



advancing health

YOUR LEADERSHIP IN ACTION FALL 2020

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Meeting the moment

We prepare for times like these

Recently while at Costco, Kayla Medina was surprised to be invited to skip the line at the checkout. Employees and patrons applauded her as she walked to the front, dressed in her scrubs after a long day spent working at an urgent care clinic in Woodland.

“Even in the coronavirus pandemic, it’s weird when people say thank you for your service,” says Kayla, a family nurse practitioner alumna from the Betty Irene Moore School of Nursing at UC Davis. “For me, it’s just doing my job. I’m doing my best every day to put my best foot forward.”

Medina put those steps forward after graduating in 2018 and setting out on a career she dreamed of since she was an undergraduate at UC Davis. She credits her parents for instilling in her the desire to excel in her career.

“Being a first-generation American and the first in my family to attend college allowed me to appreciate the opportunities I have been granted. My parents have 100% supported me and without them I would not be where I am today,” Kayla says. “I have several patients who have commented, ‘Wow your parents must be so proud,’ and I reply, ‘yes, yes they are.’”

Thanks to her unwavering passion and support from donors like you, Kayla now leverages her personal perspective in her patient care.

“Health care is always changing. I love the fact that it challenges you to stay on top of everything so you can provide that information to your patients,” Kayla explains.

DEAN'S LETTER

Together, we influence the next normal



Challenging. Turbulent. Unprecedented. That's how we describe our current lives amid COVID-19.

Resilient. Determined. Transformative. That's how I describe the Betty Irene Moore School of Nursing at UC Davis community.

American poet Clarissa Pinkola Estés said, "Do not lose heart. We were made for these times." We are. School of Nursing alumni, students, faculty and staff continue momentum despite the disruption.

For more than 40 years, UC Davis has prepared advanced practice providers to bring new expertise to health care teams and inclusively care for all patients. This fall, we expand that impact with the addition of clinician educators who increase our role within UC Davis Health networks and serve as new role models for our nurse practitioner and physician assistant students.

Just as our graduates exceed expectations, the new UC Davis fundraising campaign calls us to expect greater from ourselves. Together, with you, we can greatly influence health equity, student success, data-driven nursing science and support for family caregivers.

Our post-pandemic challenge is to not lose heart, but remain intentional in our action, our goals and our momentum once things return to, what management consultant firm McKinsey terms, the next normal: the new normal that will emerge in the post-viral era, which eventually will come.

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Dignity Health Dean's Chair for Nursing Leadership,
Dean and Professor

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Honoring advanced practice providers

Advanced Practice Week
Sept. 28-Oct. 3

National Physician Assistant Week
Oct. 6-12

National Nurse Practitioner Week
Nov. 8-14

We recognize physician assistant and nurse practitioner alumni for your commitment and ongoing efforts to advance health and provide team-based, patient-centered care.



Expect Greater
From UC Davis. For the World.

UC Davis publicly launched a \$2 billion fundraising campaign October 9, the largest philanthropic endeavor in its history. The Betty Irene Moore School of Nursing joins the comprehensive campaign, "Expect Greater: From UC Davis, for the World," with the support of alumni and friends who share our commitment to ensuring health and well-being for

all. Together, we will give individuals and communities the tools to lead their best lives, while advancing nursing science to new heights of excellence. Learn about our campaign priorities, progress and how you can get involved at bit.ly/SONgiving.

Why do you give to the Betty Irene Moore School of Nursing at UC Davis?

A daughter's passion sparks her parents' support for nursing

Gary and Camille Lonigan like to say that their charitable remainder unitrust (CRUT) story is a prime example of a child being a role model for her parents.

"My daughter, Joleen, has dedicated her whole life to UC Davis as a nurse and then funded a nursing scholarship," Gary says. "Through her, we came to realize how important UC Davis is, both as a hospital and a school."

The Lonigans learned how much work UC Davis does in fields close to their hearts—they have a long family history of losing loved ones to Alzheimer's disease and dementia.

When deciding what to do with a rental property, they avoided taxes from a sale and instead donated the house to a UC Davis CRUT.



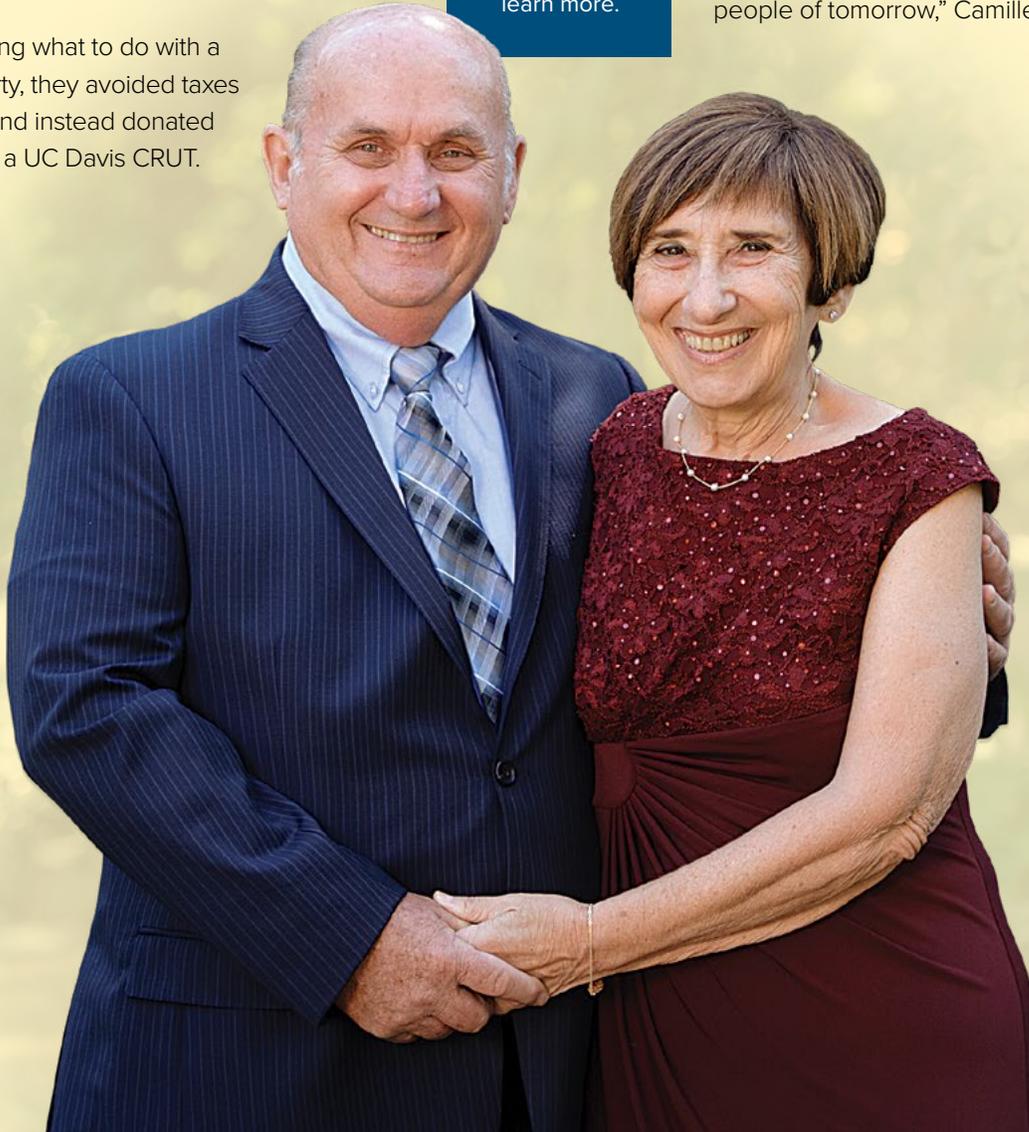
TO DISCOVER THE POTENTIAL BENEFITS OF LEGACY GIFT PLANNING, check out plannedgiving.ucdavis.edu or contact Catherine Comley Adams at ccadams@ucdavis.edu or 916-416-7623 to learn more.

UC Davis serves as the remainder beneficiary of the CRUT whose income will benefit them and their children for years to come.

"I personally like the idea of determining and knowing where my money goes," Gary adds.

After providing their family 15 years of income beyond their passing, the trust's assets will support students and research at the Betty Irene Moore School of Nursing, the Family Caregiving Institute and UC Davis Center for Neuroscience.

"We are proud to support UC Davis because the work they are doing today will definitely help the people of tomorrow," Camille says.



Holiday tips in this time of COVID-19



COVID-19 continues to stress everyone's day-to-day lives. Now adding to the virus' toll, the holiday season can bring new challenges. No one is feeling the strain more than older adults—and the people who care for them.

November marks National Family Caregiver Month. It also offers the perfect time for expert advice from Terri Harvath, director for the Family Caregiving Institute at the Betty Irene Moore School of Nursing at UC Davis.

Q: *How can families navigate the holiday season?*

A: While caregivers tend to be good at caring for others, they often neglect self-care. Caregivers need to put on

their own oxygen masks first. They need to take care of themselves or they risk not being able to help their families.

Q: *How can caregivers safely provide for older adults in light of the health guidelines?*

A: You need a game plan to limit transmissions. Designate 'inside' and 'outside' family members. Insiders, who are able to maintain social distance and minimal exposure, can safely remain indoors to assist. Those who remain outside bring value as grocery shoppers, errand runners and chore doers.

Q: *What are the signs an older adult may have COVID-19?*

A: Fever may not be a prominent feature for older people who may be prone to manifest shortness of breath or rapid respirations. Any change in respiration or mental status in older adults who are in communities where transmission is active presents potential risk. Don't wait to reach out to a provider or if it's an emergency, dial 911.

Q: *How can people stay safe and still feel connected?*

A: Technology offers safe alternatives. Phone calls and FaceTime are great tools. And a smile and a wave outside through a window can be a great holiday boost. Short notes and cards through the mail let older adults know you are thinking about them.

Mission to prepare diverse health care professionals gets boost

Elevating the voices and perspectives of people from diverse backgrounds and experiences is how we achieve health equity. Together, with committed partners, grantors and donors, we move toward our shared goal of improving health for all.

A new \$2.6 million grant from the Health Resources and Services Administration (HRSA) boosts our efforts. It provides for a new Scholarships for Disadvantaged Students program providing tuition support to disadvantaged students in the school's entry-level nursing program.

"This mitigates barriers to students applying to graduate school and takes some of the financial pressure off of those already enrolled in the program," says Piri Ackerman-Barger, associate dean for Health Equity, Diversity and Inclusion. "This sets them up for success for graduating and giving back to society."

School administrators focus strongly on recruiting, admitting and retaining a high percentage of underrepresented minority students with the potential for clinical excellence and advanced leadership from rural and underserved areas. The program also includes tutoring and annual faculty development sessions that focus on inclusion excellence.

"We must ensure that underrepresented students not only survive school, but also thrive and reach their full potential," Ackerman-Barger says. "Diversity is central for all health professions to mitigate health disparities and improve patient outcomes."



Meeting the moment, amplifying the impact

Alumna Theresa Pak leads with gratitude

Whether it's a playful competition to encourage graduate education or the very serious business of tackling racism in the workplace, Theresa Pak has contributed to and partnered

with the Betty Irene Moore School of Nursing since graduating in 2013.

"Staying connected is intentional on my part. It stems from an incredible sense of gratitude," says

Theresa, a master's-degree leadership alumna. "To openly and publicly express gratitude is important to role model for others. I feel it's a core value in nursing. It's who we are."

Theresa credits her leadership skills to the School of Nursing. Her enthusiasm for the program is evident in her smile when she insists that she encouraged more UC Davis Health nurses to apply to the school in a friendly competition with fellow alumna Amy Doroy, who is a UC Davis Health nurse manager as well.

Now, the strong relationship she formed with her thesis adviser many years ago reaps new rewards in her effort to give UC Davis Health nurses new tools to address discrimination, including a relationship-focused culture as well as anti-racism and cultural humility training.

"Dr. Jann Murray-García and I stay connected because I was curious to gain more skills to bring about system change. Nurses have such an important role to play in advocating for social

justice," explains Theresa, who serves as a nurse manager and a relationship-based culture and wellness strategist at UC Davis Medical Center. "But it's not about me. It becomes much bigger than me."

After the summer's national conversation on social justice and the American Nurses Association's membership calling racism a "public health crisis," UC Davis Health launched the training series.

Theresa is quick to point out many other School of Nursing alumni are leading diversity, equity and inclusion work.

Together, they amplify the school's influence throughout diverse health systems, communities and populations throughout California and beyond.

Creating lasting impact by empowering others keeps Theresa motivated even through recent months of unprecedented challenges. "The school opens doors, so that when a sliding-glass-door moment happens, you can walk through it and have the self-confidence and skills to succeed."



A L U M N I N E T W O R K

The Alumni Network enables physician assistant, nurse practitioner, nursing, nurse leadership and doctoral alumni to catch up and connect with one another.



Students, families, alumni, friends, faculty and staff celebrated the academic accomplishments and milestones of the Betty Irene Moore School of Nursing Classes of 2019 and 2020 online in May and June. Although in-person gatherings weren't possible, the online celebrations enabled greater participation and continue to attract viewers. Check out more virtual events at nursing.ucdavis.edu.



Future physician assistants (P.A.) from the Betty Irene Moore School of Nursing at UC Davis gathered virtually to mark their transition into the profession with the recitation of the Physician Assistant Professional Oath Sept. 18. Watch the 22-minute event with special messages from P.A. alumni at facebook.com/BettyIreneMooreSON.



Doctoral alumnae Michelle Camicia and Sheridan Miyamoto were both recognized for their significant contributions to health and health care by the American Academy of Nursing. The two were officially inducted as members of the 2020 Class of Fellows in October. Sheridan is also a fellow in the Betty Irene Moore Fellowships for Nurse Leaders and Innovators.

MORE ALUMNI FEATURES ON NURSING.UCDAVIS.EDU

New alumni fellows and residents at UC Davis Health

Congratulations to the following recent graduates on their new positions at UC Davis Health!

Sara Delao, M.S., FNP-BC, NP-C
Nurse practitioner resident

Victoria Jackson, M.S., NP-C, PA-C
Nurse practitioner resident and assistant clinical professor
Betty Irene Moore School of Nursing

Jason E. G. Ramos, MSN, R.N.
Clinical Nurse I and UC Davis Medical Center nurse resident

DISCOVER THE ALUMNI NETWORK

The Alumni Network is a new online community for all UC Davis nursing and PA alumni to engage in meaningful dialogue, connect with friends old and new and discover resources to support you along your career journey.

Signing up is easy, fast and secure.
Join today – and let us know what would benefit you most from a community of peers.

alumninetwork.mn.co



CONNECT WITH SARAH MENTZE,

director for alumni engagement, to learn more about how you as alumni can engage with the school. Please call or email to post a job, submit an alumni update or news, learn more about precepting opportunities or just to chat!

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