the journal of the American Society for Pain Management Nursing (ASPMN). The journal is published by Elsevier. Dr. Willens is the coordinator of the RN-to-BSN Fast Track Program at Villanova.

Dr. Willens was one of two nurses in the nation selected from ASPMN to the Content Expert Panel for the American Nurses Credentialing Center’s new certification examination in Pain Management.

Villanova Nurses Help in the Wake of Hurricane Katrina

In early fall, after Hurricane Katrina devastated New Orleans and areas nearby, followed shortly by the widespread destruction caused by Hurricane Rita on the Gulf Coast, several Villanova University College of Nursing alumni, and the College itself, found ways to lend a hand.

- The College welcomed James Foley, a sophomore nursing student from Terrytown, La., in Jefferson Parish, a suburb on the west bank of the Mississippi River. Foley had been slated to start his second year of nursing studies at Our Lady of Holy Cross in New Orleans. He, like other students from the areas affected by Hurricane Katrina, had to make plans quickly to resume studies elsewhere. Foley was one of 28 displaced students from New Orleans who were admitted for the Fall Semester to Villanova without additional payment of tuition. Two friends had recommended Villanova to Foley.

- Melissa Schwickrath '02 B.S.N., R.N., of Great Falls, Va., had enrolled at Tulane University for a Master's of Public Health in Infectious Disease Epidemiology. Because of the hurricane, she accepted the help of friends in the Washington, D.C., area and registered to take fall classes at George Washington University's School of Public Health. "I am so lucky that I have that opportunity," she noted. "I know other Tulane students who live in the Philadelphia area feel the same way about Villanova," she said, referring to how the University welcomed a group of displaced students for the Fall Semester. "I am so proud to be part of the Villanova community right now," she said.

After earning her master's degree, Schwickrath says she hopes to "be one of those people making changes within the system to ensure that this catastrophe doesn't happen again." She asks that the College "please let other Villanovans know that they really are making a difference and their acceptance and understanding is truly appreciated."

- Navy Nurse Corps Ltjg. Erica Arnold '02 B.S.N., R.N. and Navy Nurse Corps



When the USNS Comfort was deployed to aid hurricane victims on the Gulf Coast, two Villanova nurses, Ltjg. Erica Arnold '02 B.S.N., R.N. and Ens. Christine Burns '04 B.S.N., R.N., were among the Navy Nurse Corps personnel serving on board.

Ens. Christine Burns '04 B.S.N., R.N. were among many Navy Nurse Corps personnel aboard the hospital ship USNS Comfort, the world's fifth-largest trauma hospital. The hospital ship arrived in Pascagoula, Miss., on September 8 to provide medical support and humanitarian aid to Hurricane Katrina's victims. A film crew from the Discovery Channel spent time on board working on a documentary.

Both Burns and Arnold were assigned to the Comfort's ICU. While en route from Baltimore to the Gulf Coast, they were preparing the unit with supplies, training, running scenarios and practicing shipboard drills. "I'm learning a lot and am having a great experience," Burns said. "No matter what the outcome is, meaning how many patients we do or don't see, this is a wonderful learning and, in general, life experience. It's awesome how everyone came together so quickly. Most of us had less than 48 hours' notice." The hospital ship usually needs five days to mobilize.

The Comfort has unique capabilities for

humanitarian relief missions, including helicopter lift, advanced medical equipment, a wide range of medical capabilities, berthing and personnel support, and logistical supply assets to support medical operations ashore.

The ship and its 500-plus crew were initially slated to provide 250 beds for patient care, but could have stretched that to at least 700 beds. In Mississippi, the staff treated more than 1,800 people, many of them for primary care. When Hurricane Rita threatened the Gulf Coast, the hospital ship was moved to safer waters near New Orleans, where it provided free medical care for a small group of patients, primarily with minor injuries. Crew members volunteered for other duties to help out in New Orleans, according to the *Baltimore Sun*.

These are just several of the Villanova nurses who offered assistance to victims of Hurricane Katrina or were affected by it. Please let us know your stories. Contact Ann Barrow McKenzie '86 B.S.N., '91 M.S.N., R.N. at ann.mckenzie@villanova.edu or by phone at (610) 519-6814.

Symposium Dispels Myths about Postpartum Mood Disorders

Postpartum mood disturbances can affect 70 to 80 percent of mothers, according to the National Mental Health Association. Approximately 10 percent of new mothers are affected by a postpartum depression, described as “the thief that steals motherhood,” and one in 1,000 develops the more rare postpartum psychosis.

As part of its mission of social service and education, Villanova University’s College of Nursing sponsored a free, half-day symposium, “Erasing the Myths Surrounding Postpartum Mood Disorders.” The symposium, open to the public, took place in the Villanova Room of the Connelly Center on November 18. It addressed the issues and treatments surrounding these crippling disorders.

The College’s faculty with expertise in obstetric, psychiatric and pediatric nursing planned the symposium. It included a discussion of the scope and magnitude of postpartum depression and psychosis, associ-

ated signs and symptoms, risk factors, cultural influences, screening tools and interventions. A handout listed Web resources, and pamphlets linked participants to other information sources. After the lectures, Nursing faculty facilitated table discussions and addressed questions and concerns.

Linda Carman Copel, Ph.D., APRN, BC, DAPA, associate professor of Nursing and an expert psychiatric-mental health specialist and author, introduced the program. She is a nationally certified clinical specialist in adult psychiatric nursing, a group psychotherapist and a bereavement counselor. She was recently honored for her 15 years as a Certified Family Life Educator and was named a Diplomat in Psychotherapy



by the American Psychotherapy Association. Dr. Copel is committed to women with mental health needs and to promoting mental health for women. In individual, family and group therapy sessions, she has worked with women with postpartum depression.

The keynote speaker was Cheryl Tatano Beck, D.N.Sc., CNM, FAAN,

a certified nurse midwife and

professor in the University of Connecticut School of Nursing. Dr. Beck is a nationally known expert in the field of postpartum depression, anxiety and mood disorders. She shares a joint appointment with UConn’s Medical School and also is a clinical professor at Yale University. She has been recognized many times for her scholarship and for the excellence she brings to her role.

Pilot Internship and a Practicum Provide Insights into Managed Care

A building full of bean counters who know nothing about health care. That’s what junior Tama Berman expected to find in June when she began a new nine-week internship at Independence Blue Cross (IBC) in Philadelphia. Lena Congo, a senior, wasn’t sure what to expect.

But after the two Villanova University College of Nursing students completed their summer internships at IBC, they were surprised by the unexpected perspective they developed on the health insurance industry and the new ideas they gained about nursing jobs they may seek in the future.

“I always had the idea that nurses were people who cared for patients in settings like hospitals, clinics and nursing homes, providing direct patient care,” said Congo, who lives in Philadelphia. “But this internship has offered me the opportunity to see that nurses are not just caring for people in hospitals, clinics and nursing homes but making a

tremendous difference in member lives here at IBC.”

The health insurer selected 10 nursing students from Villanova and other local nursing schools to participate in its pilot IBC Nurse Internship Program, which began in June. The program was designed to give

“This is a nurse’s dream of patient advocacy come true.”

—Tama Berman, junior

students a behind-the-scenes look at how managed care works—to use IBC as a real-world learning laboratory to bridge the gap between the clinical material taught in the classroom and the actual practice of health administration in a business setting. But the interns learned much more.

Berman was surprised about the goal

of the people with whom she worked in the IBC Claims Payment Policy Department. They wanted to make sure that patients got the best possible care and that the drugs and other treatments approved for coverage actually improved patients’ health and well-being.

“At the core of any medical policy decision is the patient’s best interest. The whole purpose of technology evaluations and medical policies are that the patient gets the best possible care utilizing the safest, most effective treatments,” said Berman, who resides in Glen Mills, Pa. “This is a nurse’s dream of patient advocacy come true.” The two interns joined the more than 350 nurses and 30 medical doctors on staff to make sure that IBC customers were receiving the best possible health care. As part of their training, the interns made outreach calls to consult with the insurer’s members who were coping with cancer, impending



During their internships at Independence Blue Cross (IBC) in Philadelphia, Villanova Nursing students Tama Berman (fifth from right) and Lena Congo (second from right) gathered with fellow interns for a photo with Joseph A. Frick (fifth from left), IBC president and CEO.

surgery or difficult pregnancies. They also shadowed case managers at the Hospital of the University of Pennsylvania and observed how doctors are credentialed at IBC. Other interns worked with nurses who authorize medical equipment, home care and home infusions.

Berman helped research and create medical policies. “They assigned me a topic to research and then write an assessment of the published literature,” she said. “I followed that through all the way into making a decision regarding whether or not it will be covered and why, and into implementation.” She was intrigued by seeing the role that nurses play in arenas outside of the more traditional clinical work, teaching or home health care. “I could definitely see myself working in this type of environment,” she noted, calling her internship an “amazing experience.”

Congo’s primary role at IBC was contacting members who were possible candidates for a new Oncology Case Management Program. “The thing that stuck with me and made my job there so enjoyable is that even though I wasn’t providing direct patient care,

I was able to make a difference by offering members this wonderful program,” she explained. “Even on the business side—away from bedside nursing—nurses are advocates for members and are impacting people’s lives through the different services that are offered, like the Oncology Case Management Program.”

IBC’s president and CEO, Joseph A. Frick, observed that “The IBC Nurse Internship Program is a positive way for us to deepen our commitment to the nurses and to the community. We’re here to make quality health care as affordable and accessible as possible. And we can get the best results when we partner with others, including the future health-care professionals these interns represent.”

Thanks to the success of the pilot program, IBC is planning to repeat the internship next year. The program is a companion initiative to the IBC Nurse Scholars Program, which seeks to stem the future shortage of nurses and nurse educators by providing scholarships to undergraduate and graduate nurses (see the Spring 2005 *Villanova Nursing*).

“Even on the business side—away from bedside nursing—nurses are advocates for members.”

—Lena Congo, senior

M.S.N. student enjoyed her practicum at IBC

IBC also created an opportunity for a graduate student to fulfill a practicum experience in its Philadelphia office. Tiffany Adams, B.S.N., R.N., an M.S.N. candidate in Health Care Administration at the College, spent her summer practicum in IBC’s Medical Policy Department.

Adams is a staff nurse in the Neonatal Intensive Care Unit at Lankenau Hospital in Wynnewood, Pa. During her practicum, she wanted to gain a better understanding of medical policy’s role in the industry, as well as to explore the opportunities available in managed care. At IBC, she also was involved in planning a professional development, satisfaction and retention tool for selected employees.

After graduating with her master’s degree in May 2006, Adams may pursue a career in managed care.



Lankenau Hospital staff nurse Tiffany Adams, B.S.N., R.N., who is an M.S.N. student at the College, undertook her practicum at IBC last summer to further her knowledge of managed care.

Centenarian Awarded Medallion for Lifelong Contributions

Serving her church, region and profession seems to come easily to J. Margaret Ada Mutch, M.A., R.N. Maybe that's because she has decades of experience. At 100 years of age, Miss Mutch was awarded the Villanova University College of Nursing Medallion for Lifelong Contributions to Nursing and Community Service. The ceremony took place on April 9 at the College's 16th Annual Mass and Alumni Awards Ceremony.

A native of Scotland, at the age of 7 she arrived in Bryn Mawr, Pa., when her father was called to be the pastor at Bryn Mawr Presbyterian Church. As a young woman, Miss Mutch taught at her alma mater, The Baldwin School in Bryn Mawr, before deciding to change careers and become a nurse.

Miss Mutch entered the nursing program at Columbia University-Presbyterian Hospital in New York City. She practiced there until 1942, when she joined the Army Nurse Corps and served in the European Theater until 1945. After World War II, she returned to Columbia to complete her M.S.N. at Teachers College and resume her



J. Margaret Ada Mutch, M.A., R.N. is commended by Pennsylvania Gov. Edward G. Rendell and the Rev. Edmund J. Dobbin, O.S.A., '58 A&S, Villanova University president, during the College's 16th Annual Mass and Alumni Awards Ceremony. It was celebrated in St. Thomas of Villanova Church on April 9.

work at Presbyterian Hospital. Along the way, she served in the Reserve and retired as lieutenant colonel.

In 1955, Miss Mutch moved back to the Philadelphia area and became director of Nursing at Lankenau Hospital in Wynnewood and director of its hospital-based nursing school. She served at Lankenau

Hospital until her retirement in 1970.

Known for promoting quality patient care in her leadership roles, as well as for being an exemplar for young nursing professionals, Miss Mutch also was active in professional associations, even recently serving on the board of Nurses Educational Funds, Inc. She also was active in Eldernet, taking younger senior citizens to doctor's appointments. She traveled in support of Presbyterian nursing missions around the world. She worked with a local visiting nurses association and volunteered with Meals on Wheels. Additionally, Miss Mutch is a faithful friend of the College of Nursing and the University.

Miss Mutch's community service continues through her dedication to Bryn Mawr Presbyterian Church.

A member for 86 years, she is the church's longest-living member and has been involved in countless activities.

A diminutive woman with a broad reach, Miss Mutch has touched many lives in her commitment to serving others over so many years. For that, she enjoys the admiration and respect of numerous colleagues and friends.

Texan Nursing Professor Tells of Mission for Tsunami Relief

In the 28th Annual Distinguished Lecture in Nursing on November 9, Brig. Gen. William Bester, USA, ANC (Ret.), M.S.N., R.N. offered a compelling account of his experiences volunteering as nurse executive aboard the USNS Mercy. He titled his talk "Waves of Relief: Medical and Nursing Support for the Tsunami Victims."

En route to Banda Aceh, Indonesia, last January, Bester and the medical director planned the workings of the floating hospital's 100 beds, two operating rooms and 10 ICUs.

For the first time in disaster relief, the team combined military and civilian personnel, organized in partnership with Project Hope. More than half of the volunteers were R.N.s. The team also included physicians, oral surgeons, veterinarians, optometrists, nurse practi-

tioners, social workers, dieticians, translators and administrative personnel.

The Mercy sent out teams to triage patients and bring them on board via helicopter. That region alone had lost 140,000 citizens. Initially the teams addressed injuries related to the tsunami. Later, they dealt with the sequelae of poverty and poor-to-nonexistent health care, such as untreated tumors, cancers, burn contractures and birth defects. They treated 178 inpatients; had more than 9,200 outpatient visits; performed 285 surgeries; and taught CPR, obstetric and pediatric topics to local health-care personnel. Patients, families and staff bonded during this emotional experience, Bester said.

The lecture and reception in the President's Lounge of the Connelly Center was supported by a grant from the Johnson & Johnson Family of Companies.



The first male to serve as chief of the U.S. Army Nurse Corps, Brig. Gen. William Bester, USA, ANC (Ret.), M.S.N., R.N. is now a professor of clinical nursing at the University of Texas at Austin's School of Nursing.

Graduate Student Took the Initiative to Prevent Shaken Baby Syndrome

By Elizabeth Dowdell, Ph.D., R.N., CRNP

Gloria Cissne '04 M.S.N., R.N., CRNP is a dedicated and caring pediatric nurse whose clinical experience caring for the victims of shaken baby syndrome (SBS) led her to do something about what she was seeing. According to the National Institute of Neurological Disorders and Stroke, SBS is a severe form of head injury that occurs when an infant is shaken forcibly enough to cause the baby's brain to rebound against the skull. This rebounding may cause bruising and swelling of the brain and intracerebral hemorrhage. The result may be permanent, severe brain damage or death.

In her role as a clinical nurse on the Integrated Care Services Unit, a medical floor at The Children's Hospital of Philadelphia, Cissne discovered that the infants who had a diagnosis of SBS had multiple issues of care. Frequently, social issues were the concern, such as who was the perpetrator, or who would take the baby home, or what kinds of educational efforts would be helpful for the family. As Cissne continued to care for these infants, she became aware that for many parents, there had been no primary education about the danger that can occur when a baby is shaken.

As an M.S.N. student in the Pediatric

“Some mothers are very informed and others are clueless, but regardless, they all need to know that it is never okay to shake an infant.”

—Gloria Cissne '04 M.S.N., R.N., CRNP

Nurse Practitioner concentration at Villanova University's College of Nursing, Cissne worked out of an Abington (Pa.) Memorial Hospital-based clinic that provided care predominately to teen-agers who were pregnant or already mothers.

Frustrated with what she perceived as a lack of education and awareness, Cissne,



After working in a clinic while earning her M.S.N. at Villanova, Gloria Cissne '04 M.S.N., R.N., CRNP created ways to help pregnant teens and mothers learn about the devastating consequences of shaking a baby.

well into her graduate studies, says she began to think about “where I was in my clinical placement.” She wondered how she “could help these young teen-age mothers learn what not to do with their infants.”

As a result, Cissne developed a complex independent study with outcome goals leading to the synthesis of a comprehensive state-of-the-science review of literature, a

paper and a pamphlet with learning objectives for the clients she saw at her clinical practicum, in which I guided her work.

Based on Cissne's literature review and the objectives of her independent study, she wrote a paper that focused on the issue of SBS and the nurse's role when dealing with these infants and their families. A major

point of her paper was the need for education directed at parents, mothers in particular, about how dangerous it can be to shake an infant. From this section of her paper, she developed an educational pamphlet, which she edited for her clinical placement population.

In fall 2004, Cissne offered an evening program, open to all clients from her clinic. She highlighted her pamphlet, which she had titled *Shaking your baby is NEVER okay*. She talked with them about an infant's normal growth and development, offered information on child health and went over the proper use of infant car seats. The response to Cissne's well-attended session was very positive. Many of the teen-age mothers took the pamphlet home, and said it was the first one they had received on the topic.

Now working in Lancaster in a busy, primary care private practice that serves more than 10,000 patients, Cissne continues to teach about SBS. She has talked with those in her practice about the topic and makes it a point to educate every family that she can. In addition to seeing patients, she also takes calls and does rounds at the local hospital, specifically discharging mothers and infants. “I see lots of mothers and infants in my job and I make sure that I talk to each one about not shaking their baby,” Cissne says. “Some mothers are very informed and others are clueless, but regardless, they all need to know that it is never okay to shake an infant.”

Nurses are in an ideal position to teach and talk about SBS, which can and does have devastating consequences for its young victims.

Currently, Cissne is studying for certification boards and is editing her paper to submit for publication. She continues to make good use of her pamphlet as a teaching tool in her job, and is pleased with its success.

Scholarships and Awards

Junior **Lauren Chapnick** and sophomore **Sarah Irantalab** have received scholarships from the Foundation of the National Student Nurses' Association. Those contributing funding for the program included hospitals and health-care agencies in Pennsylvania, Johnson & Johnson (J&J) and national companies with an interest in supporting nursing education. The funds were raised at the gala sponsored by J&J.

Junior **Meghan C. Murphy** was selected by the Association of Independent Colleges and Universities of Pennsylvania to receive a 2005-06 McLean Scholarship for Nursing Majors. Recipients are recognized for their grade-point average, campus leadership and community volunteerism.

Marilu Kelly '01 B.S.N., R.N., an M.S.N. in Nursing Education student at the College, was awarded the 2005 G. Fred DiBona Scholarship from the Pennsylvania Higher Education Foundation. This scholarship was designed for graduate students pursuing education that enables them to become nurse educators. Kelly, a clinical instructor in medical-surgical nursing at a local community college, anticipates graduating in December 2006.

Ruth Crothers, M.S.N., APRN, BC, CNOR was selected by the trustees of the National League for Nursing's Foundation for Nursing Education to receive The Promise of Nursing for Pennsylvania Regional Faculty Scholarship. The funds for this scholarship were contributed by several hospitals and health-care organizations, by Johnson & Johnson and by companies with an interest in supporting nursing education. Crothers is a second-year doctoral student.

Jennifer Rosman, a BSNE*Express* student, received a scholarship from the Nursing Foundation of Pennsylvania. She anticipates graduating in August 2006.

Karen Levine, a senior, was awarded a scholarship from the Steele Fund Endowment at Pennsylvania Hospital. The scholarship is given to nursing students who intend to continue working at this

Philadelphia hospital. Levine had been a summer extern and is now a patient care technician on an oncology unit. She was recognized for her grade-point average and recommendations of employers and faculty.

Recipients Honored During Parents' Weekend

The College of Nursing held a brunch during Parents' Weekend for its 2005 undergraduate and graduate scholarship recipients and invited guests. Those honored on September 17 at the Villanova Conference Center were:

Julia B. Paparella Scholarship
Ann E. Donnelly, sophomore

Mary Alice Holland Scholarship
Ashley J. Rodenbach, senior

*Jannetti Publications
MedSurg Nursing Scholarship*
Nicole Martinez, R.N.

*The Robert and Frances
Capone Scholarship*
Megan J. Mukai, senior

*The Jill Laura Creedon Scholarship
for Nursing*

Jay D. Piccini, senior

The Eastwood Family Scholarship
Danielle T. Sammartino, freshman

*The Daniel M. and Christine A. Finnegan
Endowed Nursing Scholarship in Memory
of Eileen S. Lupton, Class of 2003*
Christine A. Fink, junior

*The Eileen Shea Lupton Endowed
Memorial Scholarship*
Natalie C. Wolchasty, senior

*The Mary V. O'Donnell Endowed
Nursing Scholarship*
Jonathan A. Messing, junior

*The Kreider Family Endowed
Nursing Scholarship*
Elizabeth A. Wray, junior

*The Mother Teresa Endowed Nursing
Scholarship Established by Peter and
Colleen Schleider in Memory of Richard
and Ellen Wright*
Irene Cheng, freshman



Nursing scholarship recipients honored at the September 17 brunch were (from left): senior Ashley J. Rodenbach; Nicole Martinez, R.N.; freshman Danielle T. Sammartino; freshman Irene Cheng; junior Christine A. Fink; senior Jay D. Piccini; junior Jonathan A. Messing; sophomore Ann E. Donnelly; junior Elizabeth A. Wray; senior Megan J. Mukai and senior Natalie C. Wolchasty.

College Presents Awards at Convocation

The College of Nursing held its annual Convocation for B.S.N. and M.S.N. candidates on May 21. For the first time, a student won more than one award. The following awards were presented in the St. Thomas of Villanova Church:

College of Nursing Medallion for Distinguished Academic Achievement
H. Elaine McCaully Award for Clinical Excellence
The Joseph and Helen Yura Petro Nursing Theory Award

Kristen M. Kreider
 B.S.N. candidate

College of Nursing Medallion for Distinguished Academic Achievement
Maureen “Mia” Leavy Holman
 M.S.N. candidate

The Reverend Francis X.N. McGuire, O.S.A. Award of the Villanova University Alumni Association
Colleen M. Gruffi
 B.S.N. candidate



The Rev. Edmund J. Dobbin, O.S.A., '58 A&S, Villanova University president, greeted the College's Presidential Scholars at a September reception held at the Dundale Mansion on the West Campus. The scholars are (from left): sophomore Eileen Condon, junior Jennifer Lanzo, senior Christine Martinenza, and freshmen Colleen Avery and Lyndsay Escajeda.

The Hazel Johnson-Brown Leadership Award
Megan E. Anderson
 B.S.N. candidate

Claire M. Manfredi Graduate Nursing Leadership Award
Lisa S. Trochimowicz, M.S.N.

Employment Opportunities for Nurse Educators

Villanova University's College of Nursing, an National League for Nursing Center of Excellence in Nursing Education, is expanding its faculty and seeks:

- **A tenure track full-time nurse educator** to teach in its undergraduate program. Candidates should have preparation and experience in adult health and illness, as well as in critical care. Strong emphasis in neurological diseases and teaching experience a plus. Master's and doctoral degree in nursing required.
- **A full-time nurse educator** to teach in the undergraduate and graduate programs. Candidates should have expertise in health promotion, community health and epidemiology.

International experience is ideal. M.S.N. in community/ public health nursing and doctorate in nursing or related field required. Teaching experience required.

- **A full-time nurse educator** to teach undergraduates pediatric nursing in the classroom and clinical area. Eligible for tenure track appointment. Candidates must have expertise in pediatric nursing plus research experience in this field. M.S.N., doctoral degree and practice experience in tertiary care setting required.

Please send letter of application, curriculum vitae, graduate school transcripts and contact information for three references to:
 Teresa Holman | Search Committee | Villanova University | College of Nursing | 800 Lancaster Ave., | Villanova, PA 19085

Villanova University is a Catholic university sponsored by the Augustinian Order. An AA/EOE employer, Villanova seeks a diverse faculty committed to scholarship, service and teaching, who understand, respect and can contribute to the University's mission and values.

Alumna Symbolizes the Spirit of St. Thomas of Villanova

Sandy Myers Gomberg '85 B.S.N., '90 M.S.N. received the 2005 St. Thomas of Villanova Alumni Medal, the highest honor bestowed by the Villanova University Alumni Association. Awarded during Alumni Reunion Weekend in June, the medal honors alumni who best symbolize the spirit and legacy of Villanova's patron saint. Gomberg has done just that.

She built on her service as the Villanova Chapter and state president of the Student Nurses' Association of Pennsylvania (SNAP) to create a distinct portfolio of administrative successes in her leadership positions. She continues to serve as a consultant to the organization.

Gomberg's administrative career began when she moved from a staff nurse to become a nurse manager and later department head at the Albert Einstein Medical Center in Philadelphia. For Nurse's House Call in Yardley, Pa., she served as a pediatric and perinatal specialist and acting vice president of clinical services.

Currently, she is the associate hospital director for Temple University Hospital in Philadelphia. She has served as administrator for pediatrics, as well as chief nursing officer for Temple's Children's Medical Center, and from 1998-2003

as chief operating officer for the center, which she helped to launch in 1998.

"It was while working as a healthcare consultant that she was offered an opportunity almost unprecedented in today's market—to help open a completely new pediatric hospital," noted a profile of Gomberg in *Nursing Spectrum* (October 22, 2001). The article pointed out that at the Children's Medical Center, she made it a priority to improve health care for the large number of uninsured children nearby.

Not only does Gomberg ensure the provision of quality health care services, but her legacy of community service continues as well. She is the founder and first president of Ican, the International Children's Anophthalmia Network, a support group for families and their children born with the birth defect anophthalmia or microphthalmia, medical terms used to describe the absence of one or both eyes or eye tissue. (See page 15). Ican, which includes families, friends and healthcare professionals, provides information and education and supports research about these conditions.

The College of Nursing in 1994 awarded Gomberg an Alumni Medallion. Villanova is not the only entity to recognize her contributions to society. Among her awards are the



Sandy Myers Gomberg '85 B.S.N., '90 M.S.N. (left), who was honored with a 2005 St. Thomas of Villanova Alumni Medal, received warm congratulations from Connelly Endowed Dean and Professor M. Louise Fitzpatrick, Ed.D., R.N., FAAN.

Excellence in Nursing Leadership Award from Sigma Theta Tau International. She also was named one of "40 Under 40 Business Leaders" by the *Philadelphia Business Journal*, which saluted her as a "tireless advocate for children's health."



While visiting the Sultanate of Oman last summer, Connelly Endowed Dean and Professor M. Louise Fitzpatrick, Ed.D., R.N., FAAN enjoyed the company of a group of Villanova Nursing alumni from Oman. With her are (front row, from left) Jamal al-Khaduri '99 B.S.N., '03 M.S.N.; Sumaiya al-Ghaithy '98 B.S.N., '03 M.S.N.; Nada al-Moosa '99 B.S.N., '03 M.S.N. (back row, from left) Suad al-Junaibi '03 M.S.N.; Fatma al-Lamki '98 B.S.N., '03 M.S.N.; Saada Al-Barwani '98 B.S.N., '02 M.S.N.; Amal al-Ghassani '99 B.S.N., '02 M.S.N.; and Faiza al-Jabri '99 B.S.N., '03 M.S.N. Muneer Al-Hamdi (back row, right) also joined the group.

College Celebrates Achievements of Three Medallion Recipients

Driven to excellence. That phrase describes all three of the 2005 Villanova University College of Nursing Medallion recipients who were honored at the 16th Annual Mass and Alumni Awards Ceremony on April 9. The medallion is the College's highest award for distinguished achievement. Co-sponsored by the College and its Nursing Alumni Society, the ceremony took place in St. Thomas of Villanova Church. M. Louise Fitzpatrick, Ed.D., R.N., FAAN, Connelly Endowed Dean and Professor, presented the medallions.

• **Susan Chianese Slaninka '69 B.S.N., Ed.D., R.N.**

Medallion for Distinguished Contributions to Nursing Education

Dr. Slaninka was recognized for a career reflecting an unwavering and spirited commitment to teaching, a passion she says she gained at Villanova. She was commended for her clinical expertise, collaborative approach and quest for quality that inspires her students and colleagues. She recently retired from West Chester University's Department of Nursing after influencing undergraduate and graduate students for more than 30 years. Now in her early retirement, she has returned to Villanova as an adjunct faculty member, continuing her tradition of being supportive to the College.

Dr. Slaninka owns the credentials to teach, but also the soul. She is a caring mentor to students and colleagues at all levels. Giving of her time, energy and knowledge, she invites students to collaborate on research activities and assists them with their scholarly pursuits. She remains student-focused, championing support for them and precepting other nurse educators in-the-making. Her students and the entire learning community recognized her by awarding her West Chester's Teaching Award for the School of Health Sciences in 1998, as well as the Lindback Award for distinguished teaching the following year. A widely published author and frequent lecturer, Dr. Slaninka continues to teach us all. Clearly her life as an educator will have an effect for generations to come.

• **Barbara McCabe Mills '76 B.S.N., M.S., R.N.C., A.N.P., P.N.P., CCRN**

Medallion for Clinical Excellence in Nursing

Mills is a nurse practitioner in cardio-thoracic surgery at Stony Brook University Hospital. Part of the SUNY system, it is Long Island's only university-based hospital. She is certified in critical care nursing and as both an adult and pediatric nurse practitioner. She is a role model, a recognized clinical leader and expert, and a fierce patient advocate. Mills credits the College of Nursing, as well as her faith and family, with teaching her what it

Program. Not one to accept the status quo, she is involved with continuous quality improvement programs and outcomes assessment for the Cardiothoracic Surgery Department. Infused with a sense of purpose, she has extended her impact beyond the walls of Stony Brook and is active in educating the community through the hospital's Heart Program. She also shares her knowledge and talents with new generations of nurse practitioners through her joint appointment as an assistant clinical professor at the School of Nursing at Stony Brook University, teaching in both the undergraduate and graduate programs. Her



(From left) Connelly Endowed Dean and Professor M. Louise Fitzpatrick, Ed.D., R.N., FAAN awarded medallions to Barbara McCabe Mills '76 B.S.N., M.S., R.N.C., A.N.P., P.N.P., CCRN; Sharon E. Johnson '91 M.S.N., R.N.C., CNA; and Susan Chianese Slaninka '69 B.S.N., Ed.D., R.N. The Rev. Edmund J. Dobbin, O.S.A., '58 A&S, Villanova University president, presided at the 16th Annual Mass and Alumni Awards Ceremony on April 9.

means to care. Savvy, sharp and skilled, she was dubbed by her colleagues as "the Force"; they were awed by her energy and expertise in caring for patients and their families. Mills combines her advanced education and clinical mastery to effortlessly blend nursing care with the high-tech environment in which she works.

Mills was integral to the establishment of Stony Brook's Open Heart Surgery

professionalism and expertise influence all who come in contact with her.

• **Sharon E. Johnson '91 M.S.N., R.N.C., CNA**

Medallion for Leadership in the Administration of Health Care Services

Johnson is director of home health for The Home Care Network of Jefferson Health System in Radnor, Pa. A proactive and

engaged leader with vision, she supports and drives her staff to provide outstanding nursing care to their patients.

Johnson is responsible for clinical practice and operations, development of standards and staff education, and competency and research. She says Villanova affirmed her beliefs about nursing and a commitment to quality care. While demanding excellence of her staff, she is a supportive colleague

and a role model who encourages professional development and creativity on the job. Johnson is energetic in her position, decisive in her methods and proactive in adjusting strategies to lead in her complex environment. Her staff can handle the challenges that face them because she does.

Johnson lives the mission of her organization and her own professional nursing beliefs as she facilitates critical efforts

and negotiates the labyrinth of health care. She is known for her expertise in the administration of home health services. She demands continual improvement in the provision of services, based on best practices. It pays off. Both her health system and her patients benefit from her talents. This is why other home health providers study her organization to see how things *should* be done. (See back cover.)

News from Our Graduates

1970s

Alice Finore Brogan '70 B.S.N. teaches nursing at Gwynedd-Mercy College and also works in the real estate business.

James C. McCann '72 B.S.N., D.N.Sc., R.N., CANP is the inaugural dean and an associate professor at Marian College School of Nursing in Fond du Lac, Wisc. He is transforming its department of nursing studies into a school of nursing, helping build a new nursing and science building, and developing a nursing doctoral program. **Lonnie Aquaro Sebastian '79 B.S.N., '92 M.S.N., R.N.,C** is a staff nurse in the Outpatient Cardiac Rehabilitation Department at the Bryn Mawr (Pa.)

Hospital. She is a Certified Cardiac Rehabilitation nurse and is also certified by the American College of Sports Medicine as an Exercise Specialist and by the American Council on Exercise as a Group Fitness Instructor. This year she received an Excellence in Nursing Award from Bryn Mawr Hospital during Nurses Week. She was chosen by peers and co-workers for her quality patient care, innovation, leadership and professionalism. Sebastian teaches a strength training class for adults over age 55 for the hospital's Community Health Department and has produced an exercise video, available at www.strongforlifeworkout.com/home.shtml or by calling (610) 265-9412. She chairs the Philadelphia chapter of the Tri-state Society for Cardiac and Pulmonary Rehabilitation.

1980s

Karen Blake '87 B.S.N., M.S.N., R.N., a neonatal nurse practitioner, is now an adjunct clinical faculty member at

Villanova's College of Nursing. **Deirdre Dittrich '87 B.S.N.** in May was selected as one of four finalists in the clinical care specialty category of the New York/New Jersey region Nursing Spectrum/NurseWeek 2005 Nurse Excellence awards. The award is given to an R.N. who demonstrates excellence in direct-care delivery. Dittrich cares for critically ill children and their families at NewYork-Presbyterian Hospital in New York City. **Donna Callaghan '87 M.S.N., D.N.Sc., APRN,BC** was awarded a research grant from the Institute for Nursing, the foundation of the New Jersey State Nurses Association. She was presented with the award at the 2005 New Jersey Nursing Convention in Atlantic City.

1990s

Lori Graver '90 B.S.N., R.N., a medical-surgical nurse, received a Bryn Mawr (Pa.) Hospital Excellence in Nursing Award. She was chosen by peers and co-workers for her quality patient care, innovation, leadership and professionalism. **Nancy Pimental '92 B.S.N., '04 M.S.N., R.N., CPNP** and **Michelle M. Kelly '94 B.S.N., M.S.N., CRNP**, both pediatric nurse practitioners, are now adjunct clinical faculty members at Villanova's College of Nursing. **Nancy Dunphy '98 B.S.N.** spent a month in the coastal city of Banda Aceh in Sumatra, Indonesia, caring for the victims of last December's tsunami disaster. She volunteered with Project Hope, a Virginia-based nonprofit aid mission providing medical care on board the hospital ship USNS Mercy. **Kathleen M. Boyden '98 M.S.N., Ph.D., R.N.** was promoted to associate director, Pharmacovigilance for INC Research. The company, which provides therapeutically specialized drug development

services, has its global headquarters in Raleigh, N.C.

2000s

Navy Ltjg. Tiffany Ann Bachman Dodson '00 B.S.N. is deployed to Guantanamo Bay, Cuba, where she works at the Detention Hospital at Camp Delta. **Katherine Robbins '02 B.S.N., R.N.,BC** passed the National Board Certification Exam in Medical-Surgical Nursing. A former telemetry float pool nurse, she is now part of the ICU float pool at Brigham & Women's Hospital in Boston. **Bridgette M. Carter '03 B.S.N., M.S.N., R.N.** was awarded her M.S.N. from the University of Pennsylvania in May. She earned a 4.0 G.P.A. and received the Dean's Award for epitomizing the philosophy of Penn's School of Nursing through leadership, citizenship and social activism. Carter completed the Psychiatric Mental Health Advanced Practice Nurse program in one year, and planned to begin Penn's nursing Ph.D. program this fall. Her research interest lies in helping to prevent HIV/STD transmission in black teen-age girls. **Michaela Connolly '05 B.S.N., R.N.** had her Villanova College of Nursing senior year independent study, "Keeping the Boat Afloat: Tips on Fundraising Strategies for Your Chapter," published in the Fall 2005 *Imprints*, the magazine of the National Student Nurses' Association (SNAP). As a student, Connolly wrote the SNAP-Villanova Chapter's fundraising manual. **Nichole Werger '05 B.S.N., R.N.** practices in the surgical ICU at Georgetown Hospital in Washington, D.C. **Maureen "Mia" Leavy Holman '05 M.S.N., R.N., N.P.** published "Obstructive Sleep Apnea Syndrome: Implications for Primary Care" in *The Nurse Practitioner* (September).

A Life Lived Fully, Day by Day

Jill Laura Creedon, 25, a junior in Villanova University's College of Nursing, died on July 12. Creedon, from Wayne, Pa., entered the second-degree program in August 2004 and, carrying a full course load, finished the year with a 3.29 G.P.A. "Highly motivated" and "extraordinary" were not the only words used by Nursing faculty to describe her, but they are certainly accurate. Creedon



While studying Nursing at Villanova as a second-degree student, Jill Laura Creedon battled a rare disease. She wrote during that time, "If living with this disease has taught me anything, it is to take one day at a time. Life is so precious and yet so unpredictable, every day should be considered a blessing."

was a full-time student while being treated for metastatic hemangioendothelioma, a rare condition of vascular tumors.

As a young child, Creedon initially beat the disease. She graduated from Notre Dame de Namur Academy in Villanova, Pa., where she enjoyed playing softball, soccer and track. At Virginia Tech, she majored in interdisciplinary studies and minored in biology

and sociology. During her junior year, when the liver tumors reappeared, she received a living donor transplant from her mother. At this time, Creedon realized the value of good nursing care. After her recovery, she returned to Virginia Tech, graduated with her bachelor's degree and worked in the insurance field.

Late in 2002, her tumors returned ("a blessing in disguise," Creedon wrote, explaining "I liked what I did but did not love" her insurance job). She resigned from her job to battle her cancer. Feeling an even stronger love for nursing, she was determined that if she survived, she would "give back and help those in need." Those were the words she used when she applied to the College of Nursing; she wrote that she "owed it" to herself, to God and to everyone who had ever helped her. "I want to make a difference in people's lives as they have made in mine," she noted.

Creedon completed her medical-surgical clinical rotation at Lankenau and Bryn Mawr hospitals. She had planned to do a summer externship at the Hospital of the University of Pennsylvania, where she had received her transplant. In their letters recommending Creedon for the externship, Nursing faculty described her as "empathetic," "clinically astute" and "meticulous in the delivery of care to patients." But the externship was an experience that was not to be.

Last summer, before Creedon's death, Frances Keen, D.N.Sc., R.N., C, assistant dean and director of the Nursing undergraduate program, presented her with a certificate recognizing her outstanding achievement in nursing clinicals and theory, and also presented her with the school pin usually given to seniors at Convocation.

Creedon cited her family support and strong faith for helping her live day by day.

She continues to affect lives as she had desired. In a final letter she wrote to friends, relatives and classmates, Creedon informed them of her wishes, asking that in lieu of flowers, a scholarship fund be established to provide financial assistance to a Villanova Nursing student, especially someone who

"I want to make a difference in people's lives as they have made in mine."

—Jill Laura Creedon

has a medical condition and demonstrates financial need. The first recipient of this scholarship is Jay D. Piccini, a senior.

Donations may be sent to:
The Jill Laura Creedon Scholarship Fund for Nursing
Villanova University College of Nursing
Office of the Dean
800 Lancaster Ave.
Villanova, PA 19085

Creedon is survived by her parents, Timothy and Janet, and her brother, Paul. A Memorial Mass was celebrated at St. Thomas of Villanova Church.

In Memoriam: Alumni

Allyson Wilgar Jones '81 B.S.N., on June 12, 2004, in Williamsport, Pa.

Eileen Murray Kelly '77 B.S.N., of Downingtown, Pa., on May 9.

Laura Padlock '02 M.S.N., a geriatric nurse practitioner from Coatesville, Pa., on June 20. Memorial donations may be sent to The Laura Padlock Memorial Fund, Geriatric Associates, 2106 Harrisburg Pike, Suite 10, Lancaster, PA 17601.

Call for Nominations to the Nursing Alumni Society — and Send Us Your News!

To nominate yourself for the following positions in the Nursing Alumni Society, please complete this form and mail for receipt by **January 8, 2006**.

I wish to be nominated for:

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The “Best Role Models” Led Her to Teaching

Learning to study as an international graduate student at Villanova guided Li-Ling Lin '97 M.S.N., Ph.D., R.N. when she became a nurse educator in Taiwan.

By Elizabeth Dowdell, Ph.D., R.N., CRNP

When Li-Ling Lin '97 M.S.N., Ph.D., R.N., assistant professor in the Department of Nursing at Chang Jung Christian University in South Taiwan, speaks of her time as an M.S.N. student at Villanova University's College of Nursing, she quietly states that “coming to Villanova turned out to be the best decision I made in my life.”

Growing up in South Taiwan, she knew at a young age that she wanted to become a nurse. In 1987, she graduated from a baccalaureate nursing program and began a two-year practice as an R.N. in a hospital. Then for more than three years, she taught general health concepts to students at a Taiwanese university. In 1995 she decided that she wanted to attend graduate school in the United States. She chose Villanova because her cousin was studying in Philadelphia and she felt better knowing someone in the area.

At Villanova, she earned her M.S.N. in the Nursing Education concentration and did her clinical practicum in parent-child nursing. Dr. Lin compares her experience as a student to being like “a dry sponge. I was very busy absorbing and working very hard.” Her time at Villanova, she added, taught her “invaluable knowledge and helped develop personal learning skills and attitudes, which encouraged me to pursue further study in a Ph.D. program. Before I attended Villanova, my self-image was that I am not a study person. After I graduated from Villanova, I was afraid to

stop studying.” She adds, “I am proud to be an alumna of Villanova Nursing.”

Dr. Lin credits Villanova's Nursing graduate faculty for being the “best role models” she could have had. Her experience of observing faculty in the classroom and clinical settings, in addition to her own experience teaching in her practicum, affected her “beliefs and behaviors” of how she views nursing education and the role of teacher.

After focusing her M.S.N. independent study on R.N.-B.S.N. programs, she became interested in issues related to nursing students who return to the classroom. Under the supervision of Janie Brown, Ed.D., R.N., associate professor, she studied two R.N.-B.S.N. programs at Pennsylvania institutions of higher education. She looked closely at their student characteristics, program designs, school and faculty attitudes, and even nursing educational systems.

Villanova Nursing's family-like atmosphere and friendly faculty, students and staff create a most welcoming environment. Dr. Lin found the College to be extremely friendly to international students. She specifically remembers how the faculty “without any judgment on my poor English allowed me to study and to express my thoughts freely.” While at Villanova, she took advantage of the many programs offered to students, such as the Writing Center.

After graduating from Villanova, she taught at a college with an R.N.-B.S.N.

program. She soon entered the doctoral program at University of Texas at Austin's School of Nursing, where she researched the possibility of role strain, given the fact there are so many nurses in Taiwan returning to school to advance their professional status. “First-hand experiences motivated me to conduct my doctoral dissertation on multiple role issues among re-entering mother students in nursing,” she explains.

At Chang Jung, where Dr. Lin teaches both undergraduates and graduate students, her courses include Nursing Research, Introduction to Statistics, Nursing Theory, Advanced Nursing, and Pediatric and Maternal Nursing. She plans to teach for the next several years and conduct research and publish in the areas of women's health, children and educational topics.

In June, Dr. Lin presented a poster on her doctoral dissertation at the International Council of Nurses (ICN) 23rd Quadrennial Congress, which took place in Taiwan. She also served as translator for the four Villanovans who attended (see page 14). At the Congress, she says she was “very impressed to see nurses from more than 100 countries, and the variety of issues related to health and nursing. I saw how many things had to be done to conduct an international conference with more than 4,000 participants. No wonder my county's nursing association had prepared for this meeting for 10 years.”

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Four Nursing Leaders on the Main Line

To find excellence in nursing administration, take a short drive—east or west—from Villanova University. Along the Main Line, the College of Nursing proudly claims four outstanding alumnae who are responsible for the excellent nursing care provided at two hospitals, a rehabilitation hospital and a home health care agency.

- Claire Baldwin '86 M.S.N., R.N. is the vice president for patient services at Bryn Mawr Hospital, where she began working in 1984. The College enjoys a longstanding relationship with this hospital in Bryn Mawr, Pa., having signed its first clinical agency contract for the 1966-67 academic year. Since 2001, Baldwin has been responsible for the administrative and managerial functions within the nursing and emergency departments, the cardiac catheterization lab and the pharmacy. Recently, she was named a finalist in the administration category for the Nightingale Award, which honors exceptional nurses practicing in the Commonwealth.

Baldwin attracts and retains nurses by strategizing with her staff; she has implemented their suggestions such as shared governance and a clinical ladder program. She sees Bryn Mawr Hospital's recent Magnet™ designation (see page 7) as "a magnificent recognition for the entire hospital staff for the excellent work that they do each day for every patient and family."

- Since 2001, Angela Coladonato '77 B.S.N., M.S.N., R.N. has led more than 700 employees in nursing and several other clinical departments as the vice president for nursing and operations at Lankenau Hospital in Wynnewood, Pa. Throughout her 28 years of nursing experience in a variety of settings,

she has been a talented leader with a reputation for integrity, team-building and clinical program development.

Coladonato says she strives to be an innovator with her management team, developing strategic plans to attract and "retain the best nurses amidst the ongoing nursing shortage." She adds, "We want to be the employer of choice." She is doing her job well: This fall, Lankenau was awarded the prestigious Magnet™ designation (see page 7).

- Joanne F. Gurney '71 B.S.N., '88 M.S.N., R.N. is director of nursing at Bryn

Mawr Rehab Hospital in Malvern, Pa. In 2004, building on her more than 20 years in nursing administration, she moved to this 151-bed acute rehabilitation hospital, the Mid-Atlantic's largest and most comprehensive rehabilitation services organization. In managing high-profile projects, Gurney leads nearly 300 nurses and other employees from such areas as pharmacy, materials management and radiology. She enjoys combining her bottom-line orientation and strong skills in business development with an ability to inspire her staff.

Gurney is the immediate past president of the College's Nursing Alumni Society.

- Sharon E. Johnson '91 M.S.N., R.N.C., CNA is the director of home health for The Home Care Network of Jefferson Health System in Radnor, Pa., the largest regional home care provider in the five-county area. In home health, the biggest challenge is "balancing resources with care needs of our patients in a difficult reimbursement environment," she says. Those care needs are becoming more complex: "Patients are sicker, older, more frail, require more high-tech care and have social needs that can interfere with their ability to stay in their homes," she adds.

Johnson's challenges run the gamut from recruiting and retaining experienced nurses to staff safety and the high cost of gasoline. She takes pride in her ability to "make a difference for home health patients," locally by improving patient outcomes over a 10-year period and nationally by serving on expert panels to study how outcomes are measured and reported across the United States. (See page 30).



Bryn Mawr Hospital:
Claire Baldwin
'86 M.S.N., R.N.



Lankenau Hospital:
Angela Coladonato
'77 B.S.N., M.S.N., R.N.



Bryn Mawr Rehab Hospital:
Joanne F. Gurney
'71 B.S.N., '88 M.S.N., R.N.



The Home Care Network:
Sharon E. Johnson
'91 M.S.N., R.N.C., CNA

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