Legacy Project

Ann Baker, PhD, CNP, CNS, Associate Professor Emerita, is spearheading a new project that is under way with the intent to formalize and memorialize the legacy and history of the College of Nursing. There is a concern that the legacy of the College of Nursing is in the process of being lost due to multiple factors including the passage of time (45 years!), changes in faculty and administration, loss of some of the pioneer/charter faculty due to distance or death, and major changes in the health care footprint in the Toledo area.

A group has been formed to begin developing a permanent legacy or ‘Memorial’ in the halls of the Collier Building to capture in a physical way the important narrative of the College's history. This historical memorial will be erected in various locations; phase one of this project will be developed on the fourth floor administrative reception area, and on the first floor in the classroom wing. In addition, inclusion of all five Deans and Interim Dean Cedargren, inclusion of programs, innovations and milestones may be included.

The Legacy committee has been meeting with the architects, designers, marketers and branding artists to establish the form or format of this project. Dr. Baker states, “I need the input of faculty and alumni, or other interested persons, to identify the important historical milestones and program issues that should be included in the narrative of the legacy of the college.”

Personal letters and emails have been sent to current and retired faculty requesting suggestions, memorabilia and participation in this initiative. Those of you who have an interest in having your voice heard as part of this remarkable project can email Dr. Baker at annbaker@bex.net.

Stay tuned as the group moves forward in creating a fuller narrative on the history of the College of Nursing.
Welcome to the 2015 summer newsletter edition of Nursing LEADS. It is my honor to share the success and accomplishments by our faculty, staff, students, and our very own nursing alumni here at The College of Nursing.

I encourage you to read this publication to obtain the ongoing energy and vision for the College of Nursing. Allow me to take this time to inform you of all the many achievements happening within the College. In September we received the Outstanding Chapter of the Year award at the OSNA Convention. Amanda Nuckols, CNL student, was elected to the Nominations and Election Committee at the NSNA Convention! Other highlights in the newsletter include Dr. Cheryl Gies serving as the new APRN Director, Dr. Marilyn Wood educating the community on Lead Poisoning, the work of Dr. Gies and Mitch Lakia at the Metabolic syndrome clinic, the CON legacy project headed by Dr. Ann Baker, faculty announcements, and much more. The theme at UT for National Nurses Week was “Nurses are the heart of HealthCare.” We take pride in the history of the College and its leadership in the community. I would like to thank our outstanding alumni and faculty, who continue to lead the way in education, research, and practice.

As the College of Nursing moves forward, it is our collective goal to build and strengthen partnerships with alumni, healthcare leaders, and our community. Together we can advance our commitment to innovation, evidenced based clinical education, nursing scholarship, and the delivery of University quality care in our state and beyond. We always welcome and appreciate hearing from you, please browse our website http://www.utoledo.edu/nursing/index.html or like us on Facebook at https://www.facebook.com/UTCON.

Enjoy your summer and please know that we appreciate everything you do for the College of Nursing!

**Retirements**

**Jane Ransom, Associate Professor**

Dr. Ransom joined the faculty of the Medical College of Ohio in 1978. She taught many years solely in the undergraduate program. In 1995 she started teaching theory in the MSN program and in 2012 began doing the same for the BSN-DNP program.

Jane states she has no specific plans for after retirement. She realizes that most of her projects at UT are completed and it is time for another life adventure. To be continued…

**Joan van der Bijl, Assistant Professor**

Joan is retiring after ten years with the College of Nursing. After completing her BSN at California State University in Fresno, California, Joan began her nursing career on a medical surgical unit. She moved into home health and counseling in 1996 while on the west coast and in 1980 began her career as a psychiatric nurse in the Geriatric Day Treatment Center at Massachusetts Mental Health Center. In 1985, she completed her MSN in Psychiatric-Community Mental Health Nursing from Boston University School of Nursing. Her education also includes a NIMH Post-Graduate Fellow in Geriatric Mental Health from Harvard Medical School/Massachusetts Mental Health Center. Since 1991, she has worked in mental health in the greater Toledo community at Harbor Behavioral Healthcare, Rescue Mental Health Services and currently at Unison Behavioral Health Group as a Psychiatric APRN. As an educator, Joan has taught in the undergraduate and graduate programs. She has provided expertise in the Psychiatric Mental Health CNS program and led the way in developing content for the proposed Psychiatric Mental Health Nurse Practitioner Program.

**CNL Program Director Recognized for Leadership**

Dr. Kelly Phillips, Department Chair and Director of the MSN Graduate Entry Clinical Nurse Leader Program, was recognized for her accomplishments and innovation as a CNL Educator at the 2015 CNL Summit in Orlando, receiving a Honorable Mention. Dr. Phillips is one of the founding faculty of the Graduate Entry Master’s in Nursing Initiative (GEMINI) and worked to transform the GEMINI program into the Graduate Entry Clinical Nurse Leader program. She was appointed the GEMINI Program Coordinator in 2005. Recognized for its’ integrated approach to curriculum, Dr. Phillips works with faculty to prepare students to assume the role of clinical nurse leader to improve the quality of patient care. She has presented at multiple national conferences and has published on the CNL role.
Interprofessional Learning Experience Launched Fall, 2014

First semester students from the disciplines of Nursing, Medicine, Physician's Assistant, Respiratory Therapy, and Speech Language embarking on an interprofessional experience in the fall semester. Meeting every other week, 48 teams of 12 students focused on the four domains of interprofessional education: teams and team work, roles and responsibilities, values and ethics for interprofessional practice, and interprofessional communication. Supported by the College Deans, faculty across these disciplines planned interprofessional activities addressing the four domains. First semester activities included patient interviewing utilizing standardized patients, simulation, and “rooms of horror” in which students are preparing future nursing professionals to look beyond their traditional borders in an effort to promote safe, high quality, patient centered care.

Dr. Kay Grothaus – Reflections on her Nursing Career

Although she began her profession as a fourth grade teacher, her passion was to become a nurse. Dr. Kay Grothaus, Associate Dean of Academic Affairs, for the College of Nursing, resigned from her position effective, December 31, 2014 after more than twenty years with the College of Nursing. Stories told by her aunt, who served as a M.A.S.H. nurse in Korea, led Kay to pursue a second degree in nursing at the Medical College of Ohio in the late 1970’s. “Thirty years ago, options for women included becoming a secretary, nurse, or teacher. I wanted to be a nurse, but my mother was an educator, and channeled me in that direction.” When she and her husband Ron relocated to Toledo, she began her quest to complete her baccalaureate degree. She indicated that many nursing programs did not allow a woman to be married while attending school. MCO had no such requirement and with a minor in Biology, as well as her degree in education, she was able to complete the program without having to take a great number of pre-requisites.

After completing her BSN, Dr. Grothaus worked for a community nursing service for two years. She entered into the first master’s class at the Medical College of Ohio and graduated in 1982 as a psychiatric mental health clinical nurse specialist. Upon graduation, she worked at St. Vincent Hospital in Toledo for four years, first as a clinical nurse specialist for the Eating Disorders unit, and then as the Assistant Vice President for Nursing.

She returned to the college in 1990 as faculty while maintaining a private practice. In 2001, she completed her PhD in counseling and guidance. She retired from MCO in 2004 and was awarded Emeritus status. In spring 2007, she returned to academic life at the University of Toledo College of Nursing and assumed the position of Associate Dean of Academic Affairs in 2010.

“A farm girl at heart,” Dr. Grothaus retired to a farm and to travel. A mother of two sons and grandmother of six, one who is a nurse, time not spent on the daily two hour commute can now be devoted to one of her many passions.

Her fondest memories include working with her colleagues and students. She recalled that being in the first master’s class students were very close to the faculty and they enjoyed “skit night.” Her advice to new faculty, advance practice nurses and newly licensed RN’s is “allow yourself to be on a learning curve. Don’t be afraid to make a mistake. Often, the best way to learn is through failure. Most nurses feel they need to be perfect but we need to allow time to learn a new role.”

Dr. Grothaus is most proud of her service to the university in being able to work with patients with psychiatric illness. Upon completion of her MSN program, she was only one of three Child Adolescent PMHCNS’s in the State of Ohio. She takes great pride in the work that she did on behalf of individuals with eating disorders. Her ability to work well with nurses and physicians allowed her to become agent for change.

The adjustment to retirement has been smoother than anticipated. Looking forward to celebrating her 52nd wedding anniversary, her days are full with family, farm life and a new set of adventures.
Mitch Lakia receives Innovation Category Award at the Ohio Organization for Nurse Executives Conference (OONE)

This fall, Deloris “Mitch” Lakia, a student in the MSN-DNP program, was recognized at OONE for her poster presentation entitled: “Shared Medical Appointments – Redesigning Care for Patients with Chronic Disease.” She was awarded first place in the innovation category at the conference.

How did your project evolve?
As an advanced practice registered nurse (APRN) I worked extensively with patients with chronic disease, specifically patients with diabetes for a number of years and prior to that worked as a certified diabetes educator in a number of settings including both the inpatient and outpatient setting as well as home health care. I saw first-hand the struggles that patients with chronic disease and their families faced with self-managing a chronic condition. Much of the daily care of diabetes falls to patients and families and they need a better understanding of self-care measures and more support. I also observed that patients were often referred to specialty diabetes care after the disease was well advanced. Most of the early care of diabetes when good control of blood sugars is imperative in the prevention of long term complications occurs in primary care. That’s when I made a commitment to being involved in improving diabetes care in primary care. I read about SMAs in the literature and attended a conference about implementing SMAs prior to beginning my project and was convinced that this might be a positive innovation in care design that could really help patients with chronic illness.

What is a shared medical appointment (SMA)?
Shared medical appointments (SMAs), also referred to as group visits or cluster visits, are medical visits in which multiple patients are seen concurrently by a healthcare provider (physician or APRN) within the context of a supportive group setting. Patients attending a SMA receive prompt access to care and more time with their healthcare provider. As care delivery is accomplished in an interprofessional team setting, patients receive expanded patient education. Emotional support from peers with similar chronic medical conditions leads to improved insight and self-management strategies. Each patient is billed for an individual medical visit based on the complexity of the medical care delivered. The group visit format does not change the co-pay (Noffsinger, 2009).

What is the average length of a SMA?
A SMA lasts about 90 minutes. Patients arrive 15 minutes prior to the appointment and are registered and sign confidentiality agreements prior to being escorted to the group room. At the beginning of the appointment patients are taken individually by a nurse or medical assistant to an exam room for vitals and an update of the history, medications, allergies, etc. Each patient is then returned to the group room. A behaviorist such as a psychologist facilitates the group process while the healthcare provider (HCP) conducts a medical visit with each individual patient. The HCP conducts a history and exam; medical decision making, goal setting, counseling, and risk reduction are provided to each patient as needed. As much personal care as appropriate (listen to heart and lungs, examine thyroid and swollen ankles) is provided in the group room where all can listen, interact, ask questions and learn. Genuinely private health concerns or discussions are conducted in a private exam room following the SMA. The behaviorist delivers unstructured patient education according to the needs of the group. The last 5-10 minutes are reserved for answering questions, scheduling patient follow up appointments, printing patient encounter summaries and patient action plans (Noffsinger, 2009).

Why did you focus on individuals with chronic disease?
Chronic disease is the principal cause of death and disability in the United States, accounting for as much as 70% of the annual death rate among Americans. In 2005, 1 in 2 adults in the U.S. had at least one chronic illness with 21% living with more than one chronic condition (CDC, 2011). However, in the United States care of those with chronic disease is episodic following an acute care delivery model rather than addressing the specific needs of patients having chronic illness. The resultant ineffective model of healthcare delivery in the U.S. is one of the world’s most costly, yet the outcomes are some of the most dismal among developed countries. Despite annual spending of $1 trillion dollars and considerable advances in care, one-half or more patients with chronic illness still do not receive appropriate care (Group Health Cooperative, 2013). SMAs have been utilized successfully with a number of chronic illness demonstrating improvements in access without increasing utilization of medical services, as well as a reduction in emergency room visits (Noffsinger, 2009).

What feedback have you received from patients?
Members of the healthcare team?
The response from patients participating in SMAs has been overwhelming positive. The majority rated satisfaction as good or very good and would recommend the SMA to a friend or relative. Patients identify the added support and more time with their healthcare provider as positive benefits of the group visit. Inter professional team members are very satisfied with
Nine graduate students and six faculty members traveled to Indianapolis April 16-19 to attend the 39th Annual MNRS conference. “Innovations for Person Centered Care” was the theme of this year’s program. Students from the BSN, MSN CNL, BSN-DNP and MSN-DNP program participated in poster sessions throughout the weekend. Faculty presenters included Dr. Kristi Reuille, Dr. Susan Sochacki, Dr. Kathleen Sink, Dr. Eileen Walsh, and Dr. Marilynne Wood. Mitch Lakia and Becky Rohrbach, MSN-DNP students, found the weekend to be a positive experience. Both family nurse practitioners, they appreciated the opportunity to network with other nurses engaged in research, and learn about their areas of study. Dr. Diana Wilkie, PhD, RN, FAAN, the keynote speaker, shared her research on moving toward precision healthcare. She challenged nurses to improve their ability to be present to the patient and to listen. Goals and preferences of the patients need to be documented. If we are to achieve precision in healthcare there needs to be a balance between treatment and the wishes of the patient.

### Dr. Marilyn Wood educates the Community on Lead Poisoning

Dr. Marylinne Wood, Professor of Nursing, Specializing in Pediatric & Community Nursing, has made it her mission to research and educate the community on how to protect their family from lead. She also, informs the public how to test lead levels and how to respond if exposed.

Lead poisoning occurs when there is a confirmed level of lead in human blood of at least ten micrograms per deciliter (10 g/dL). You may be asking yourself, “How do you get lead poisoning?” The truth is it is easier than you think, and is certainly not a thing of the past. Contact with lead paint, lead dust, lead based plumbing fixtures, old lead-painted toys, furniture, or soil with lead deposits can result in lead poisoning. Imported canned foods may also contain lead, resulting in lead poisoning.

The research involves testing and studying children and adolescents with elevated blood lead levels. Dr. Wood, and her team of students, have attended health fairs at Scott High School and Martin Luther King Academy. While at the fairs, an intervention was performed. This included nutritional counseling and home assessments to locate potential lead sources. While at these health fairs Dr. Wood and her students do not just perform screening but distribute lead prevention/exposure information using posters and interactive games. Then the research begins, analyzing results and follow-up with parents.

Lead exposure can lead to brain damage, learning disabilities, problems paying attention, bad temper, bone, joint, kidney, and blood problems. Due to these side effects informing children and parents about lead and the importance of screenings, is what fuels this initiative.

### Students and Faculty Shine at Midwest Nursing Research Conference (MNRS)

Nine graduate students and six faculty members traveled to Indianapolis April 16-19 to attend the 39th Annual MNRS conference. “Innovations for Person Centered Care” was the theme of this year’s program. Students from the BSN, MSN CNL, BSN-DNP and MSN-DNP program participated in poster sessions throughout the weekend. Faculty presenters included Dr. Kristi Reuille, Dr. Susan Sochacki, Dr. Kathleen Sink, Dr. Eileen Walsh, and Dr. Marilynne Wood. Mitch Lakia and Becky Rohrbach, MSN-DNP students, found the weekend to be a positive experience. Both family nurse practitioners, they appreciated the opportunity to network with other nurses engaged in research, and learn about their areas of study. Dr. Diana Wilkie, PhD, RN, FAAN, the keynote speaker, shared her research on moving toward precision healthcare. She challenged nurses to improve their ability to be present to the patient and to listen. Goals and preferences of the patients need to be documented. If we are to achieve precision in healthcare there needs to be a balance between treatment and the wishes of the patient.
Metabolic Syndrome Clinic

In May, 2012 a Metabolic Syndrome Clinic was established by nurse practitioners, Dr. Cheryl Gies and Mitch Lakia at the Northwest Ohio Psychiatric Hospital (NOPH). This initiative is part of the MEDTAPP Healthcare Access Initiative, a state funding opportunity, and placed primary care practitioners in a psychiatric setting. In the initial pilot, the goal was to identify patients who either had diabetes, metabolic syndrome or were at high risk for metabolic syndrome. Gies and Lakia found that 88% of the patients on the pilot unit fell into 1 of the 3 categories.

Metabolic Syndrome is the name given to a group of risk factors that increase a person's risk for heart disease, diabetes and stroke (NHLBI, 2011). The cluster of five criteria include: enlarged waist circumference, elevated fasting plasma glucose, elevated blood pressure, low HDL and elevated triglycerides. An individual is considered to have metabolic syndrome if 3 of the 5 criteria are met. The purpose of the metabolic syndrome clinic is to identify patients with metabolic syndrome and manage identified health problems to reduce the incidence of diabetes, cardiovascular disease and stroke. The nurse practitioners developed interventions focusing on exercise, nutrition, and education to promote healthy habits that start during hospitalization and continue after discharge.

Dr. Gies developed the Safe Physical Activity Initiative built on the American Academy of Sports Medicine (ACSM) and the American Heart Association (AHA) guidelines. Following a complete physical examination, patients are Risk Stratified, Fitness Tested and based on the findings they are recommended for an exercise group. The exercise program is held twice a week. Trainers from the YMCA work with Dr. Gies in a structured program that includes safe exercise instruction and supervised sessions. Additionally, a Healthy Vending Machine Initiative was developed and introduced by Mitch Lakia to promote healthy snack choices. These initiatives are developed to be sustainable life choices during and after hospitalization.

The model for this metabolic syndrome clinic is considered a template for other Ohio psychiatric facilities. The program has achieved success as measured by significant weight reduction, increases in exercise frequency, intensity and duration, along with a significant elevation in patient positive attitude and self-efficacy.

Dr. Gies has found the experience to be very rewarding, “They give us more than we give them. The patients appreciate our approach to care.” She goes on to say that patients with mental illness die 25 years earlier than those without mental illness. “Mitch and I are committed to serving this population.”

Nurse Faculty Loan Program (NFLP) Renewed

The Department of Health & Human Services renewed the funding for the Nurse Faculty Loan Program for the 2014-2015 year. The NFLP was established in order to address the shortage of nursing faculty. Facing an aging workforce in practice and education, the need for nurse educators has never been greater. As the PI on the grant, Dr. Kelly Phillips, Department Chair and Director of Master’s Nursing Programs, is responsible for managing the grant. Participating schools make loans from the fund to assist registered nurses in completing their graduate education to become qualified nurse faculty. The program offers partial loan forgiveness for borrowers that graduate and serve as full-time nursing faculty for the prescribed period of time. The loan recipients may cancel 85 percent of the loan over four years in return for serving full time as faculty in any accredited school of nursing (HRSA, 2015).
Alumni Spotlight: Jean Austin, elected OAAPN President

Ohio Association of Advanced Practice Nurses is the unified voice of more than 10,000 advanced practice registered nurses in the state of Ohio. OAAPN, represents all APRNs within the state of Ohio, Certified Nurse Practitioners, Certified Clinical Nurse Specialists, Certified Nurse Midwives, and Certified Registered Nurse Anesthetists. The Association actively addresses the health and well-being of patients and their professions. Studies have shown that APRNs provide accessible, high quality, cost-effective health care to Ohioans.

In 2002, Jean Austin, MSN, joined OAAPN as a student and would have never dreamt 13 years later she would serve as President. She originally thought it was important to get involved with the profession she was going into and once the opportunity came to serve as President she jumped at the chance to give back to her profession as a Family Nurse Practitioner. Jean is an advocate for all APRNs through supporting professional development and participating in implementation and monitoring of legislation. She strives to obtain fair and equitable reimbursement for APRNs while fostering collegiate and collaborative relationships with other health care professionals and APRN educators.

When asked why she ran for President? Jean stated, “I can’t think of a time I never wanted to be a nurse. I wanted to stay active & involved. I believe you never know unless you’re involved.”

As President Jean strives to support professional development and collaborate with other disciplines to promote equality and affordable healthcare. Jean encourages students who are seeking higher education to join OAAPN as well as those who are ANP’s in Ohio, and retirees who desire to stay informed. Jean is motivated as President knowing she is helping to advance her profession and desires to give the best patient care to every individual. She is proud in the fact that OAAPN provides Ohio APRN’s information regarding ongoing and emerging issues affecting their profession. Also, they provide access to required continuing education to ensure members maintain certification and a high level of practice excellence. Jean states, “Let’s all work together to increase quality affordable access to healthcare to all Ohioans!”

Visit their web site at www.OAAPN.org to join or volunteer.

Faculty and Staff Announcements:

Lindsay Gregory, BA, serves as the new Communications & Recruitment Specialist for the College of Nursing. Lindsay is a 2011 UT graduate and proud Rocket! She brings expertise in the areas of recruitment, communications, and social media. On her free time she enjoys serving the community as well as traveling & working in South Africa.

Rachel Barnes, MEd, Instructional Designer, joined the Learning Ventures department of the University of Toledo in December of 2014. Before coming to UT, Rachel was an instructional designer at the University of Northwestern Ohio. Rachel holds a Master of Education degree in Learning Design and a Bachelor of Science degree in Visual Communication and Technology, both from Bowling Green State University. She also has experience teaching, both online and in the traditional classroom. Rachel is also a Quality Matters Peer Reviewer for Higher Education and enjoys working with faculty to design and develop their online and blended courses to meet quality standards. She serves as an instructional designer for the College of Nursing, providing course design and development support to instructors of online and blended courses.

Rodney Fausnaugh, PC LAN Technician
The new face in College of Nursing is Rod Fausnaugh. He is the newest member of Marc Miller's PC support team. He returns to the Health Science campus via an 8-year tour of the Main Campus where he supported everyone from cops to coaches. Before moving to the Main Campus he spent nearly 2 years working here on the Health Science Campus in both hardware repair and computer refresh duties.

Rod’s education background surprisingly isn't in computers specifically, but in fine art. He was a Computer Art major in the School of Fine Art at BGSU during the early to mid-90's, but before he could graduate life got in the way and the first of his three children was born, forcing him to take on full time work to support his new family. He currently is enrolled here at the University of Toledo majoring in Individualized Studies with a focus on Sports Administration and hopes to graduate in the spring of 2016.

Rod has worked in the computer field for nearly 23 years. Prior to the University of Toledo he was employed by a small independent computer specialty firm based out of Holland, OH for 2 years. He also has experience as a computer artist with a local video game publisher, and retail management experience working in computers as well.

Rod will be supporting everyone in the College of Nursing as well as the staff at CCE building and HR building, he will also occasionally be backing up the IT staff at Mulford library, Block Health and Health Ed Buildings. His office is located at 3306 Collier building, and his extension is 5884.
This year has been a year of many achievements for our Student Nurses Association. Beginning in September 2014 our Student Nurses Association was awarded ‘Outstanding Chapter of the Year Award’ at the OSNA Convention. And recently Amanda Nuckols, CNL student, was elected to the Nominations & Election Committee at the National Student Nurses Association Convention (NSNA.) Amanda’s campaign manager was Tyler Heck, BSN student, who assisted Amanda in her victory with the slogan “I moustache you to vote for me.”

When asked about her involvement in SNA, Amanda stated the following, “My experiences with NSNA and the local chapter have been some of the best experiences that I have had so far. Both organizations have allowed me to connect with other likeminded individuals who have their own ideas on how to advance the nursing profession. I look forward to seeing what the next year will bring as I serve on the NSNA Nominating and Elections Committee. I hope to see our local chapter grow and be able to show other nursing students how great it is to be a part of both organizations, as well as part of the state chapter.”

Amanda’s campaign manager, Tyler, reflects on his experience at the NSNA, “The National Student Nurses Association (NSNA) provides many opportunities to nursing students all over the country. NSNA is an example of how nurses develop and enhance themselves collectively into a profession. I had opportunities to write resolutions, run for and hold state office, meet nursing students from all over the country, and become inspired by my chosen profession. I would highly recommend becoming involved in NSNA or your local SNA chapter to any nursing student.”

Thank you Amanda & Tyler and the rest of the Student Nurses Association for representing the University of Toledo and The College of Nursing so well. We are extremely proud of each of our students.

**Student Nurse Association (SNA)**

Pre-Nursing Student Organization (PNSO)

Pre-Nursing Student Organization has been approved by the Student Activities Committee and the Office of Student Involvement as an official recognized student organization of the University of Toledo.

Congratulations to Vanessa Fernandez, President, Johanna Kohler, Vice President, Marisa Good, Secretary and Mansour Awad, Treasurer on your recent election to a leadership position in the Pre-Nursing Student Organization.

PNSO has dual purpose the first being to act as a liaison between UT pre-nursing students and the UT Nursing students. PNSO also strives to create a close working relationship with administrators, faculty, students, staff, alumni and the student body of the University interested in achieving goals related to nursing professions.