

Advancing

THE BETTY IRENE MOORE SCHOOL OF NURSING AT UC DAVIS / May 2016



School of Nursing current and past Jonas Nurse Leaders Scholars

JONAS NURSE LEADERS

Investing in Nurse Leaders

EVERY YEAR, U.S. nursing schools turn away thousands of qualified applicants from baccalaureate and graduate nursing programs, the majority reporting they do so due to a lack of faculty. The Betty Irene Moore School of Nursing at UC Davis strives to increase the number of doctorally prepared nurses to teach future nurses at four-year institutions. That goal is shared by the Jonas Nurse Leaders Scholars Program, which will award \$40,000 for four Doctor of Philosophy students at the School of Nursing to pursue their passion to teach new nurses.

“At some point in all our lives we depend on nurses and they deserve more support,” said Donald

“At some point in all our lives we depend on nurses and they deserve more support.”

—DONALD JONAS

Jonas, co-founder of the Jonas Center for Nursing and Veterans Healthcare. “In this new era of health care it is especially important for the philanthropic and business communities to invest in nursing education, particularly at the doctoral level.”

Supported by the Jonas Center for Nursing and Veterans Healthcare, the scholars program provides financial assistance, leadership development and networking support to expand the pipeline of future nurse faculty and advanced practice nurses. Including the newest grant, 10 students from the School of Nursing will ultimately receive scholarship support totaling \$120,000.

“Support from the Jonas Center allowed me to focus on an

Continued on page 5 ▶



HEALTHY AGING IN A DIGITAL AGE

Founding Dean

Heather M. Young

IN A TECHNOLOGY-DRIVEN SOCIETY,

the health care equation shifts. Gone are the days when individuals rely solely on information provided by clinicians. With a click of a mouse, anyone can Google their disease or connect with others who share their particular health concerns on Facebook, Twitter or Instagram to learn multitudes of facts, figures and statistics. Health has moved out of hospitals and clinics, so health providers must focus on wellness and well-being in settings as diverse as individuals.

As we celebrate National Nurses Week, we find ourselves living in the middle of two worlds: the digital constructs within health systems, such

Continued on page 3 ▶



UC DAVIS
BETTY IRENE MOORE
SCHOOL OF NURSING



SALUTING NURSES AND THEIR IMPACT

Sallie-Grace Tate, Assistant Dean for Advancement

EVERY MAY WE CELEBRATE the important role nurses play in health care during National Nurses Week. Every day at the Betty Irene Moore School of Nursing at UC Davis we recognize the contributions of those serving in this noble profession and the possibilities awaiting nurse leaders to shape future generations of providers and the health of our people and our communities.

We could not fulfill our mission to advance health and ignite leadership through innovative education, transformative research and bold system change without the valuable support provided by so many nursing professionals. From the beginning, nurses have demonstrated their support by partnering with us. Generous gifts made to the UC Davis Nurses' Founding Donors Scholarship and Research Funds enable us to assist students and faculty to develop their leadership potential. Thank you for investing in our vision and our growth.

Finally, I hope you'll join me in congratulating Sarah Mentze in her new role as director of alumni and external relations at the School of Nursing. Sarah leads a comprehensive program to actively engage alumni in the life of the school and cultivates relationships with community organizations on

Continued on page 5 ▶

SCHOLARSHIP RECIPIENT PROFILE: ALDREEN VENZON

Tapping technology to improve health for everyone

WORKING AS A floor nurse in New Jersey, Aldreen Venzon became known as the "IT guy." He wanted to pursue a master's degree in hopes of integrating his technology skills with his nursing career. He chose the Betty Irene Moore School of Nursing at UC Davis because it focuses on bold systems change through technology.

"I am confident I can apply my knowledge in leadership, health policy and systems standards

to better take care of not just one patient, but entire populations," Venzon said. "My graduate education has been transformative, both from a personal and professional perspective."

The opportunities for nurses evolve as the dynamics of health care shift. Nurse leaders, like Venzon, are needed in nontraditional roles like informatics, where they harness data to improve patient outcomes. The



"My graduate education has been transformative, both from a personal and professional perspective."

—ALDREEN VENZON

Healthcare Information and Management Systems Society considers informatics nurses an "integral part of health care delivery and a differentiating factor in the selection, implementation, and evaluation of health IT that supports safe, high-quality, patient-centric care."

Aldreen received scholarship support from the Nursing Science and Health-Care Leadership Student and Alumni Fund and recognizes his success is possible because of generous donors to that fund — both alumni who have

gone before him and students who sit beside him in class now.

"This amazing support motivates me to work harder and work smarter. My classmates and I now encourage each other to contribute for future students," Venzon explained. "More than just money, the spirit of philanthropy illustrates how the School of Nursing creates a culture of cooperation, where everyone can succeed." ♦

DID YOU KNOW?

• **Health conditions contribute to the adoption of technology among older adults.**

According to a 2014 Pew Foundation report, 68 percent of adults ages 65 or older seek health information online. 86 percent of users with a chronic illness tap into technology — 7 percent

greater than those without — the majority seeking facts on the condition, treatment and provider options.

QUESTION:

What technology tools would best enable you to improve your health and wellness?

Send your thoughts to Sallie-Grace Tate: sgtate@ucdavis.edu ♦

RESEARCH SPOTLIGHT: PCORI TECHNOLOGY SHIFTS THE CHRONIC DISEASE DISCUSSION

CHRONIC ILLNESSES consume \$3 of every \$4 in health care. Half of all adults have one or more chronic health conditions. Identifying solutions to combat the overwhelming statistics and empower individuals to change their behaviors by using technological tools lie at the heart of innovative research led by the Betty Irene Moore School of Nursing at UC Davis.

"Managing chronic illnesses is complex. Providers check in intermittently, yet people suffering from diabetes, heart disease or obesity live with these conditions 24 hours a day, seven days a week," explained Founding Dean Heather M. Young. "The unilateral conversation that often happens in traditional health care, where a provider tells a person what they should and shouldn't do for their health, is not enough. It must evolve into a partnership with common goals."

As principal investigator of the Patient and Provider Engagement

and Empowerment Through Technology Program to Improve Health in Diabetes Project, Young leads a \$2.1 million study funded by the Patient-Centered Outcomes Research Institute (PCORI). Young's team of researchers focuses on individuals with diabetes to determine if innovative approaches, including mobile technology and nurse coaching, help individuals with diabetes better manage their chronic disease.

"If we want people to feel confident that they can make positive health-and-wellness decisions in their daily lives, we must tap into what motivates each individual," added Sheridan Miyamoto, a 2014 Doctor of Philosophy graduate of the School of Nursing and co-investigator of the PCORI project.

For this three-year study, researchers assembled three advisory boards to gain multiple perspectives from patients, providers and technical advisers. Rather than focus on medications alone, lifestyle behaviors, such as diet, exercise and stress reduction, are considered.

"Following my diabetes diagnosis, I received no education on how to keep my disease under control," explained Margaret Hitchcock, chairperson of the Patient Advisory Board. "I finally got it under control after I took a proactive approach."

With more

Continued on page 6 ▶



HEALTHY AGING IN A DIGITAL AGE

Continued from page 1

as electronic health records, and pervasive mobile app technology consumers use daily to keep track of their health. Developing a common language — one that combines the information people collect with data that providers need — lies at the heart of research aimed at improving life for those with diabetes and other chronic health conditions.

Technology and nursing have long gone hand in hand. Nursing's digital age started decades ago when pumps, ventilators and machines entered critical care units as adjuncts to clinical care. Nurses commonly lead informatics efforts at California's largest health systems, our graduates among them.

For the first time, patient-generated data will become part of clinical care. This, coupled with greater access to information, will create a new balance of authority in health care between providers and consumers.

At the School of Nursing, we prepare students and conduct research to harness these opportunities. I salute all nurses who pave the way in cultivating health. ♦

AARP CAREGIVER VIDEOS

ONE IN FIVE American households falls within the realm of caregiving, from caring for aging parents to tending to a disabled spouse. Yet, when researchers from the Betty Irene Moore School of Nursing reviewed the research on available support for caregivers, they identified gaps in resources.

That discovery led to an opportunity to partner with colleagues at AARP to empower family caregivers with the knowledge and skills needed to care for a loved one at home. In April, the first of six tutorial videos launched on AARP's website to serve as tools for family caregivers as they manage complex nursing activities within their homes.

"Our goal is to help family caregivers, but it's also to teach nurses — practicing nurses and nursing students — how they might role model this and work with families in a very meaningful way," explained Susan Reinhard, a nurse and senior vice president and director of the AARP Public Policy Institute.

"Families provide the bulk of care to our aging population in the home and they need help," added Theresa Harvath, associate dean for academics and principal



investigator on the project. "Nurses are well poised to provide some of the resources and teaching that can better prepare family caregivers to take on this role."

The videos coincide with a national movement to legislatively mandate caregivers into the hospital discharge process. California was the 17th state to pass a law requiring hospitals take specified actions relating to family caregivers, from notifying a caregiver if a person is transferred or discharged, to providing information and counseling regarding the care they may need once outside of the hospital.

"This support for caregivers is a great first step. Our job as educators is to expand the capacity of nurses so they can be more effective supporting family caregivers," said Founding Dean Heather M. Young.



TOP: Terri Harvath, associate dean for academics, consults with actors during the AARP video shoot. **BOTTOM:** AARP's Susan Reinhard (back left) and Dean Heather Young behind the scenes during AARP video production.

"This partnership enables us to better educate nurses, as well as think about caregivers' challenges from a practical standpoint to a policy perspective, so we can ultimately improve systems of care." ♦

CALIFORNIA HOSPITAL FAMILY CAREGIVER LAW

THE CALIFORNIA HOSPITAL FAMILY CAREGIVER

LAW (SB 675) took effect Jan. 1, 2016, and requires hospital staffers to involve a family caregiver during the hospitalization and discharge process. California is one of 25 states to pass such laws during the past two years. The law requires hospitals to:

- Record the name of the family caregiver when a loved one is admitted; notify that caregiver when the loved one is relocated or discharged;
- Provide detailed instructions about the medical tasks that the family caregiver will perform, including education and counseling about the patient's medications;
- Deliver the information in a culturally appropriate manner in a language understood by both patient and caregiver.

Hospitals still must follow privacy laws and aren't required to release information if the patient doesn't give consent. ♦



SALUTING NURSES AND THEIR IMPACT

Continued from page 2

behalf of prospective students and faculty.

I remain inspired by our students who are determined to make a difference and the three-million-plus nurses dedicated to health and well-being for all. ♦

JONAS NURSE LEADERS

Continued from page 1

interdisciplinary, collaborative childhood obesity research project in an underserved, low income community," explained Lisa Martinez, a 2014 doctoral graduate and former award recipient. "The skills and knowledge that I gained provided me with a strong foundation for a career in nursing practice, research and education."

The renewed commitment from a national organization speaks volumes for the value of investment in students here.

"I applaud Barbara and Donald Jonas for their vision to establish this program a decade ago," said Heather M. Young, founding dean. "These dedicated individuals, through their generosity and advocacy, advance our potential to impact health care in a positive and meaningful way."

The School of Nursing Admissions, Fellowship and Recruitment Committee will select the 2016 recipients later this year. ♦



Christopher Morales-Phan (left), physician assistant alumnus

they can from all members of our team to gain perspective and awareness of their potential roles in a primary care setting.”

The Humboldt County preceptor program began with eight students spending four weeks each in clinical rotations in one clinic during the 2014-

PARTNERING WITH PROVIDERS IN HUMBOLDT COUNTY

TO ENSURE ACCESS to quality care in underserved communities, the Betty Irene Moore School of Nursing at UC Davis integrates classroom education with clinical preceptorships. Preceptors are health care providers who volunteer their time to teach, evaluate, serve as role models and aid in developing competencies in students working to become future providers.

The School of Nursing’s nurse practitioner and physician assistant programs emphasize community-based, primary care clinical experiences with clinical rotation sites in urban and rural settings throughout California. In order to expand the number of rural sites, school leaders partnered with health organizations and providers in Humboldt County.

“Sharing with others spurs a dynamic ripple effect,” explained Maryanne Riley, a nurse practitioner at Redwoods Rural Health Center. “I hope they learn as much as

2015 year and grew to 10 students spending six weeks each in clinical rotations at seven different primary care or clinical-specialty settings during the 2015-2016 year.

“My rotation in Eureka was awesome,” recalled Dessie Paraskevas, a physician assistant student. “I was blown away by the interdisciplinary approach and how it embodied the spirit of the School of Nursing.”

A grant from the Office of Statewide Health and Planning Song-Brown program jumpstarted the initiative and provided three years of funding. New support from providers in the community, including St. Joseph Hospital Foundation, Redwood Memorial Hospital Foundation and Partnership HealthPlan, will enable as many as 40 students to deliver care and receive on-the-job training.

“It’s very important that this partnership continues,” said Andrew Michaels, St. Joseph Hospital’s chief of cardiology. “This experience is good for students’ careers as well as well as our community.”

The School of Nursing is committed to building a

sustainable, long-term pipeline of future clinicians dedicated to rural health care in Humboldt County and beyond. ♦

RESEARCH SPOTLIGHT

Continued from page 3

than 35,000 health-related apps on smartphones, millions of Americans chart their own health and wellness to meet individual goals. Researchers have found that determining what health information is valuable to clinicians, what data people can collect on their own and how those records speak to each other is a challenge. The Technology Advisory Board worked to build a technology interface for these different worlds to communicate.

Recruitment for the 300-participant study began in March. Half of the participants will receive traditional support in the form of electronic health record access and educational resources. The other half will receive health coaching intervention with a technology component.

“This research continues to build upon our collaborations across UC Davis and the region and enables us to further our mission of transforming health care with system-level interventions that improve care,” Young added. “Nurses are well suited to address chronic-disease issues in that we work with people to understand, cope with and manage their conditions.” ♦

STUDENT AND ALUMNI NEWS AND HAPPENINGS



Sara Marchessault

NURSE PRACTITIONER ALUMNA RETURNS HOME WITH A NEW PURPOSE

Sara Marchessault is passionate about health care and has a heart for rural communities. She embarked upon the nurse practitioner and physician assistant dual-track programs at the Betty Irene Moore School of Nursing in June 2013 with a dream to return to rural Canby, California, upon graduation. In the fall of 2015, she completed a master’s-degree and entered the greatest challenge of her life.

Canby is a small, remote community in Northern California with a population of about 300. Health providers in rural areas face additional pressures of seeing enough people a day while supporting the practice.

“The Canby Family Practice Clinic is in transition right now,” explained Marchessault. “I’m one of two new providers; we’ve had turnover in our staff and we’re continually expanding the number of people we serve.”

Marchessault offers broad knowledge in primary care, while Bennett Pafford, an internal medicine specialist, brings a unique level of complex disease management. Together, they serve people across the entire lifespan and are finding innovative ways to improve services.

“My School of Nursing experience taught me to problem-solve in ways I never imagined. For example, our health care team is currently focused on improving work flow to

provide high-quality patient care,” Marchessault said. “We turned to telemedicine to link patients with certain specialties unavailable in our area. In this way, we’re expanding our services without requiring patients to drive long distances for care.”

“Sara’s ability to look at the big picture of health care enables us to not just survive, but thrive,” explained Greta Elliott, Canby Clinic’s administrator. “Her team-based approach positions us to stay functional and provide quality services as we navigate through these changing times in health care.”

Marchessault credits teamwork and Pafford’s mentoring for her early successes amid the challenges. In the meantime, she appreciates her connection to former classmates also in the process of developing their practices. She hopes to give back to the School of Nursing in coming years, by serving as a preceptor for nurse practitioner and physician assistant graduate students.

“I realized upon my return to Canby, I’m not the same person as when I left,” Marchessault admitted. “My graduate school experience transformed my world view, while enabling me to make the transition from being a nurse to a provider.”

MASTER’S-DEGREE LEADERSHIP STUDENT HONORED WITH SOCIAL JUSTICE AWARD

Roneka Muhammed, a master’s-degree leadership student at the School of Nursing, received the Award for Seeding Improvements in Education Policy and Practice at the 2016 Social Justice Celebration of the UC Davis Equity Task Force.



Roneka Muhammed

Muhammed serves as a supervising registered nurse at Folsom State Prison and Folsom Women’s Facility for California Prison Health Care in Folsom, California.

DOCTORAL STUDENTS ASSUME NATIONAL LEADERSHIP ROLES

Betty Irene Moore School of Nursing doctoral candidate and nurse Bronwyn Fields was recently appointed as the North America regional co-editor for the Rural and Remote Health Journal. This international, electronic journal aims to provide accessible, peer-reviewed, international evidence to inform improvement in rural health service delivery and health status in rural communities. Michelle Camicia was recently appointed to the National Quality Forum Neurology Standing Committee. The National Quality Forum is committed to helping achieve better and affordable care across the nation as well as improving the overall health of Americans. Camicia is a doctoral student in the Class of 2018.

UPCOMING EVENTS:

ACADEMIC SYMPOSIUM: The leadership of the School of Nursing invites you to attend the annual Academic Symposium, throughout the day on Friday, June 3. Please come support the students, who will present their scholarly work through panel discussions, podium presentations and research poster displays. The event runs from 9:30 a.m. to 5 p.m. in the Education Building, 4610 X. St., Sacramento. Please R.S.V.P. at the website sonrsvp.com. ♦

L A T E S T N E W S

Welcoming inaugural nursing class

THE SCHOOL OF NURSING expects to welcome 24 students in June to the inaugural class of the Master's Entry Program in Nursing. For the first time, UC Davis prepares new nurses. The 18-month, accelerated-degree program offers the quickest route through an advanced degree to registered nursing licensure for adults who already completed an undergraduate degree in another discipline as well as prerequisite courses.

Harvey V. Fineberg discusses nursing's role in quality

HARVEY V. FINEBERG, a nationally recognized leader on issues in public health and former president of the Institute of Medicine, discussed



Harvey V. Fineberg

the role of nursing in safety and quality of health care at the annual dean's lecture series at the Betty Irene Moore School of Nursing at UC Davis. Fineberg currently serves as president of the Gordon and Betty Moore Foundation, which, in 2009, committed \$100 million to enable the creation of the School of Nursing at UC Davis. The lecture was sponsored in part by the MS – Leadership Class of 2015.

School of Nursing ranked among nation's best

FOR THE SECOND YEAR IN A ROW,

U.S. News & World Report named the Betty Irene Moore School of Nursing at UC Davis among the nation's best for master's-degree nursing programs in the 2017 *U.S. News & World Report* Best Graduate Schools. Upon the announcement, Dean Heather M. Young said, "We are a young school with many years of growth ahead. That our faculty and programs earn high regard from peer institutions speaks volumes."

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

- 148 Current students
- 137 Alumni
- 5 Graduate-degree programs
- 38 Scholarships
- Ranked among best nursing graduate schools by *U.S. News & World Report*
- 50-plus community partners and collaborators
- 150 clinical sites for student rotations

UC DAVIS BETTY IRENE MOORE SCHOOL OF NURSING

4610 X Street, Suite 4202
Sacramento, CA 95817

Engage with us.

Together, we build a strong foundation and bright futures.

Visit nursing.ucdavis.edu

Prefer to receive email updates? Drop a line to BettyIreneMooreSON@ucdavis.edu.