

FLORIDA ATLANTIC UNIVERSITY

TRANSFORMING

CHRISTINE E. LYNN COLLEGE OF NURSING

Care



30th
Anniversary
1981-2011

Christine E. Lynn



A Message from the Dean



My Dear Friends,

I find it difficult to write for this edition of our College magazine. For the past 29 years, I have had the privilege of serving the College, first as director of the Division of Nursing and then as dean. Soon I will be embarking on a major transition in my life — retirement. I find it symbolic that my retirement parallels the 30th anniversary of our College. The traditional symbol for a 30th anniversary is the pearl. According to the literature, a natural or wild pearl is very rare. The Christine E. Lynn College of Nursing is indeed our wild pearl!

Our story is indeed special. Thirty years ago, we admitted our first 10 students thanks to the generosity and wisdom of four private donors who were strong advocates for baccalaureate level nursing education. Today the College has 1,300 baccalaureate, master's and doctoral students and five centers and institutes dedicated to making a difference in the lives of those seeking health care.

From the beginning, the College was dedicated to advancing knowledge of the discipline through innovative curricula grounded in Caring. As a faculty, we believe that if Caring is truly the essence of nursing, it must be studied, researched and practiced. Today our programs serve as models. The College is nationally and internationally recognized for its commitment to advancing the science of Caring, studying its meaning, practicing the art and living Caring day to day.

We have had 30 years of remarkable achievements. The College is poised to accomplish even greater things in the future. The many delicate, overlapping layers of a pearl are what gives it brilliance and luster. In the same way, the luster of our great College is achieved through the commitment of many dedicated faculty, staff and students — past and present — and the extraordinary support of colleagues and friends...especially Christine Lynn.

To all of you I extend my sincere gratitude.

Sincerely,

A handwritten signature in black ink that reads "Anne Boykin". The signature is written in a cursive, flowing style.

Anne Boykin
Dean, Christine E. Lynn College of Nursing

TRANSFORMING

CHRISTINE E. LYNN COLLEGE OF NURSING

Care

2011



Sharon Dormire
Ph.D., R.N

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In Memoriam



ELIZABETH ANN PROSS

January 5, 1958 – March 29, 2010

Our College community mourns the loss of one of our faculty, Dr. Elizabeth “Beth” Pross. After serving as a faculty member and chair of the Department of Nursing at Minot State University, Beth joined the Christine E. Lynn College of

Nursing in 2007 to fulfill a lifelong dream of teaching in a caring-based program and living near the ocean. Beth served as director of the nursing program at the Treasure Coast campus from 2007-09 and then transitioned to the Boca Raton campus in a full-time faculty role.

Beth was dedicated to her students and their success. Her research focused on transforming health care organizations through caring values and transformational leadership. She was a site evaluator for the American Nurses Credentialing Center’s Magnet Recognition Program, traveling across the country assisting hospitals in achieving excellence in nursing care. Her life’s work focused on improving the quality of health care for others.

We remember Beth as a bright light among us. She was a devoted teacher, generous colleague, and committed scholar and leader. On April 1, 2010 faculty, students and friends gathered by the sea that Beth loved so dearly to celebrate her life and honor her many gifts to us.



SARAH FISHMAN

July 5, 1934 – April 12, 2010

Sarah Fishman was a valued faculty member in the College for 14 years, sharing her wisdom with colleagues and students in countless ways. She was an expert geropsychiatric clinical nurse specialist and participated in developing and

teaching in the gerontology certificate program and the gerontological nurse practitioner program.

Sarah was a past president of the Florida Nurses Association (FNA) District 21 and mentored many students in the professional organization over the years. She received a posthumous award in Recognition of a Lifetime of Service to Nursing from FNA District 21. She was dedicated to nursing and the College of Nursing and worked tirelessly for both.

Those who had the privilege of knowing Sarah, and her beloved husband Bernie, were touched by their spirit, generosity, creativity and love of life. She will be missed by all she touched.

Welcome New Faculty

The Christine E. Lynn College of Nursing welcomes and brings unique practice and valuable teaching experience.



SHARON DORMIRE

discovered her career path when teaching prepared-childbirth classes. Her clinical practice over the past 30 years has focused on all areas of maternal-infant nursing.

Dr. Dormire’s current research focuses on exploring the physiological processes associated with

hot flashes and memory changes during menopause and developing management strategies related to these issues. She has authored publications related to menopause, ethics and adolescent pregnancy as well as menopause-related health needs of women with disabilities.

Finding ways to integrate technology into the curriculum is a priority for Dr. Dormire as director of undergraduate programs for the Christine E. Lynn College of Nursing.

Dr. Dormire brings enthusiasm, maturity and a passion for nursing to her new role. She taught nursing at a diploma program in Pittsburgh and was a faculty member at the University of Texas at Austin, where she developed the maternity nursing master’s degree program.

Dr. Dormire earned her Bachelor of Science in nursing from Indiana University of Pennsylvania, her master’s degree in maternal-infant nursing from Virginia Commonwealth University, and her doctoral degree at the University of Florida. She later completed a post-doctoral fellowship in neuroscience and neurobehavior nursing at the University of Michigan. Prior to joining the College community at FAU, she was an associate professor at the University of Texas at Austin.

College News

...ed three new faculty members in August 2010. All three
...erience to our students.



SUSAN DYESS brings a depth of knowledge and experience from nursing practice in critical care, oncology and faith community nursing to her teaching and research. Her research focuses on caring protocols for the new nurse and caring-based models in acute care and community practice environments.

Dr. Dyess was the pioneering project director for the College's Novice Nurse Leadership Institute. This institute

continues today as a program funded by the Palm Healthcare Foundation to support education-practice transition and leadership development for new nurses. The purpose of the institute is to assist and support new nurses as they transition from school to the workplace, enhance their knowledge base and skill sets, and promote the value of lifelong learning and leadership in nursing.

"Each year, thousands of new nurses enter practice with enthusiasm and a passion for their profession," said Dr. Dyess. "Research shows us that during the first year, 30 percent of new nurses leave their first nursing job. By the end of two years, 57 percent leave. The transition from the educational setting to the practice setting is difficult. Many new nurses report feeling completely overwhelmed by the challenge of learning the job in the face of abbreviated orientations, staffing shortages, high patient acuity, short lengths of stay, and high expectations from staff and patients. In truth, our contributions as nurse coaches to future generations of nurses may have a longer, more profound effect than anything else we do as nurses."

Dr. Dyess is currently the project coordinator for a unique Dedicated Education Unit within a local acute care facility founded on Dean Boykin's and Savina Schoenhofer's theory of Nursing as Caring.

Dr. Dyess earned her bachelor's degree in nursing from the University of Iowa and her master's and doctoral degrees from FAU's Christine E. Lynn College of Nursing. She has been a board member of the Interfaith Health and Wellness Association and the Governor's Council on Community Health Partnerships, and is a member of the Palm Beach County Community Health Alliance.



RHONDA GOODMAN'S research focuses on adolescent females who self-injure by cutting. While difficult to explain and even more difficult to understand, cutting is a trend that is becoming more prevalent in young women. Dr. Goodman teaches participants how to tell their stories using digital media, including video, graphic art and audio.

"The participants in my research revealed that cutting is their way of

expressing difficult emotions; they feel that they have no other voice," said Dr. Goodman.

The National Association of School Nurses (NASN) awarded Dr. Goodman a grant for the continuation of her research.

In addition to her domestic research, Dr. Goodman has a particular interest in studying global health issues in Uganda. After spending time in Uganda, she established the Center for Community Wellness at Katete/St. Mary's, Inc. This is a non-profit organization focused on promoting and supporting community-based education and access to health care for children residing in southwestern Uganda. Her efforts go beyond the boundaries of research, extending into community service and providing for the basic needs of children and families, including shoes, tuition, school supplies and a salary for the school's nurse.

Dr. Goodman earned her bachelor's degree in nursing from Houston Baptist University and her master's and doctoral degrees from FAU's Christine E. Lynn College of Nursing. She is a family nurse practitioner. Dr. Goodman received a master of arts in biblical and theological studies from Knox Theological Seminary in Fort Lauderdale. She is certified as a school nurse by the National Board of Certification for School Nurses and is a member of the editorial board of the *Dermatology Nursing Journal*.



Celebrating Faculty Accomplishments

CHARLOTTE BARRY, professor, and **KATHERINE KELLER**, associate professor, were designated as master teachers for a period of two years by Florida Atlantic University's Undergraduate Studies Program.



Dr. Barry's teaching is guided by caring philosophy that embraces the belief that to be human is to live caring. She creates an environment for learning with a deliberate pace to encourage thoughtfulness and reflection. Dr. Barry's passions are service learning and sustainability. Her Master Teacher projects focus on infusing academic service learning into the College of

Nursing courses and in teaching students how to lead sustainability initiatives in their communities.



ANNE BOYKIN received the Treasure Coast Innovation in Health Care Award at the Health Care Heroes luncheon. She has worked closely with health care systems to implement Nursing as Caring theory.



DEBORAH HAIN, JOSEPH OUSLANDER and **RUTH TAPPEN** received a Presidential Poster Award during the 2010 Annual Scientific Meeting of the American Geriatrics Society. The interdisciplinary team's project focused on safe transitions for older adults.



Dr. Keller is a dynamic teacher and clinical expert in adult health and acute care. She shares her teaching talent as coordinator of the Nurse Educator track in the master's program. She is enhancing undergraduate education at the College through developing an orientation for graduate teaching assistants and in mentoring junior faculty in clinical teaching.

Dr. Keller was honored as the Florida Atlantic University Distinguished Teacher of the Year in 2008.



KIM JOLLY was the keynote speaker at the 11th annual Red Rose Ball in Freeport, Bahamas. The event seeks to promote HIV/AIDS awareness and to raise funds for a permanent home for the Grand Bahamas AIDS Awareness Committee. Dr. Jolly is a native of the Bahamas, and her research focuses on the prevention and eradication of HIV/AIDS.



Two College of Nursing faculty — **JOY LONGO** and **DEBORAH HAIN** — received FAU Faculty Research Mentoring Program awards. The program is sponsored by the Division of Research to provide early career faculty with quality guidance in developing research proposals and building long and productive careers at FAU. The program is designed to pair early-career faculty with senior colleagues who have compatible research interests.



Middle Range Theory for Nursing, **PATRICIA LIEHR'S** publication co-authored with **MARY JANE SMITH**, received *The American Journal of Nursing Book of the Year Award*. Both editions (2003 and 2008) were selected for the research category.



DRS. BLUM, GORDON LIEHR and LOWE were honored as some of the Great 100 Nurses at the Florida Nurses Association Centennial Celebration. These nurses were nominated by their peers for excellence in diverse areas of nursing practice, research and education



DEBORAH RAINES and DOUG SUTTON received a grant from the Florida Nurses Foundation to study the role of nurses as support group leaders for those experiencing bariatric surgery. The study will help to understand the successes and challenges of leading a support group and perceptions of the impact of the support groups on quality of life and health for this population.



ROZZANO LOCSIN received an Academic Excellence Award from the Philippine American Society. In addition, Dr. Locsin received an award from the Balik Scientist Program, which was established to encourage overseas Filipino scientists to return to the Philippines

and share their expertise in order to accelerate the scientific, agro-industrial and economic development of the country. He is pictured here with Ms. Dolly Felicitas of Silliman University and Dr. Estrella Alabastro, secretary of the Department of Science and Technology for the Republic of the Philippines.



In November, **DR. ROSE SHERMAN** was one of two nurses in Florida and 116 internationally who were inducted as fellows into the American Academy of Nursing based on her scholarship, leadership activities and impact on the profession of nursing. Dr. Sherman joined the faculty of the Christine E. Lynn College of Nursing in 2002 after a 25-year nursing leadership career with the

Department of Veterans Affairs at five VA medical centers.

Dr. Sherman's areas of scholarship include the development of current and future nurse leaders and generational issues in today's healthcare workforce. Her work is translational, with a focus on taking her research and that of others to nurse leaders to develop practical strategies they can implement in their practices. Since joining the faculty, Dr. Sherman has published 35 journal articles and has written seven book chapters. She has received more than \$1.5 million in leadership development program grants.

In 2005, Dr. Sherman was named Florida Nurse Leader of the Year by the Florida Organization of Nurse Executives for the work she has done in the state to develop nursing leaders. In 2006, she was one of 20 nursing leaders nationally selected for a three-year Robert Wood Johnson Nurse Executive Fellowship. In 2008, she received the distinguished teaching award for the University and this fall she received the University's graduate student mentoring award.



JOHN LOWE was selected to serve a four-year term as a member of the National Institutes of Health's (NIH) Nursing Science: Children and Families Study Section, Center for Scientific Review. In addition, he was appointed as an advisor to the U.S. Department of Health and Human Services and Indian Health Services/Native Americans in Health Careers

and received the Jackson Memorial Hospital Professional Excellence Award. Dr. Lowe is a leading expert in health disparities, cultural competence, and innovative, culturally sensitive approaches to address substance use in children and adolescents.



ROSARIO MEDINA-SHEPHERD was elected vice president of the National Association of Hispanic Nurses.

Dr. Medina-Shepherd also received an Oncology Nursing Society Foundation grant to support her research exploring mammography screening behaviors in Spanish-speaking Hispanic women.



RUTH TAPPEN received the Southern Nursing Research Society/John A. Hartford Foundation Geriatric Research Award. The purpose of the award is to recognize the contributions of an individual whose established program of research has enhanced the science and practice of geriatric nursing in the Southern region. Among other criteria, awardees must be

published and have outstanding scholarly contributions to the science of geriatric nursing.

Celebrating Faculty Accomplishments cont.



THERIS TOUHY received the Saint Xavier University Distinguished Nursing Alumni Award. Recipients of this award demonstrate outstanding commitment to patients, utilize innovative approaches to health care and enhance the image and future of nursing through research and scholarship.



LISA MARIE WANDS was awarded the 2010 Florida Nurses Foundation Undine Sams and Friends Research Grant for her dissertation titled *"Multidimensional Health for Veterans Returning Home from War."* In addition, Lisa Marie received the Florida Atlantic University Graduate Fellowship for Academic Excellence for the 2010-11 academic year.



CHRISTINE WILLIAMS is the first recipient of the Ronald and Elizabeth Blake Distinguished Professorship for 2010-12. Dr. Williams is a leader in geropsychiatric nursing who has focused attention on those with Alzheimer's disease and related dementias. She has helped to transform the way nurses and colleagues from other disciplines view persons experiencing dementias.

SPOTLIGHT
Me
Betty W



Betty consistently provides thoughtful guidance related to personnel, budget and financial help and provide assistance and important. "I am pleased to be a part of this incredible support the outstanding faculty and staff and reflect caring through my day to day

ING STAFF:

Meet Betty Woelfel

BETTY WOELFEL currently serves as business manager for the Christine E. Lynn College of Nursing. She began her career at FAU as administrative coordinator for the Department of Mathematics in October 1997 and joined the College of Nursing staff in January 1999. Prior to coming to FAU, she worked at the University of Maryland, and while working full-time and raising two children, went back to school and in 1986 attained her B.S. in finance from the University of Maryland.

As business manager, Betty provides oversight for all College funds and is intimately involved in all dialogues that ultimately influence the budget. She brings to these discussions a breadth of knowledge and vision that is respected by colleagues.

Guidance to faculty and staff in all matters, and she prides herself in always willing to provide information to both faculty and staff.

able organization," said Betty. "My goal is to support the Christine E. Lynn College of Nursing in its work and life."

Celebrating Student Accomplishments



MELISSA KELLEY was selected as student representative to the board of directors of the National Alaskan Native and American Indian Nurses Association (NANAINA).



SARA LINDLEY was elected president of the Florida Nursing Students Association. Sara was selected to participate in the 2010 Student Scholars' Institute, Tomorrow's Leaders: Shaping Florida's Civic Future event in Tallahassee.



The FAU Graduate Fellowship Selection Committee awarded **EUGENIA MILLENDER** the Delores A. Auzenne Fellowship. Eugenia is currently a doctoral candidate in the Ph.D. program.



CAROLYN MOLLO was named Student of the Year at Palm Healthcare Foundation's 2010 Nursing Distinction Awards. She was vice president of the Student Nurses Association at FAU and was on the Executive Board for the Florida Nursing Students' Association.

Doctor of Nursing Practice Program First in Florida to Receive CCNE Accreditation



The first DNP graduates were awarded degrees in December 2010.

The Christine E. Lynn College of Nursing's Doctor of Nursing Practice (DNP) program launched in fall 2008 and received accreditation in May 2010 from the Commission on Collegiate Nursing Education (CCNE). The DNP program was the first in Florida to receive accreditation.

FAU's DNP program prepares advanced practice nurses and nurse administrators with a doctoral degree that focuses on practice leadership. The uniqueness of the program is its focus on caring for a culturally-diverse population across the lifespan.

"Whether they take their newfound knowledge back to hospital floors or embark on new endeavors, these students are making a real difference in the day-to-day and future health of our communities."

— Ruth McCaffrey,
associate professor and coordinator of the DNP program

"Through their capstone projects, each of our DNP students gained a realistic pulse on health care issues affecting South Florida today," said Ruth McCaffrey, associate professor and coordinator of the DNP program. "Whether they take their newfound knowledge back to hospital floors or embark on new endeavors, these students are making a real difference in the day-to-day and future health of our communities."



The Christine E. Lynn College of Nursing received the first Florida Nurses Association (FNA) Education and Advocacy Award in 2010, recognizing a nursing education program that promotes professional activities and educates nursing students about advocacy through inclusion of related content in the curriculum and participation in related activities.

College Hosts Society of Rogerian Scholars Conference

For the second year in a row, the Christine E. Lynn College of Nursing hosted the annual Society of Rogerian Scholars (SRS) conference.

Dr. W. Richard Cowling III, professor and director of the doctoral program at the University of North Carolina at Greensboro, provided the keynote address, "Unitary Science Praxis: An Avitar of Nursing."



Outgoing SRS president, Marlane Smith, with incoming president, Arlene Farren

The society's purposes include: advancing nursing as a basic science; fostering the understanding and use of the Science of Unitary Human Beings (SUHB) as a basis for theory development, research, education, and practice; and providing educational forums on the SUHB.

Renowned Nursing Theorist Donates Work to the Archives of Caring in Nursing



Dean Boykin and Dr. Leininger in the Archives of Caring in Nursing

On April 16, 2010, the college celebrated the acquisition of the **Madeleine M. Leininger Collection on Human Caring and Transcultural Nursing** at a formal dedication ceremony. Dr. Leininger is best known for her theory of Cultural Care Diversity and Universality, which guides research, practice and education worldwide.

This collection, housed in the Archives of Caring in Nursing, contains Dr. Leininger's scholarly and professional papers spanning from approximately 1960 to the present.

"Dr. Leininger has devoted her professional life to developing the domain of nursing knowledge on caring," said Anne Boykin, Christine E. Lynn College of Nursing Dean. "Her vision of the 'blending' of two fields — nursing and anthropology — launched a lifetime focus on caring. Among many other professional accomplishments, she termed the phrase 'Caring is the essence of nursing' and established two annual forums — The Transcultural Nursing Society and Caring Conferences — to advance caring knowledge. What a precious gift she has given to the discipline by providing the opportunity for students and scholars to forever study her work."

College Community Marks New Academic Year with Convocation



The Christine E. Lynn College of Nursing welcomed new and returning faculty and students for its second annual convocation on Sept. 24, 2010. Dr. Christine Williams was recognized as the recipient of the Ronald and Elizabeth Blake Distinguished Professorship in Nursing, and Dr. Zane Wolf addressed the audience with her presentation, "Gathering Stories: Locating Nursing Student Chronicles."

Dr. Theris Touhy reflected on Dean Boykin's history with the College during a speech filled with both humor and inspiration to carry on with the College's deep commitment to its philosophy of caring in nursing.

Studying Nursing through Aesthetic Expression

Nurses practicing in the complex acute care environment are accustomed to moving at warp speed, and being pushed by the increasing demands of technology and documentation. These nurses often return to the College to pursue graduate nursing education to be reminded of why they initially chose nursing as a career. In addition, many are on a quest for a deeper understanding of their practice.

The challenge for faculty is to provide an environment for students to slow down, search inside and discover meaning in their practice of nursing.

In the core graduate level course, "Advanced Nursing Practice Grounded in Caring," students explore this meaning via aesthetic expression. In one course assignment, students are asked to recall and write about a meaningful nursing situation. The students are then asked to re-present this nursing situation in some aesthetic form. The situation may be expressed through an array of artistic forms such as poetry, dance, song, composition, sculpture, drama, painting or needlework.

"Aesthetics is the realm of opening in which students can fully engage in valuing meaning and connecting to their core beliefs."

— Marguerite Purnell, assistant professor

"For students, the creative aesthetic project is an emotional outpouring that becomes a unique expression of the enduring beauty in her or his own nursing practice," said Marguerite Purnell, associate professor. "The challenge for students is to experience new ways of being in touch with nursing."



Destiny Grant performs a spoken word aesthetic expression.



Allison Cannarella explains her painting to Dr. Ray.

Celebrating the First DNP Graduating Class

FOURTEEN graduates of the first Doctor of Nursing Practice (DNP) cohort received their degrees in December 2010 after presenting their capstone projects to an audience of faculty, colleagues, friends and family members. Projects ranged from designing and implementing a nurse house-call practice for older adults with chronic obstructive pulmonary disease to developing caring communities in assisted living facilities. The DNP program prepares nursing leaders who are able to use nursing theories and the best evidence to develop new approaches to enhance well-being and improve health care.



New Undergraduate Program Leader Shares Vision



When new leaders join any organization, they bring their unique perspectives and gifts. Dr. Sharon Dormire, the new director of undergraduate studies, is no exception. Dr. Dormire was drawn to the College because of its internationally renowned work on caring theory and its commitment to high-touch, creative teaching approaches. She recognized the

potential for improving the usual way of teaching nursing.

Several national initiatives are leading the need for changes in undergraduate nursing education. The Carnegie Foundation Report issued last year recommended radical transformation of nursing education through an emphasis on learning. To achieve this educational transformation, the report defined the utilization of nursing situations, bridging clinical and classroom teaching, shifting to multiple ways of knowing that inform practice reasoning, and focusing on the formation of the student as nurse.

“Our College of Nursing is ahead of the curve on implementing these changes,” said Dr. Dormire. “We have been working on teaching through the use of nursing situations for some time.”

The Institute of Medicine and the American Association of Colleges of Nursing also have issued reports recommending changes in nursing education. Dr. Dormire formed a VISION (Visualizing Innovative Strategies to Improve Ongoing Nursing) Team to work on integrating these ideas into the undergraduate curriculum. Dr. Dormire has inspired faculty and students to use even more technology to improve systems and enhance teaching and learning.

Dean Boykin commented, “Sharon brings her iPad to every meeting. She is always connected to information and can share it instantly.”

“In undergraduate programs, our interests rely heavily on finding new ways to integrate technology into the curriculum, while maintaining an emphasis on teaching caring in nursing,” said Dr. Dormire.

Since joining the College from the University of Texas at Austin last fall, Dr. Dormire has introduced undergraduate students to an application for accessing critical information through comprehensive point-of-care information on smart phones. In projecting some changes, she stated that undergraduates can expect to see more online course offerings and opportunities to engage in academic service learning.

DNP graduate Laurie Grissman’s capstone project evolved into a new career opportunity for her. Grissman, a nurse practitioner working in a private pulmonologist practice, discovered research that demonstrated quality transitional care at home after discharge from acute care or rehabilitation can decrease costs and re-hospitalizations for patients with chronic diseases. She found that in-home support was rare in Martin County, Fla. To address this deficit, Laurie initiated an independent nurse practitioner practice that offers house calls for the older adult population from Stuart through Jupiter in Martin County.

“Through their capstone projects, each of our DNP students implemented a new idea that has great potential to impact the health and well-being of people in our communities,” said Ruth McCaffrey, associate professor and coordinator of the DNP program. “These students are making a real difference and this is one measure of the success of our DNP program”

Integrating Education, Practice and Research through the Dedicated Education Unit

The current health care environment necessitates that nurses focus on the transformation of practice through collaborative initiatives with other health care professionals. Researchers suggest that when nurses co-create a caring environment of practice, many positive cultural changes occur that contribute to increased satisfaction and a sense of value for all involved. Other researchers present compelling evidence to support the link between work environments, quality health care outcomes, patient safety, nurse retention and satisfaction in acute care nursing practice.

In the fall of 2009, the Christine E. Lynn College of Nursing initiated an academic practice project with St. Mary's Medical Center to implement a dedicated education unit (DEU). Dedicated education units are being formed across the country to provide hospital environments that support teaching and learning in clinical nursing education. The DEU at the College of Nursing is unique because it is a model unit for the integration of caring theory in practice, education and research. The DEU intentionally connects baccalaureate, master's and doctoral nursing students, expert nurses, new nurses, nursing leadership and faculty to transform patient care units into practice environments that are supportive of staff nurses and student nurses, while caring for acutely ill patients and their families.

At St. Mary's, a clinical group of nine undergraduate students spent one semester learning within the DEU guided by a clinical faculty member, Lisa Marie Wands, and nurse experts who became the nursing practice mentors.

"At each meeting we reflected on nursing situations with students, staff and administrators, using caring intention as our guide," said Susan Dyess, project coordinator and assistant professor. "The students ultimately benefit from a model like this, which is designed to smooth the transition from education to practice and to provide them with an optimal, efficient learning environment that capitalizes on the expertise of both clinicians and faculty while simultaneously transforming the practice environment."

In turn, the nurse mentors benefit by continuing to develop professionally in their roles as clinical teachers and feeling the gratification of nurturing future nurses.

Baseline research data were collected from interviews, focus groups and three standardized instruments.



FAU nursing student Ashley Worman-Hess and St. Mary's nurse LaShunda Blackshear worked side-by-side in the DEU.

Subtle changes were noted in the practice environment, and students reported having enriching learning experiences. Several students describe experiences of witnessing caring in action that was holistic, awe-inspiring and affirming.

"I think it was a very profound experience. I had an excellent nurse mentor who knew my strengths and weaknesses and where to push me so that I could become stronger and feel confident about what I knew."
— DEU student

Initial findings were published in the Journal of Nursing Administration and presented at the Florida Organization of Nurse Executives and American Association of Colleges of Nursing Baccalaureate Education Conference.

"As caring science continues to mature, process and outcome measurements that support the value of caring-based practice models in a variety of health care organizations are critical," said Dyess. "The DEU shows promise as a very good model for nurse education and practice transformation."

College Participates in Peace Week to Celebrate the Visit of the 14th Dalai Lama

FAU's Peace Studies Program hosted Expression of Peace Week events to get students and the community involved in discussion and contemplation on the complex dimensions of peace in the time leading up to the visit of His Holiness the 14th Dalai Lama of Tibet.

Christine E. Lynn College of Nursing faculty hosted two lectures and workshops, including "Touching Peace, Finding Compassion" with the Dorothy F. Schmidt College of Arts and Letters and "Above All, Valuing Peace: Stories from Hiroshima and Pearl Harbor."

The first workshop introduced participants to a set of simple but powerful techniques to quiet the mind and open the heart. The second shared research about survivors' stories of health.

Students Learn through Caring-based Simulations

Technology is an essential part of educating tomorrow's nurses and discovering new and improved ways to care for patients. Christine E. Lynn College of Nursing faculty embrace this concept and regularly integrate technology into undergraduate- and graduate-level curricula.

Simulation scenarios help nursing students learn to respond to the complexities of a nursing situation in a safe environment where they can learn from their mistakes. The College designs simulations that require the student to demonstrate caring competencies along with technical competencies for the particular situation. For example, one scenario may demonstrate how a patient might be worried about his elderly wife being alone at home and how much better he would feel if his nurse would help him make a quick phone call to her.

"Our students are seeing in simulation how a nursing situation should unfold," said Candace Hickman, nursing learning lab and

simulation coordinator for the College of Nursing. "Students will encounter these situations in real-life practice and need to interact with not only the patient, but also with family members. Learning through simulation helps them balance it all."

Hickman and other faculty designed a hospice scenario that is receiving international attention.

"In the scenario, students respond to the calls for nursing from a dying patient and her daughter. Local hospitals are interested in the scenario for training their staffs in end-of-life care, and we have had inquiries from caregivers outside the U.S. about our simulations. They recognize the importance of learning to practice this way," said Hickman.

"Blending high-tech and high-touch competencies in nursing education is a priority for us," said Marlaine Smith, associate dean for academic programs. "From patient simulators and online courses to comprehensive point-of-care information on smart phones, students actively engage in the technological advances of today while providing the human touch that patients need and deserve."



Supporting Students Pursuing Full-Time Doctoral Studies



Melessa Kelley



Bianca Blanco



Nikkisha Smith

The U.S. Department of Education established the Graduate Assistance in Areas of National Need (GAANN) program to provide fellowships to assist doctoral students of superior ability who demonstrate financial need. Along with industries such as computer science and mathematics, nursing has been identified as an area of national need.

The Christine E. Lynn College of Nursing is one of only 11 colleges of nursing in the U.S. that are current recipients of this award. Three FAU Ph.D. students — Bianca Blanco, Melessa Kelley and Nikkisha Smith — were selected to receive GAANN fellowships and are provided intensive teaching and research mentoring. These fellowships provide students the opportunity to study full time, complete their program more quickly, and enter the faculty workforce so that more nurses can be educated, thus alleviating the serious nursing shortage.

The College's three-year, \$394,000 grant covers students' tuition, fees and a stipend for living expenses. Applicants for the GAANN fellowships must be pursuing their Ph.D. with the intent to teach in a college of nursing and can receive the awards for three years.

"We invite nurses with a significant level of financial need who are considering the Ph.D. to think about this amazing opportunity," said Marlaine Smith, associate dean for academic programs.

Focus on Service Learning

Academic service learning is designed to enrich learning through hands-on community service and to teach civic responsibility. Service learning requires that students apply what they learn in the classroom and reflect on their experiences by thinking, discussing and writing about them.

"Service, combined with learning, adds value to each and transforms both." — Jane Kendell

Professor and Master Teacher Charlotte Barry leads the academic service learning effort for the College of Nursing. Dr. Barry is spreading the adoption of academic service learning into several nursing courses. The College of Nursing's efforts are part of a university-wide commitment to create a civically engaged student body.

"Students who engage in academic service learning benefit from learning how to apply academic knowledge to real-life civic issues," said Nori Carter, director of the Weppner Center for Civic Engagement & Service at FAU. "Academic service learning promotes teamwork and collaborative problem-solving, develops life skills and makes learning more personally meaningful."

Nori expects FAU to be a civically engaged university in the future, where academic service learning is embraced.

"Being called to serve our community has long been part of the nursing culture. We look forward to exploring more ways to integrate academic service learning into our curriculum."

— Charlotte Barry

Academic Service Learning, grounded in the philosophy of the College of Nursing, is a transformative approach to collaborating with communities to "do with" rather than "do for." Service learning projects are co-created with students and community members in response to a call for nurturance. The students become engaged in the social process of the community and strive to make a difference. Two examples of this learning include having a new bus route created that wound its way through an underserved community and the Clothes Line Project, a partnership with a local cleaners to become a collection and distribution center for business clothes for unemployed individuals going on job interviews.

The richness of the students' reflections point up the value of this experience:

"Becoming a part of the community is critical in developing trust and distinguishing the true calls of any community. We became a trusted part of the community."

"Community nursing is not a place where one practices but a perspective that one practices from."



Improving Patient Safety through Simulation that Fosters Interprofessional Communication

In the health care environment, teamwork between nurses and physicians is essential to job satisfaction, patient safety and optimal health for people in our care. Knowing that the cornerstone of collaboration between the two disciplines is collegial dialogue, the Christine E. Lynn College of Nursing and Charles E. Schmidt College of Medicine recently initiated research to uncover methods for fostering communication patterns that reflect a collaboration.

The research was designed around the simulation of an acute care situation that required an in-depth understanding of each discipline's scope of practice. It explored:

- What happens when nursing and medicine merge their simulation scenarios?
- How do both disciplines collaborate to form one simulation experience?
- Does this type of simulation enhance interprofessional communication and collaboration?

College of Nursing associate professor, Dr. Kathryn Keller, and faculty member and doctoral candidate, Terry Eggenberger, brought unique simulation experience to the research. Their previous work, "Grounding Nursing Simulations in Caring: An Innovative Approach," (*International Journal for Human Caring*), provided the foundation for their perspective on the importance of using simulation experiences that encourage health care professionals to consider the patient as a person. They firmly believe that patient-centered care is at the heart of safe care.

Keller and Eggenberger teamed with Dr. George Luck and Mark Goldstein from the College of Medicine. The first step was to merge nursing and medical competency expectations into one simulation scenario, grounded in standard criteria, such as The Joint Commission's National Patient Safety Goals, the International Guidelines on Sepsis and the Situation-Background-Assessment-Recommendation (SBAR) measure used in hospitals.

Prior to the simulation experience, students from both disciplines participated in a one-hour workshop on communication based on the TeamSTEPPS (Strategies and Tools to Enhance Performance and Patient Safety) system. Nursing and medical students were then asked to engage in a pilot simulation experience. After the experience, a focus group and debriefing session were conducted. Qualitative data from the focus group indicated that appropriate placement of simulation experiences in the curriculum must be carefully considered to ensure students have sufficient confidence in their capabilities. Students expressed praise for the other discipline's roles, skills and interactions with and for the patient. In addition, they noted the interdisciplinary simulation experience as a "first step" in the direction of optimizing patient health outcomes.

Both nursing and medical students recommended the exercise be incorporated into their curricula. This joint venture provided the opportunity for the faculty from both disciplines to share interprofessional expectations and practices. Faculty members indicated appreciation for the importance of authentic communication as a foundation for enhanced patient safety.

"Through lecture, role play and discussion, nursing and medical students were able to use good communication in simulated patient care scenarios," said Dr. Keller. "It was essentially a process of coming to know each other as colleagues. This pilot research study serves as a model for ongoing joint simulation studies where patient safety indicators can be addressed."

Understanding Cultural Barriers to Breast Cancer Detection in Hispanic Women



Dr. Rosario Medina-Shepherd educated women and collected data on breast cancer awareness at the Vivia Broward Festival.

Statistics show that in the United States, Hispanic women have a lower incidence of breast cancer than Caucasian or African-American women. However, the breast cancer mortality rates for Hispanics are higher than other women, and Hispanic women are less likely to seek breast cancer screening measures than Caucasians and African-American women. Historically, Hispanic women report their cancer incidence at late stages, resulting in more aggressive therapies and poorer prognoses.

With funding from an Oncology Nursing Society grant, Dr. Rosario Medina-Shepherd has undertaken a research project to investigate the health disparities of Hispanic women and their behaviors related to breast cancer screening. Her questions ask how beliefs, values and acculturation influence this population's mammography screening behaviors. The manner in which she has had to adjust her research approach may hold clues to the answers.

"Hispanic women are not receptive to just research," said Dr. Medina-Shepherd. "They must feel a sense of personal commitment on the researcher's part to benefit the Hispanic population and are most receptive when the researcher is interactive in educational sessions."

Dr. Medina-Shepherd has identified opportunities and situations that are conducive to both research and education to establish a level of trust with the Hispanic community. For a church group in Palm Beach, Fla., for example, she developed an educational program on self-detection techniques and breast cancer awareness to accompany data collection.

Ideas for the types of intervention programs that may have the most impact are coming from these focus groups. Dr. Medina-Shepherd seeks to take her research findings to a grander scale by designing intervention programs and going into Hispanic communities to educate and counsel women individually.

Gathering Health Stories to Understand Pearl Harbor and Hiroshima Experiences

Dr. Patricia Liehr's international collaboration with Dr. Ryutaro Takahashi from the Tokyo Metropolitan Institute of Gerontology began in 1996 and has continued offering ongoing research and educational opportunities. The current team of researchers includes Chie Nishimura and Dr. Mio Ito from Japan and LisaMarie Wands from the Christine E. Lynn College of Nursing. They have gathered and analyzed the health stories of 54 survivors from Pearl Harbor and Hiroshima. Together, they have listened as survivors told their health stories in the context of World War II, seeking to identify how these elders lived day-by-day through the trauma of bombings up to the present day.

Common themes revealed the surprise of being attacked, approaches used to persevere in the immediate aftermath and throughout more than six decades, and hopes and dreams for peace, both personal and global. Survivors expressed a concern that their stories touch younger generations to discourage aggression and to promote peace. A Hiroshima survivor said: "...even though I don't have children of my own, by telling my story I feel like I have children who will take over my will and pass on peace...it pleases me very much."

As a result of their findings, the research team's long-range goal became dissemination of the wisdom of these elders in a Peace Performance. Their hope is that the performance provides health promotion and guidance for people living with aggression today.



Katy Morris, Dr. Takahashi, Dr. Liehr, Ms. Seki

With the Peace Performance in mind, the team began working with Katy Morris, a doctoral student in FAU's Dorothy F. Schmidt College of Arts & Letters, to develop a documentary/verbatim play for her dissertation. The play is being written as a dramatic expression of the story of health since surviving the bombings during World War II.

"The intention of the performance is to convey two sides of the story, living with the consequences of war's aggression," said Morris.

The play will be written to engage middle and high school youth and will contain lessons related to history, social science and health. It will debut in fall 2012 in Florida and spring 2013 in Japan.

Andrew Binder, a multimedia instructor in the College of Education at FAU, is developing a multimedia presentation that presents the research of the group in an accessible and educational way. In the meantime, he created a preliminary CD-ROM and War and Health pop-up artist's book to capture the essence of the project.

"Interacting with our Japanese collaborators helped me think differently and more creatively because of the differences of culture and perspective that they bring to the table," said Binder. "While the project's main focus is on the research data, it was

deemed by the participants, that some way of disseminating these unique perspectives must be made before they are lost forever."

"We are hoping to translate what we have learned through these creative venues. The Peace Performance will contain both a history lesson and a chance to reflect on personal experiences — such as bullying — and provide insight about how to manage aggression," said Dr. Liehr. "The multimedia presentation will provide an educational resource for youth that could be used in classroom settings. Both of these venues 'will bring to life the survivors' lived history and create a bridge in which the wisdom of elders informs the experience of youth."

RESEARCHING ACROSS DISCIPLINES: FAU PRIORITIZES HEALTHY AGING INITIATIVE



The Christine E. Lynn College of Nursing and Charles E. Schmidt College of Medicine are actively engaged in projects and studies that explore improvements in quality of life and quality of health care services for older adults. Recently, the interdisciplinary team received funding via an FAU research priority award to begin a longitudinal study that will focus on the keys to successful aging in the older population in the South Florida region.

Dr. Ruth Tappen from the College of Nursing and Dr. Joe Ouslander from the College of Medicine are leading the study, which includes investigators from eight colleges. The team plans to assess older individuals from four ethnic groups — two immigrant and two non-immigrant — who are living in older adult communities in Palm Beach, Broward and Miami-Dade Counties.

The research team values the opportunity to immerse themselves in these communities to talk with and learn from four specific groups: fourth generation European-Americans and African-Americans and first generation Afro-Caribbean and Hispanic-Americans.

“We are deliberately taking advantage of South Florida’s diverse population to look at a broad range of characteristics and perspectives on the experience of growing older,” said Dr. Tappen.

One hypothesis they will be testing is whether immigrants tend to be healthier and more resilient than those who have lived in the United States for generations. The team will seek answers to questions, such as:

- How does the impact of aging differ between cultures?
- How does it differ between immigrants and those who have been here for generations?
- Do diverse cultures have the same goals and the same wishes as they age, or are they different?

The study results will bring health care professionals a step closer to understanding the science of how people can live better and longer; what health care professionals can do to contribute to quality aging; and what older people and their caregivers can do to enhance the quality of their aging.

Exploring the Health Effects of Mindfulness for Ethnically Diverse Children



Dr. Patricia Liehr leads a mindfulness exercise with summer camp students.

Studies show that everyday stress in children affects health through physiological and emotional turmoil. Ethnically diverse children who are poor are most at risk for stress-related health compromise, but there is limited study of ways to reduce stress for this population.



Summer camp students learned about the importance of activity, healthy food and stress management.

Mindfulness-based stress reduction (MBSR) is emerging as a promising intervention for children. For the past two summers, Dr. Patricia Liehr, associate dean for research and scholarship for the Christine E. Lynn College of Nursing, and Dr. Naelys Diaz, associate professor at FAU's School of Social Work in the College for Design and Social Inquiry, conducted research to examine interventions that decrease stress for children. The purpose of the original study was to test an existing mindfulness program uniquely tailored for children, describing its effects on emotional reactivity.

Drs. Liehr and Diaz conducted their study with 18 ethnically diverse youth enrolled in a summer camp program at Highland Elementary School in Palm Beach County, Fla. The intervention was based on the curriculum of mindfulschools.org and consisted of ten, 15-minute mindfulness sessions delivered once each day for two weeks. The program included attention to breath, mindful movement and a generous spirit. A health education comparison group was also convened following the same timing for classes. This group was led

by a health educator who presented lessons on the importance of activity, healthy foods and stress management.

The study results showed promise for the use of mindfulness to decrease depressive symptoms and feelings of anxiousness in ethnically diverse children. "Tempering these feelings could have positive implications for academic performance, social development and overall well-being. In addition, if mindfulness can interrupt bodily and emotional reactivity to stress, it may be possible to also interrupt the long-term development of costly stress-related chronic diseases early in their course of progression," said Dr. Liehr.

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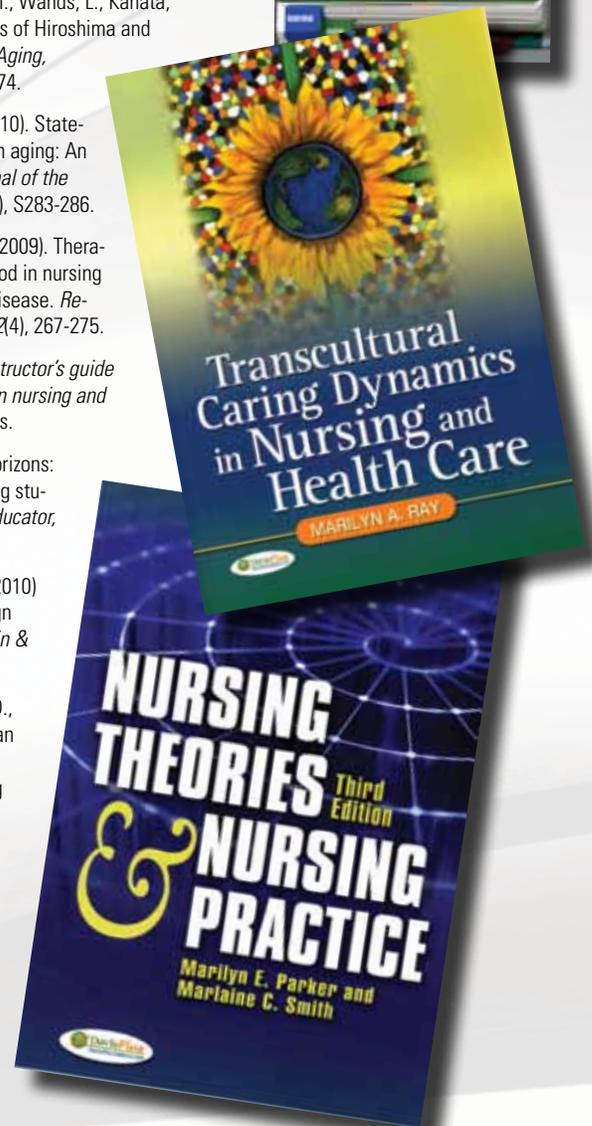
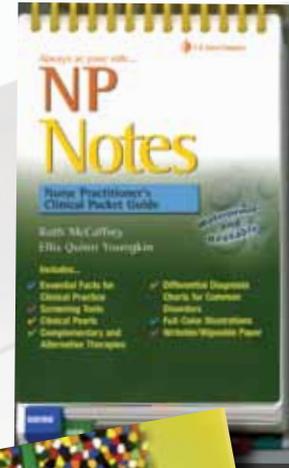
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TRANSFORMING CARE through research



A Legacy of

The measure of the success from one's life's work is in what is left behind to improve the lives of others. Dean Anne Boykin has left behind an enduring legacy that will enhance the well-being of those who have been touched by the nurses she has inspired and influenced. For the past 28 years she has been the face, heart and soul of the Christine E. Lynn College of Nursing.

The story of the College of Nursing began in 1979 when four local donors provided the start-up money necessary to develop a baccalaureate nursing program. This gift reflected their commitment to the highest level of health care for our community. The inaugural class consisted of 10 registered nurses seeking baccalaureate degrees. Today, there are approximately 1,400 students enrolled at the baccalaureate, masters, and doctoral levels.

Dean Boykin joined FAU as a faculty member in 1981. One year later, she was asked to assume the role of Director of what was then the Division of Nursing housed within the College of Social Science. Under Dean Boykin's leadership, this division moved to an autonomous school in 1989 and college in 1990. During her time as dean, the Christine E. Lynn College of Nursing earned national accreditation; established endowed eminent scholar chairs and professorships; established prestigious centers and institutes; and has gone on to receive

Commitment to the Discipline

Dean Boykin's journey of nursing began at Alverno College in Milwaukee, Wis., where she earned her undergraduate degree. After several years of nursing practice, she decided to continue on the path of advancing her nursing education, earning a master's degree at Emory University and, later, her doctorate at Vanderbilt University.

Throughout her educational experiences, Dean Boykin often reflected on the fact that much of nursing's content was drawn from other disciplines such as medicine and psychology. This educational experience drove her to ask the pivotal question "what is the content of the discipline of nursing?" It was this question that fueled Dean Boykin's passion to discover the essence of nursing as a discipline. She believed that the focus of the study of nursing should be about living and practicing caring in order to understand what matters most to those who are nursed.

Dean Boykin recalls the thrill of discovering Mayeroff's book *On Caring* and exploring theories such as Paterson and Zderad's *Humanistic Nursing*, and Jean Watson's *Nursing: Human Science and Human Care* with the pioneer faculty of the Christine E. Lynn College of Nursing. The faculty began to dialogue with outstanding scholars such as Dr. Martha Rogers, Dr. Delores Gaut and Sister Simone Roach. These dialogues and continued exploration led to the exciting realization that there was a substantive disciplinary basis for the study of caring. It was realized that, in fact, caring was an essential domain of knowledge

Caring

which needed to be studied. Dean Boykin remembers, “we were inspired and committed to the process of articulating the content of nursing and sharing with others nursing’s unique contributions to health care.” Today, the faculty of the College expresses a common dedication to caring as an essential domain of nursing knowledge: expanding the science, studying its meaning, practicing the art and living caring day to day.

Dean Boykin’s vision of a home dedicated to the development of caring knowledge and the celebration of the nursing discipline was made possible by the committed support of Christine E. Lynn. In 2006, the College, bearing Christine E. Lynn’s name, moved into a home of its own. The 75,000-square-foot structure — with a gold LEED certification, the second-highest ranking possible, from the U.S. Green Building Council — was conscientiously designed and constructed to reflect the caring tradition of nursing, and to be sustainable and harmonious with the environment.

This thoughtful dedication to nursing is reflected in the College logo, the Dance of Caring Persons. The dance concept comes from Dean Boykin’s co-authored book, *Nursing as Caring: A Model for Transforming Practice*. The etching, memorialized in an illustration on the floor in the lobby, serves as a literal and symbolic foundation for the College. It depicts a circle of dancers engaging in a celebration of caring- a celebration of the whole made possible by the unique contributions of each caring person joining the dance. This logo reminds all who enter the College of the importance of relating respectfully and valuing and honoring the uniqueness of others.

Celebrating 30 Years



A program beginning 30 years ago flourishes today as a result of the commitment and dedication of the Dean, faculty and students to continue to advance the knowledge of nursing focused in Caring. Dean Boykin hopes that this commitment to upholding the core values of caring in nursing will continue to guide the College in years to come. She believes that those in leadership roles have a responsibility to nurture and support colleagues and the ideas that matter to them; to secure the resources essential to advance knowledge of the discipline; and to create caring environments that celebrate each person’s unique gifts. One faculty member stated, “Anne’s internalized understanding of caring as the essence of nursing and living was, and has always been, visible in her words and actions. For me, interactions with Anne produced an almost tactile feeling of being cared

for without any direct contact.” Another stated, “There is an aura that surrounds her emanating love and valuing of the other. I feel embraced and loved by Anne when I am with her.”

Dean Boykin’s journey is about a passionate commitment to the profession she loves. And although her time at the College is coming to an end, her commitment endures, and her journey to advance knowledge of caring and create caring environments in nursing practice settings is far from over.

In the end, Dean Boykin’s accomplishments throughout 30 years are not about buildings, fundraising or recognition. Rather, her journey and associated accomplishments are about passionate commitment to the profession she loves. Her vision for excellence is about nurturing others and the ideas they express as their unique contribution to the exquisite Dance of Caring Persons.

Perhaps one of the faculty said it best: “Each of us, and every student who has been touched by you and the music of the Dance, is blessed. You will be missed but your message will continue to grow with every student who graduates from this College.”

Developing Programs to Support Those with Young Onset Memory Loss and Their Caregivers



Being diagnosed with memory loss at age 65 or younger usually is a shock to an individual and his or her family. Families coping with young onset memory loss often have the added difficulty of multiple responsibilities such as children living at home and an active career. In addition, some are already caregivers when they are diagnosed.

"It's important for people to know that they are not alone," said Dr. Kathleen Valentine, director of The Louis and Anne Green Memory and Wellness Center. "As public awareness of young onset memory loss increases, more individuals and caregivers are reaching out to the Memory and Wellness Center for help."

The Memory and Wellness Center recently added a customized Day Center program and a bi-weekly caregiver support group to meet the needs of this community.

Frank and Diana Bubb are affected by young-onset Alzheimer's disease. Frank was 60 when he was diagnosed three years ago and currently attends the Day Center three days each week.

"The Day Center gives him a comfortable place where he is exposed to different stimulation than when he is at home," said Diana. "It's good for him."

Diana participates in the young onset caregiver support group led by Glenda Connelly, a Memory and Wellness Center staff member and licensed clinical social worker. Diana and Glenda first identified a need for a young onset caregiver support group after discovering how different Diana's issues were as compared with those who were caring for older adults.

"We talked about it and said 'Let's start a young onset caregivers group,'" said Connelly. "Our group has grown from three people to 10 or 11 in a relatively short timeframe. Younger caregivers feel just as much of a need — if not more — for support than the more traditional Alzheimer's caregiver."

The caregivers help each other through the tough times and often work with an individual caregiver's issues based on his or her own experiences. Caregivers whose loved one is at a more advanced stage of Alzheimer's often give a heads up to the earlier stage caregivers about what they may be facing down the road.

"We're not always ready to hear what may be coming next in the journey. The first week of a new behavior change may set a caregiver back emotionally," said Diana. "I don't know what I would do if I didn't have this group."

Teaching Children about Nutrition through Engagement with Zoo Animals

Whether through prime time television programs such as Jamie Oliver's "Food Revolution" to First Lady Michelle Obama's "Let's Move" initiative, childhood obesity has captured nationwide attention as a serious health issue.

"Obesity rates are increasing at a dramatic rate," said Dr. Sharon Thrush, a family nurse practitioner in West Palm Beach who received her Doctor of Nursing Practice degree from FAU in December 2010. "At the family practice level, we are seeing more obese and diabetic patients at the age of 12 and younger."

For her doctoral capstone project, Dr. Thrush researched and implemented a nutrition education program at the Palm Beach Zoo's Wild Safari Zoo Camp. She spent 45 minutes for one day during each week of the 10-week summer camp teaching children about the food pyramid and exercise. The children learned about what happens to the body — such as diabetes and high blood pressure — if a healthy diet and exercise program are not followed.

Different zoo animals were used each week to teach the lesson. During koala week, for example, children talked about how a koala sleeps for most of the day while a cheetah runs at high speeds chasing prey. Therefore, a koala does not need as much food as a cheetah.

Program success was measured by asking multiple choice questions before each session began, such as "Which snack is the healthiest choice?" The same question was asked at end of each weekly session. A significant difference was noted.

"The children learned that animals can also be obese, and that they have a food pyramid and exercise regimen to follow too in order to be healthy," said Dr. Thrush. "It gave some of the kids the opportunity to relate to concerns about being overweight in a more comfortable context."





Responding to a Call from the Community: *Senior Survival Series*

Abbey Delray South is a senior living facility in Delray Beach, Fla., where many residents are independent, active and interested in exercising their minds and bodies to remain healthy.

Dr. Elizabeth Force, a resident and retired epidemiologist, saw an opportunity to collaborate with FAU and approached the Christine E. Lynn College of nursing faculty about a lecture series. Together, they developed a series titled “Senior Survival in the 21st Century,” which was well attended and received by the community.

1 One lecture in the series focused on Dr. Ruth McCaffrey’s research study on gardens as healing spaces. Her booklet, “A Stroll for Well-Being: Garden Walks at the Morikami,” was customized for Abbey Delray South, and walking path was mapped out on Abbey Delray’s grounds. Thirty-five participants registered for the lecture and learned how to use a journal and 12 themed, guided imagery walks.

2 A second lecture featured Dr. Patricia Liehr and her research on the stories and perspectives of Pearl Harbor and Hiroshima survivors from World War

II. Participants related to Dr. Liehr’s discovery that war memories are vivid in everyday lives — even after six decades. They were inspired that veterans indicated that after surviving war, they could manage any challenge that life presented.

3 Drs. Terri Touhy Deborah Hain presented a third lecture on the brain and the known causes and of Alzheimer’s disease. Participants learned about research and programs at the Louis and Anne Green Memory and Wellness Center for individuals coping with memory loss and their caregivers.

The lectures were so successful that Dr. Force and the College of Nursing faculty are planning a second series for 2011. In addition, the newfound relationship may evolve into additional hands-on programs for residents as well as on-site learning opportunities for graduate nursing, social work and medical students.

“It’s a potential win-win for Abbey Delray South and FAU faculty and students,” said Dr. Force.

Developing a Center for Practice at the Palm Healthcare Pavilion Mollie Wilmot Center



The College of Nursing's nurse-managed Diabetes Education and Resource Center at the Palm Healthcare Pavilion in West Palm Beach is a partnership formed by academic, health care, philanthropic and government organizations. Together, these groups focus on empowering the underserved in our community to learn more about their health.

Recently, 70 undergraduate students from the College's traditional and accelerated programs held two community health fairs at the Pavilion's Mollie Wilmot Center. The students designed learning kiosks to engage a diverse population in terms of age, culture and language. Attendees received information on topics such as hypertension, obesity, diabetes, glucose, height and weight, and body mass index (BMI) written in English, Spanish and Creole.

"Students realized the importance of culturally sensitive care as part of the nurse/patient relationship," said Kathleen Valentine, clinical associate professor. "Patients need to understand their condition in their own language to ensure quality care, safety and improved outcomes."

Students worked as volunteers and earned academic service learning hours, which became a part of their educational transcript.

"The health fairs gave our students a hands-on experience that helped bring alive the technical terms and issues they read about in their textbooks, even witnessing emergency care needs that arose with one participant whose condition required an ambulance call," said Deanna Rollins, instructor. "Being able to work directly with this diverse population helped our students get a pulse on what is most needed in our community."



Eugenia Millender tends to an injured earthquake victim.

Sharing Time and Talent with Haitian Earthquake Victims

An estimated three million people in Haiti were affected by the catastrophic scale of the 7.0 magnitude earthquake on Jan. 12, 2010. The statistics were sobering: at least 300,000 Haitians had been injured and one million were made homeless. Already impoverished and underserved, there was a massive need for humanitarian aid in Haiti.

As offers for assistance and supplies poured in, Christine E. Lynn College of Nursing students and alumni joined the forces. Eugenia Millender, a Ph.D. student, traveled to Haiti and provided care to hundreds of people on the exterior grounds of the Sacré Coeur Hospital in Port Au Prince. Millender is an experienced critical care nurse and U.S. Army veteran. She provided full life cycle nursing care to survivors, ranging from assisting with births to providing a caring touch at end of life. She plans to return to Haiti to answer the ongoing call to nurse Haitian citizens.

Within two weeks of the earthquake, Dr. Rosario Medina-Shepherd joined a medical mission through her church. She was made medical director after arriving in Haiti, appointed by the director of the Gulf Stream Baptist Mission Association. She began working with patients at a hospital in Saint-Marc, a relatively stable coastal area experiencing an influx of refugees from Port-au-Prince, just over 60 miles away. After making rounds, she assisted in wards staffed by nurses and physicians from a Boston-based team. It was difficult to follow up with patients post-op so Dr. Medina-Shepherd set up a post-trauma clinic on the other side of hospital.

“The staff at the hospital were from different parts of the world, but it did not matter where we came from,” she says. “We were there for the same purpose.”

Dr. Medina-Shepherd and her team also established a makeshift clinic in a school in Arcahaie, a town about 45 minutes south of Saint-Marc. They worked from 7 a.m. until 2 p.m. and saw over 100 patients.

Alumna Anna Morrison is a nurse at Holy Cross Hospital in Fort Lauderdale and a volunteer for Project Medishare. She and a group of nurses from Holy Cross traveled to Haiti and spent five days on the ground, each caring for more than 40 patients who had suffered burns and orthopedic injuries. Morrison said they were hanging IV antibiotics and administering pain medications nonstop, and her ability to live the caring lessons learned at the College was critical to seeing beyond the technical activities demanding her attention. The nurses worked 24- to 36-hour shifts, without showers or complaints.

“Just because we were tired didn’t mean the helicopters stopped bringing patients,” said Morrison, who found the Haitian people to be remarkable. “They lost everything but still found the strength to smile at us. They wanted hugs. They wanted affection and love and were happy we were there. For everything we did, there was a thank you that followed.”



Dr. Rosario Medina-Shepherd joined relief efforts with nursing and medical colleagues.



Alumna Anna Morrison was instantly touched by the appreciation of the Haitian people.



Impacting Nursing and Health Care in Uganda



Dr. Rhonda Goodman with Janet and Joy, two graduate nursing students



Dr. Charlotte Barry with Grace Nambozi, director of the nursing school at Mbarara University of Science and Technology, in a classroom at Katete/St. Mary's school

When Christine E. Lynn College of Nursing faculty members began their work in Uganda, they instantly fell in love with the spirit of the people. They were especially moved by the plight of children and nursing students they met.

Already, the team has made an impact on nursing and health care in Uganda. In January 2011, the original eight students who began studying with Dr. Charlotte Barry and Dr. Rhonda Goodman more than five years ago received their master's degrees from Mbarara University of Science and Technology. The nurses now take their newfound knowledge, including nutrition and disease prevention, into the community to educate parents and grandparents.

"We knew that the nursing students were hungry for knowledge," said Dr. Goodman. "However, we did not arrive in Uganda with an agenda for what we thought the nurses and children needed. We listened to the nurses, teachers, children and parents and formed our recommendations based on their needs."

The community's overriding wish was to keep its school nurse, whose position had been eliminated because of lack of funding. Dr. Goodman has been able to raise funds for the school nurse as part of The Center for Community Wellness at Katete/St. Mary's, Inc., a non-profit corporation she established to promote and support community-based education and access to health care for children in Uganda.

Teachers, parents and grandparents are reporting a marked decrease in absenteeism at St. Mary's because of the school nurse and the community-based health education being offered by Ugandan nurses with master's degrees.

The College of Nursing team's work in Uganda will continue when faculty return to Uganda in summer 2011 to begin working with a second class of graduate nursing students. Dr. Goodman's dream is to someday be able to take a group of RN to BSN nursing students from the College to Uganda for a week-long intense study.

"These projects are making a real difference in lives of the children and their families," said Dr. Goodman.

Collaborating on Graduate Nursing Education in Thailand

The Christine E. Lynn College of Nursing faculty share a belief that studying abroad enhances global and cultural awareness, and that this awareness enriches the teaching, research and practice missions of the College. Faculty members describe their experiences of learning about the common ground they share with distant colleagues, and how they grow from their experiences.

Dr. Ruth McCaffrey, associate professor and director of the Initiative for Intentional Well-Being, recently studied public/global health at Naresuan University in Thailand on a Fulbright Senior Specialist grant.

Dr. McCaffrey travelled to Thailand for one month and spent time with nurse faculty colleagues at the university. Her assignment included participation in planning for a community-focused Ph.D. program, collaborating with faculty on research development, and supporting work to create a Master of Nursing Science degree for community nurse practitioners.

"The assignment was both challenging and inspiring," said Dr. McCaffrey. "Collaborating with Thai nursing education colleagues offered me a broader awareness of nursing practice, education and research, which will ultimately benefit both faculty and students in Thailand and South Florida. As the populations we serve age and become more diverse, cultural competence is critical to advanced practice nursing."

*College Co-Sponsors
International Nursing
Conference in Thailand*

The Christine E. Lynn College of Nursing was a Conference, "Diversity and Dynamics in Nursing Resort and Spa in Patong Beach, Phuket, Thailand served as the host College for the Co countries throughout Asia, Africa, the South Pa Smith delivered one of the keynote addresses

Sharing Knowledge of Ethics at Oxford University Think Tank



Ruth McCaffrey and nursing colleagues attended a monks' offering



Jill Winland-Brown, center, stands on the Oxford University campus with Ann-Claire Larsen of Edith Cowan University in Joondalup, Western Australia and John Dreher of the University of Southern California.

Dr. Jill Winland-Brown was one of 23 visiting scholars from around the world who recently participated in the annual week-long Oxford Round Table in England. A variety of disciplines were represented, including theologians, lawyers, physicians, journalists and philosophers.

This year's topic was: Ethics: Perspectives on Ethical Sentiments. Dr. Winland-Brown, a faculty member since 1983, presented research titled, *Nurse-Physician Perspectives on Moral Distress*, that was conducted at four hospitals and hospice.

"It is so helpful to meet persons with the same interests from around the world and get a global perspective on ethical issues that affect all of us," said Dr. Winland-Brown. "It's always nice to be reminded that we all are more alike than different."

co-sponsor of the 2010 International Nursing Science and Art," held on April 7 - 9 at the Graceland and Prince of Songkla University in Hatyai Songkhla conference, which drew over 500 participants from over 40 Pacific Islands, Europe and North America. Dr. Marlaine and presented in a symposium.



Alumni and Students Gather for Mentoring and Celebration Events

The Nursing Alumni Society (NAS) hosted the first annual "So You Want To Be A..." event. Sharing, caring, camaraderie and fun were the themes of this event that brought together alumni and members of the senior class. Alumni representing different areas of nursing met one-on-one with the students, sharing their knowledge, experiences and helpful suggestions as the students considered their future career paths.



Alumnae Monique Biondolillo congratulates new graduate Susan O'Connor

Join Us!

Making new friends, reconnecting with classmates, building leadership, organizational and teaching skills, and just feeling good about giving back to our wonderful college – these are just a few of the benefits of getting involved with the FAU Nursing Alumni Society. Please register your information on the College website at www.fau.edu/nursing. To learn more, e-mail nursingalumni@fau.edu or call 561.297.4194.



The NAS team participated in the Keep Memories Alive Walk benefiting the Louis and Anne Green Memory and Wellness Center

Mary Bishop (MS '02, DNP '10) Distinguished Alumna



MARY BISHOP, (MS '02, DNP '10) was selected as the College's 2010 Distinguished Alumna. Dr. Bishop was vice president of patient care services and chief nursing officer at Jupiter Medical Center (JMC) from 2006 to 2010. At JMC, she was instrumental in creating a work environment that embraced the principles of magnet and shared governance, as well as

increasing professionalism in nursing. She led teams that received stroke accreditation and Nurses Improving Care for Health-System Elders (NICHE) certification.

An adjunct professor for FAU, Dr. Bishop teaches an online course in nursing leadership. She is a member of the board of directors of the American Heart Association, American Diabetes Association and Leukemia & Lymphoma Society. In addition, she is the recipient of the 2006 Women in Leadership Award for the private sector from Executive Women of the Palm Beaches; the 2003 Volunteer of the Year Award from the American Heart Association; and the 2002 Valor Award for Community Leadership from the American Diabetes Association.

M. Christopher Saslo (DNS '07) Distinguished Alumnus



M. CHRISTOPHER SASLO, (DNS '07) was also honored by the Alumni Association as a distinguished alumnus. Dr. Saslo is an adult nurse practitioner at the West Palm Beach VA Medical Center, where he treats patients with chronic illnesses such as HIV and Hepatitis. Currently the president of the Florida Nurse Practitioner Network and co-chair of the Florida Coalition for Advanced Practice Nursing, Dr.

Saslo is actively involved in campaigning for state health care improvements and the professional advancement of Advanced Registered Nurse Practitioners. Dr. Saslo is the recipient of the 2009 American Academy of Nurse Practitioner Florida State Advocacy Award, the 2007 U.S. Public Health Strategic Healthcare Recognition Award and the 2005 Florida Nurse Practitioner of the Year Award from the American Academy of Nurse Practitioners.

After earning a bachelor's of nursing science in 1990 from Marywood University and a master's of nursing science from LaSalle University in 1995, Christopher obtained his Doctor of Nursing Science degree from FAU in 2007.

Honoring Dean Anne Boykin's Legacy

Dear Friends,

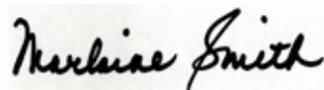
To honor Dean Anne Boykin's incredible legacy of vision and caring leadership, the entire Christine E. Lynn College of Nursing community — donors, faculty, staff, colleagues and alumni — are joining together to fund two major initiatives in her name:

- *The Anne Boykin Institute for the Advancement of Caring in Nursing.* This Institute will continue Anne's legacy of leadership focused on caring in nursing education, practice and research. One aspect of the Institute will be generating and nurturing caring-based projects that have potential to transform health care in this community and beyond. We anticipate that speakers, conferences, think tanks and publications will be supported by the Institute. We need \$1,000,000 for this endowment.
- *The Anne Boykin Healing Garden.* The College of Nursing building is a special place where students are nurtured in their development as caring nurses. Anne's vision is that the garden will continue as a learning place for students to reflect on knowing self that they may come to know those whom they are privileged to nurse. Your donation will assure that this vision is realized. We need \$300,000 for an endowment to reach this goal.

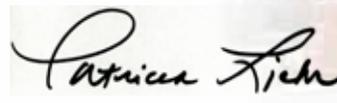
We ask for your commitment to the College by donating to either the Anne Boykin Institute for the Advancement of Caring in Nursing or the Anne Boykin Healing Gardens. Every gift, of any size, is important and will bring us closer to our goal.

We thank you for all you have done to support our College and appreciate your consideration of this request. Please e-mail or call either one of us to have your gift acknowledged or for more information.

Sincerely,



Marlaime Smith, R.N., Ph.D., F.A.A.N.
Associate Dean, Academic Programs
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Patricia Liehr, R.N., Ph.D.
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Christine E. Lynn Continues the Legacy of Caring



In anticipation of Dean Anne Boykin's retirement the Associate Deans in the College of Nursing visited Christine E. Lynn to seek her guidance about a meaningful and lasting way to honor Anne's contributions to the College. Anne had indicated that she would like her work in caring to continue in some way through systematic scholarly study leading to a real change in people's health care experiences. Christine E. Lynn generously responded to this call with a \$500,000 founding gift, and the Anne Boykin Institute for the Advancement of Caring in Nursing was born.

The Institute will enable Anne to stay connected to the College of Nursing through summer gatherings of caring scholars who will make her vision real for those in our care. We continue to be in awe of Christine's commitment to her College of Nursing, her loving spirit and her intention to keep the legacy alive.

"The Institute highlights the importance of making a difference in nursing practice and implementing projects that enhance the health of our communities," said Christine. "I invite you to consider supporting the Institute and the College's quest to continue Anne's legacy through caring-based research, practice and education."

Supporting Education in End-of-Life Care



Celebrating VITAS' generous gift to the College are (l to r) Marlaine Smith; Diana Smith, VITAS patient care administrator; Susan Acocella, VITAS general manager; Dean Boykin; Nancy Boulter, VITAS director of market development; Nicole Curran, VITAS admission manager; and Mary Lou Walters, VITAS patient care administrator.

The Christine E. Lynn College of Nursing received a \$10,000 gift from VITAS Innovative Hospice Care®, the nation's largest provider of end-of-life care. This generous gift will be used to develop and teach courses specific to issues facing those who are experiencing end of life situations.

"From the students of today will come the leaders of tomorrow, and VITAS is very proud and honored to be a partner with FAU in their endeavors to create innovative curriculums for end of life care."

— Susan Acocella, general manager of VITAS in Palm Beach County

Caring Hearts Auxiliary Supports Day Center Participants and Caregivers



Honorary chairs Nicolas Breuer, M.D., David Hevert, M.D., and Robert Sonneborn, M.D., hosted the annual Shades of Green event at the Baldwin House to benefit the Memory and Wellness Center. Shades of Green was chaired by board members Cibi Hoffman and Holli Rockwell and auxiliary member Becky Davis who, along with their committee, recreated the elegance of a posh 1950's nightclub complete with live music of the era. Serving on the committee were Morgan Green, Krissy Martinez, Maria Selvaggio Maughan, Michelle Kaufman, Leslie Schroeder and Lynda Williams. The event raised more than \$65,000.

"Like many not-for-profit health care organizations, we are continually forced to do more with less. Each dollar raised by the Caring Hearts Auxiliary enables the Center to continue state-of-the art services to families living with memory disorders as well as scholarships and caregiver support programs."

— Kathleen Valentine, director of the Louis and Anne Green Memory and Wellness Center

Creating a Legacy of Caring

At some point in our lifetimes, a nurse will care for most of us. We presume that nurses will always be there, yet that guarantee is continually threatened due to the lack of academic funding to educate tomorrow's nurses and professors.

Help to ensure that adequate nursing care will be available for future generations by creating your personal Legacy of Caring. A gift to the Christine E. Lynn College of Nursing in your will is simply one of many ways to support nurse education. For more information about charitable giving opportunities, please contact Dean Boykin at 561-297-3207 or boykina@fau.edu

keep memories alive

Keep Memories Alive Walk Co-Chairs and Sponsors Kickoff a Successful Event



The Caring Hearts Auxiliary of the Lou and Anne Green Memory and Wellness Center along with more than 400 walkers, raised \$180,000 at the fifth annual Keep Memories Alive “black tie” walk affair to benefit scholarships to Day Center participants and caregiver support programs.

Presenting sponsor Bobby Campbell and honorary chair Christine Lynn cut the ceremonial red ribbon to begin the walk, which was kicked off by City of Boca Raton Mayor Susan Whelchel. Caring Hearts Auxiliary First Vice President Deborah Lindstrom co-chaired the walk with board members Karen Hoffheimer and Debbie Gonzalez and auxiliary member Morgan Green. Frank and Diana Bubb were the event’s Honorary Family. The walk was dedicated to the memory of Carl Lindstrom, founder of Lindstrom Air.

“It’s hard to believe how much this event has grown in five years. From 65 walkers in the first year to 350 walkers last year, our funds this year alone have grown by 75 percent,” said Morgan Green. “We are proud of the fact that 90 percent of the monies raised for the event go directly back to the Center, and our costs are under 10 percent.”

— Morgan Green, member of Caring Hearts Auxiliary



FAU President Mary Jane Saunders (from the left, fifth person standing) visited with the Caring Hearts Auxiliary the day after the Keep Memories Alive Walk to congratulate them on another successful event. President Saunders also spoke with an engaged audience of Day Center participants about current events at FAU.

