

Advancing

THE BETTY IRENE MOORE SCHOOL OF NURSING AT UC DAVIS / November 2017

DONOR PROFILE

Carolyn Mofidi

CAROLYN MOFIDI'S DAYS AS A GRADUATE STUDENT at the Betty Irene Moore School of Nursing are behind her. But she chooses to invest in future graduates, who, one day, will care for her and others.

"Betty Irene Moore invested in future nurses because of her personal experiences and gave me the gift of education," says Mofidi, an alumna from the class of 2012. "The least I can do is give back to her vision of education and support our future nurses."

Mofidi named a space in Betty Irene Moore Hall, the new home for the School of Nursing and health sciences education at UC Davis. A bay in the 8-bed hospital ward simulation now bears her and her family's names—a philanthropic representation of the personal transformation she experienced while at the school.

"Prior to attending graduate school, I lacked the confidence to speak up when I felt something needed to be said. The classes that I took at the Betty Irene Moore School of Nursing prepared me to be a more



"I now am a better advocate for both my nurses and the patients that we care for."

—CAROLYN MOFIDI
DONOR AND ALUMNA

effective nurse leader, I became a stronger voice for my patients," Mofidi says. "As an assistant nurse manager, I now am a better advocate for both my nurses and the patients that we care for, making sure that their voices are heard through me."

That confidence is now something she inspires in others through the inscription on the plaque that reflects her philanthropic gift: "Be smarter than you think," which is followed by the names of Mofidi, her husband, John, who is also a UC Davis nurse, and their daughter, Madisyn.

"It's a quote from Christopher Robin that on the surface seems whimsical, but for me, has a very poignant meaning," Mofidi explains. While many people battle with the concept of self-worth and acceptance, these words remind them to stop

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BRIGHT FUTURES LAUNCH HERE

Founding Dean Heather M. Young

AS THANKSGIVING approaches, I am so grateful to our talented faculty, dedicated students, inspiring alumni, committed staff and devoted supporters. We end 2017 with a beginning, of sorts, as we firmly settle into our permanent address at UC Davis within Betty Irene Moore Hall. While it may seem as if the building sprung up overnight, its completion is the realization of a decade of deep thought, inclusive discussions and intentional design. Our October celebration and bright future moving forward would not be a reality were it not for your collaboration and support.

We know health care is a team sport and that all players on the team need a place to come together to share ideas and solve

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INVESTING BEYOND MILESTONES

Sallie-Grace Tate, Assistant Dean for Advancement

When the Gordon and Betty Moore Foundation committed \$100 million to UC Davis one decade ago, trustees invested not only finances but faith that this seed would grow exponentially. Part of any solid growth strategy is to project milestones along the way. These defining points in the school's history are cause for celebration, but cannot be detractors from the endgame.

When the Betty Irene Moore School of Nursing officially opened its new home at UC Davis this fall, we touted our incredible growth, early successes and a multitude of accomplishments that have exceeded many expectations. These milestones are really the subset of our ultimate goal—to transform health care.

Milestones measure the impact of many gifts that provide education and research opportunities for students and faculty, and ultimately alumni who are catalysts for change. Transforming health care, for us, is a journey beyond milestones. It is a quest that will take proven commitment and passionate investment.

As we celebrate the official opening of Betty Irene Moore Hall, we now turn our focus on

SCHOLARSHIP RECIPIENT PROFILE: SARA DELAO
Pursuing the ultimate in person-centered health care

National service runs deep in Sara Delao's veins. Belonging to a family of veterans and providing nursing care to those who served in the armed forces, Delao feels called to serve these national treasures.

"I want to be part of the change in the U.S. health care system, to be that pebble that ripples to change things on a global scale," says Delao, a family nurse practitioner student at the Betty Irene Moore School of Nursing at UC Davis. "To make global changes, you can start in your own backyard and watch it grow from there."

Having worked five years as a registered nurse, Delao chose to embark upon an advanced degree in order to grow her scope and learn new tools, new strategies and achieve a different level of licensure.

increasing our investments, the impact of our people and our long-term goals. Now that we've hit our stride, why don't you join us on our quest to discover and disseminate knowledge to advance health, improve quality of care and shape policy? Invest now and be a part of our next milestone we achieve... together. ♦



"When I am working with patients with palliative and hospice needs, I feel the greatest sense of joy, fulfillment and pride."

—SARA DELAO
FAMILY NURSE PRACTITIONER STUDENT,
CLASS OF 2019

"My ultimate goal is to pursue palliative and hospice nursing, which, I believe, is the purest form of nursing," Delao says. "This care is 100 percent patient and family centered. It does not matter what anyone else wants, what matters is what the patient wants. The patient is the person stating the goals of care. The health care team is there to provide support in reaching those goals."

Upon learning she was awarded the Amy T. Dean Courage Award, Delao knew her dream would become a reality. The endowed scholarship, established by Bernie Davitto, honors his late wife and supports School of Nursing students who are committed to

research or clinical practice regarding end-of-life issues. Delao wants to be part of a change in health care that starts and sustains a national conversation about end-of-life care and management of chronic disease.

"I have cared for people from all walks of life with all types of ailments, but, when I am working with patients with palliative and hospice needs, I feel the greatest sense of joy, fulfillment and pride," Delao says. "The fact that Dr. Davitto chose me to carry Amy's torch and her spirit humbles me. Having his support gives me the extra strength to complete this journey." ♦

RESEARCH PROFILE: Embracing culture, building caregiver support

EDDA CARABALLO'S MOM lost her battle with Alzheimer's disease nearly four years ago, but juggling a full-time job in Sacramento with round-the-clock caregiving on weekends in Oakland took a tremendous toll on her as a caregiver.

"After pushing myself beyond the limit for a year and a half, I had a mini nervous breakdown on the train one Sunday coming home. I freaked out," Caraballo recalls. "I was always stressed out and running on fumes."

Nearly two million Latinos nationwide face a similar plight as they care for family members with Alzheimer's disease and other types of dementia. Yet, studies show they are less likely than whites to use formal care services, such as nursing home care.

"We take care of our parents no matter what. It's our duty," Caraballo says. "My brother, my sister and I never considered putting her in a home."

Carolina Apesoa-Varano, an associate professor in the School of Nursing at UC Davis, has spent the past five years assessing Latina caregivers' experiences as they care for someone with Alzheimer's disease. Factors such as social resources, group membership, trust, relationships within the community and socioeconomic are often neglected as important in promoting caregiver well-being.

"Caregiving for elderly relatives with dementia is a stressful and challenging obligation, which disproportionately passes to

women in families," says Apesoa-Varano, a sociologist whose research is dedicated to geriatric studies to advance health for older people. "For many Latinas, familismo—the expectation that family members will support and assist one another—defines adult life."

Yet Apesoa-Varano's research points to a gap in community-based support.

"My goal is to identify and establish partnerships with community groups that already exist, then develop protocols that support these caregivers through their journey," Apesoa-Varano says.

Apesoa-Varano envisions a model in which laypeople are trained in how to provide basic emotional support to caregivers in an effort to reduce or prevent social isolation and loneliness, thereby improving caregivers' emotional well-being.

"Latina women definitely need to support each other in terms of getting our lives back and not being martyrs," Caraballo adds. "But if I had to do it over again, I would. Being at home with my mother for her last breath was a precious gift." ♦



BRIGHT FUTURES LAUNCH HERE

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problems. Betty Irene Moore Hall is a tangible representation of our mission to reimagine education. It is also the physical reality that supports how we believe health care must be practiced. Together. In teams. With multiple perspectives. By interdisciplinary players. Among believers who share in the vision.

At the start of this academic year, our new UC Davis Chancellor Gary S. May outlined his goals of boosting UC Davis' presence in the greater Sacramento region and raising the university's stature across the nation and around the world. His strategic plan, "To Boldly Go," sets a tone, as he says, "that UC Davis is moving forward with confidence and a commitment to excellence like never before." The School of Nursing plays a vital role in that future.

As we settle into our new home on the Sacramento campus, we must not rest on past laurels. Let's celebrate this milestone and our achievements to date, and also focus on creating the future that we prefer—where those determined to change the world come here to launch their dreams and ensure bright futures for everyone. ♦



Ribbon cutting: From left, Victoria Jackson, nursing student; Russ Bell, School of Nursing National Advisory Council Chair; Nancy Rodriguez, nursing student; Kathleen Justice-Moore, Gordon and Betty Moore Foundation; Ken Moore, Gordon and Betty Moore Foundation; Dean Heather M. Young, Betty Irene Moore School of Nursing; Gary S. May, UC Davis Chancellor; Thomas Nesbitt, UC Davis Interim Vice Chancellor for Human Health Sciences; Ralph Hexter, UC Davis Provost; Lars Berglund, Interim Dean for UC Davis School of Medicine; Sameera Mokkara, medical student



CELEBRATING THE GRAND OPENING OF BETTY IRENE MOORE HALL

LEADERS FROM THE BETTY IRENE MOORE SCHOOL OF NURSING at UC Davis were joined by leaders from UC Davis and the Gordon and Betty Moore Foundation at a grand opening celebration and ribbon cutting for Betty Irene Moore Hall in October. More than 800 people attended the event and open house. Betty Irene Moore Hall is home to the School of Nursing and supports interprofessional health sciences education for nursing, medicine, public health, informatics and more. ◆



Visitors to the open house watched students and faculty in clinical simulation exercises within the building's eight-bed hospital ward, skills labs, a 15-room primary care clinic and a one-bedroom apartment home health simulation.



Bronwyn Fields discusses the history behind Aboriginal weaving she donated to the School of Nursing's art collection.

Nursing that gave so much to me," Fields says. "I really miss that close relationship I had with the faculty, staff and students, and I wanted to maintain that connection."

Other donated pieces include a wooden Dogon door which David purchased in Burkina Faso, as well as a fang mask from Gabon and an Igbo mask from Nigeria. Each contribution represents places that influenced their past lives and now live in an environment that shaped Fields' future as a health care educator and researcher. The Fields hope these works create a sense of curiosity about other people and other cultures, highlighting the differences by celebrating connectedness.

"With part of my art collection now inspiring visitors to Betty Irene Moore Hall, I know a piece of me will always be there and that makes me happy," Fields says. ♦

CAROLYN MOFIDI

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worrying. They've got this."

Mofidi hopes when others see her name, quote and symbol of investment, they understand that a student from the past is investing in them, for the future.

"And I hope they, in turn, complete the circle started by Betty Irene Moore and pay it forward for others as well," Mofidi says. "I have confidence that students drawn to this wonderful school will have a profound impact on health care and be way smarter than they think." ♦

future wife, as Fields procured pieces indigenous to the regions in which she was working.

"One evening in Ramingining, a small community in Australia's Northern Territory, an artist came to my door to sell a woven textile," Fields recalls. "She laid it out on the porch and taught me about the pandanus grass that grows in the area, the natural dyes and the Aboriginal techniques she used that had been passed down to her from generations past."

The artist was Elizabeth Djuttara. And that weaving, which once was part of a rotating display in a museum in Australia, now hangs inside Betty Irene Moore Hall. It is one of four pieces the Fields donated to the School of Nursing and among more than 40 pieces in the school's collection.

"I feel like it deserved to be constantly on display, plus I wanted to give back to the School of

ART DONATION CELEBRATES PERSONAL TRANSFORMATION

IN MORE THAN THREE DECADES as a nurse, Bronwyn Fields served in many capacities. From providing public health services to working with governments in South East Asia and with Aboriginal communities in her native Australia, Fields' professional calling shapes her personal life.

"My life is full of experiences with people, places, traditions and practices that are very different from my own," says Fields, a 2016 doctoral alumna from the Betty Irene Moore School of Nursing at UC Davis. "Those experiences shaped who I am today."

When Fields met her husband, David, he, too, was living among different cultures. Working as a foreign service officer for the U.S. Department of State, he spent time in Africa, where he began collecting art. It is a passion shared by his

STUDENT AND ALUMNI NEWS AND HAPPENINGS

PHYSICIAN ASSISTANT GRADUATES TAKE OATH

Physician assistant graduates from the Betty Irene Moore School of Nursing at UC Davis celebrated a milestone in their career by reciting the Physician Assistant Oath. Faculty and family joined 25 graduates as they pledged to put the health, safety and privacy of their patients first and adhere to a professional code of ethics. "This signifies both my professional time being devoted to helping people and to being part of an honorable profession," says Jay Hume, a 2017 alumnus.

This year marks the 50th anniversary of the physician assistant profession and Program Director Gerald Kayingo believes the future is in good hands with UC Davis' graduates. "I wish other programs were like ours, whereby we don't only graduate physician assistants, but a diverse group of providers who look like the patients they are going to serve," Kayingo says.

ALUMNA NAMED UC DAVIS NURSE MANAGER

Cheryl McBeth, a 2015 alumna of the Betty Irene Moore School of Nursing master's-degree leadership program,

was named nurse manager for the UC Davis Medical Center Pediatric Intensive Care Unit, Pediatric Cardiac Intensive Care Unit and the Children's Hospital Critical Transport Team. McBeth's previous roles at UC Davis Children's Hospital include nurse educator, assistant nurse manager and a clinical nurse in pediatrics. She is currently the chair of the Children's Hospital Council and lead coordinator for the Pediatric Early Mobility Project. McBeth's thesis research was also recently published in the *Journal of Pediatric Nursing*. According to "Interprofessional Huddle: One Children's Hospital's Approach to Improving Patient Flow," patient flow improved after the implementation of a daily morning huddle.

UC DAVIS SCHOOL OF NURSING TEAM BUILDS BIKES FOR PHOENIX YOUTH

A team of Betty Irene Moore School of Nursing at UC Davis representatives helped build 20 bicycles for Phoenix-area youth as



part of the National Association of Hispanic Nurses (NAHN) community service project at the annual conference in July. The School of Nursing sponsored this year's project, which provided association members the opportunity for volunteer service within the conference community. NAHN is a non-profit professional association committed to the promotion of the professionalism of Hispanic nurses by providing equal opportunities for Hispanic nurses. Professor Mary Lou de Leon Siantz, along with Master's Entry Program in Nursing student Tatiana Serna Lopez and Caroline Miller, a student affairs officer, participated in the project.

Recent graduates of the School of Nursing's physician assistant master's-degree program celebrated a physician assistant rite of passage by reciting the PA Oath.



L A T E S T N E W S

Young joins workforce commission

Heather M. Young, the founding dean of the Betty Irene Moore School of Nursing at UC Davis, is among 24 education and health care leaders named to the new California Future Health Workforce Commission. The commission, which is co-chaired by Janet Napolitano, president of the University of California, and Lloyd Dean, president and CEO of Dignity Health, aims to draft a blueprint to ensure California's workforce is ready to meet the population's current and future health needs. "As our society grows older and more diverse, we must have health care providers prepared to meet the changing needs of our population and to represent the people they serve," Young said.



Annual magazine published

The 2017 issue of the *Betty Irene Moore School of Nursing at UC Davis Magazine* is now available. "Culture of Collaboration" highlights faculty concentrated on transformative research and education, students committed to their practice and research areas, and a community connected through collaboration in order to change lives,

change minds and change health for the better. For a copy, please contact Sallie-Grace Tate, sgtate@ucdavis.edu.

Faculty publish new textbook

Gerald Kayingo and Virginia Hass, physician assistants and faculty at the Betty Irene Moore School of Nursing at UC Davis, published *The Health Professions Educator: A Practical Guide for New and Established Faculty* through Springer Publishing Company. The book targets new and mid-career faculty with practical, evidence-based strategies for physician assistants, nurse practitioners and other clinical professionals teaching in advanced health provider education programs.

To learn more about these advancements at the School of Nursing, contact Sallie-Grace Tate at sgtate@ucdavis.edu or 916-734-2783.

BY THE NUMBERS

- 302 current students
- 271 alumni
- 5 graduate-degree programs
- 41 scholarships
- Ranked among best nursing graduate schools by *U.S. News & World Report*
- 90+ community partners and collaborators
- 250 clinical sites for student rotations

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