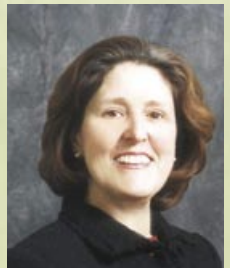




**The
Generous
Heart**

*A Salute to
Faculty Volunteers*



Villanova Honors Midwifery Pioneer

By Marcia Costello, Ph.D., R.D.

In 1983, in the Rio Grande Valley, Sister Angela Murdaugh, C.N.M., M.S.N., FACNM noticed that more than 1,000 pregnant women had no prenatal care. It was time to open a clinic, she thought, and she did, with three other nuns. Since then, the Holy Family Birth Center in Weslaco, Texas, has become a national model for midwifery in a holistic environment. Several Villanova University nurses have volunteered there.

Villanova awarded an honorary degree of Doctor of Humane Letters to Sister Angela at Commencement ceremonies on May 22. The honor recognizes her outstanding work in the advancement of nursing practice and education and her contributions to providing high-quality care to families living in poverty. She also spoke at the College of Nursing Convocation on May 21.

Sister Angela approaches her mission with love, respect and compassion. At Convocation, she advised the Nursing graduates that there are three elements of a successful nursing career: 1) turn your life and work over to God. 2) Recognize the power that is yours and use it or lose it. 3) Do what you do with passion.

A Franciscan Sister of Mary and a nurse midwife, Sister Angela is internationally recognized for her role as an activist and educator for pregnant women and young infants. She also is a Distinguished Fellow of the American College of Nurse-Midwives.



In May, Sister Angela Murdaugh, C.N.M., M.S.N., FACNM spoke at the College of Nursing Convocation and was awarded an honorary degree at Commencement.

The birth center Sister Angela co-founded provides health care to women throughout their pregnancy and to infants up to six weeks of age. Although its services are available to any woman seeking prenatal care, its primary clients are low-income families who live along the border.

To enhance their clinical expertise, nurse-midwives from across the United States apply to the birth center for these highly coveted positions. In recent years, the College of Nursing has had three graduates who have completed a year of service as nurses at the birth center. They live in community with the other nurses and nurse-midwives. (The experiences of one Villanovan who volunteered at the birth center, Amy Gardner '03 B.S.N., was featured in the Fall 2004 issue of *Villanova Nursing*.) Under the supervision of Patricia Mynaugh, Ph.D., R.N., Nursing seniors have the opportunity to obtain a brief clinical experience in maternity nursing at the center.

Role Excellence Is Focus of Post-Master's Certificate

For the 22nd year, the Villanova University College of Nursing is offering Role Excellence, the successful, practical post-master's certificate for nursing administrators and nursing managers. It will add critical skills and meaningful insights in the areas of finance, labor/human relations, leadership, team building, politics, risk management and the changing health-care environment. The program is offered from mid-September through mid-December.

For more information, visit nursing.villanova.edu/cont_ed/programs/RoleExcellence.htm.

Mark your calendar!

Fall 2005

- | | |
|------------------------|--|
| August 20-23 | New Student Orientation and registration |
| September 17-18 | Parents' Weekend |
| September 18 | Undergraduate information session for prospective high school students |
| October 22-23 | Homecoming |
| October 30 | Undergraduate information session for prospective high school students |
| November 9 | 28th Annual Distinguished Lecture in Nursing |

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On the Cover:

In volunteering their services to the wider community, College of Nursing faculty members follow in the footsteps of St. Thomas of Villanova, "the father of the poor." Among these volunteers are (from top) Patricia Haynor, D.N.Sc., R.N.; Joyce Willens '83 B.S.N., Ph.D., R.N.; Karen McKenna '70 B.S.N., M.S.N., R.N.; Maureen Sullivan, Ph.D., R.N., CRNP; and Elise Pizzi, M.S.N., CRNP.

Our thanks to this issue's authors:

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- Elizabeth Dowdell, Ph.D., R.N., assistant professor
- Ann Barrow McKenzie '86 B.S.N., '91 M.S.N., R.N., coordinator of college relations
- Elizabeth Reedy, Ph.D., R.N., assistant professor
- Nancy C. Sharts-Hopko, Ph.D., R.N., FAAN, professor



College of Nursing
VILLANOVA
UNIVERSITY

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Dear Alumni and Friends of the College of Nursing:

One of the ways we assess the mission effectiveness of our programs in the College of Nursing is to collect data about our alumni and what they do beyond graduation. For our students, opportunities for service learning, addressing the needs of the global and local communities by providing direct care for the poor, abound as a result of their clinical practica. Our students donate their time to serve diverse populations in Philadelphia, Nicaragua and Peru and on Native American reservations.

We are delighted to report that, increasingly, young alumni are following in the steps of Geri O'Hare '85 B.S.N., Celeste Schiller '84 B.S.N. and many others who contributed time following their graduation. Villanova Nursing alumni volunteer to care for the sick and poor in far-off places like Africa and Haiti, as well as in depressed areas of our own country. Amy Gardner '03 B.S.N. (featured in our Fall 2004 issue), Elizabeth "Biz" Gullotta '02 B.S.N. and Marta Olszewska '02 B.S.N. served at the Holy Family Birth Center in Weslaco, Texas. Serah Nthenge '04 M.S.N. is in Sudan, and Katie Fallon '01 B.S.N. has recently returned. Judi Troutman '92 M.S.N. was in Kenya and Julia Brennan '00 B.S.N. went to Nepal. Megan Mansfield '04 B.S.N. is an Augustinian Volunteer on the California-Mexican border. This desire to serve is rooted in Villanova's Augustinian mission and heritage and is part of the fabric of our profession. I am in awe of these Villanova Nursing graduates and their desire to serve others in such meaningful ways.

I am also convinced that in addition to the effects of an encouraging and supportive environment, what students and young graduates choose to do—beyond what is required—often is influenced by their faculty and the activities in which faculty engage. In all of our programs, faculty are exemplars and professional mentors for students. Those who are extremely



active and visible in their professional associations, those who are prolific writers and researchers, those who volunteer in the community and those extraordinary faculty who are the Renaissance people who can do just about everything—these individuals all make a lasting impression on everyone around them. Good teaching and expert clinical practice are essential. But those who also extend their reach and, as a result, also extend Villanova's presence in both the local and global community, contribute mightily to the reputation of our College and to the on-going attention we give to Villanova's institutional mission. Faculty volunteers are consummate role models for their colleagues and students.

In this issue of our College magazine, we focus on the volunteerism and contributions to the community demonstrated by several of our Nursing faculty, including Elise Pizzi, Maryanne Lieb '85 M.S.N., Maureen Sullivan, Debbie Wimmer '83 M.S.N. and Karen McKenna '70 B.S.N. Many others, like Marita Frain '69 B.S.N., volunteer as well. Students and alumni add to the contributions of these faculty members who are making a difference beyond the campus and who are our ambassadors to the communities of interest that we serve.

We salute the contributions of Villanova nurses and faculty. They are professionals who are generous of heart.

Sincerely,

A handwritten signature in black ink that reads "M. Louise Fitzpatrick". The signature is written in a cursive style.

M. Louise Fitzpatrick, Ed.D., R.N., FAAN
Connelly Endowed Dean and Professor

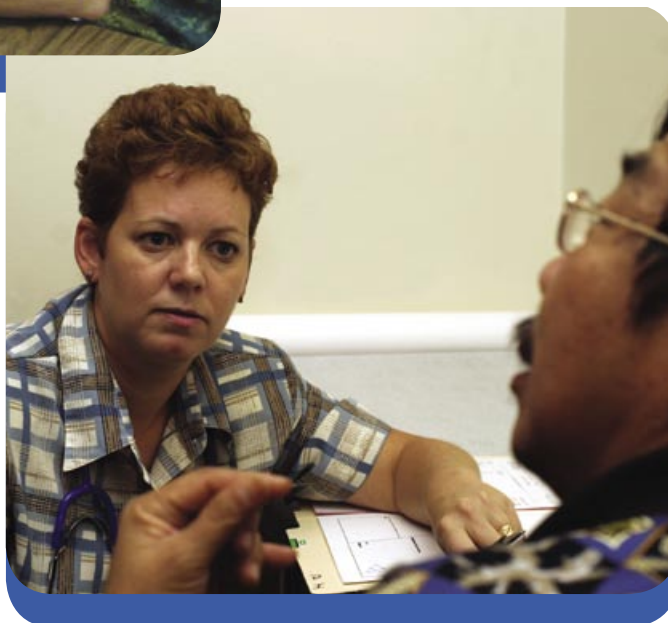
The Generous

By Marcia Costello, Ph.D., R.D.



At a clinic she founded, the St. Agnes Nurses Center in West Chester, Pa., Maryanne Lieb '85 M.S.N., R.N. supervises 25 nurses and nurse practitioner volunteers. She encourages her BSNExpress students to obtain their clinical experience there.

Dedicated faculty volunteers set an example for their students. Kate Garrison '04 M.S.N., CRNP after her graduation continued to apply her nurse practitioner skills as a volunteer at a free clinic at St. Rita's Community Center in Philadelphia.



Heart

Faculty in the College of Nursing volunteer in clinics, shelters and churches to improve health and well-being.

“One thing alone I can call my own—the obligation to distribute to my brethren the possessions with which God has entrusted me.” These are the words of St. Thomas of Villanova (1486-1555), spoken as the Archbishop of Valencia. Known as the “father of the poor” for his work in the community on behalf of the impoverished and the marginalized, St. Thomas established social programs, opened his home as a shelter and soup kitchen, and provided food and clothing to the hundreds of individuals who arrived at his door each morning. He performed these acts of volunteerism through generosity and kindness in addition to his significant responsibilities as an archbishop.





In the spirit of the patron of Villanova University, many faculty of the College of Nursing are dedicated to performing volunteer service in the local community while meeting their teaching, clinical and research demands. As registered nurses, they offer their specialized knowledge and skills to provide a much sought-after service to schools, public health clinics, youth groups, civic organizations, churches and synagogues. In this issue, we highlight a few examples of how Nursing faculty members volunteer in the wider community, and also feature two of the students who follow in their footsteps.

Outreach in Philadelphia

Once a week, Clinical Assistant Professor Karen McKenna '70 B.S.N., M.S.N., R.N. volunteers at the Catholic Worker Free Medical and Dental Clinic in the Kensington section of Philadelphia. "The goal of the clinic," she explains, is to meet the need for episodic health care for individuals who are mostly homeless, uninsured or underinsured. The clinic evaluates about 100 clients weekly with a variety of health problems."

The clinic was started in June 1991 by Mary Beth Appel '81 B.S.N., M.S.,



"There are so few long-term services available for the uninsured with addiction issues," notes **Karen McKenna '70 B.S.N., M.S.N., R.N.**, who volunteers at the Catholic Worker Free Medical and Dental Clinic in Philadelphia's Kensington section.

R.N., CFNP and Johanna Berrigan, P.A. after they had worked at a similar center in Los Angeles. Initially the Philadelphia clinic was housed at the St. Francis Inn, a community soup kitchen, but they expanded it by relocating to a two-story house a few doors away.

McKenna describes many of the clinic's clients as "individuals with mental health problems, alcohol or drug addictions. They provide the greatest challenge for the clinic because there are so few long-term services available for the uninsured with addiction issues." Their major health problems include asthma, infections, foot ulcers, hypertension and diabetes. The volunteer nurses do intake assessments, change dressings and assist with the variety of situations that arise.

The clinic's staff also tries to help individuals navigate the health-care system by providing evaluation for medical assistance and connecting them with other community services—most frequently for mental health care. The clinic provides other benefits as well. "It has two bathrooms and one shower that allow 10 to 20 people a day to take care of their basic hygiene needs," McKenna says. "It's also a short-term respite for those who spend their days on the street, particularly on a cold or rainy day. All of the staff and volunteers try to provide a caring atmosphere for each individual." To do so, they depend on those willing to donate their time. "The Clinic and the St. Francis Inn are always in need of more volunteers," McKenna says.

McKenna and assistant professors Maureen Sullivan, Ph.D., R.N., CRNP

In Philadelphia's Germantown neighborhood, **Elise Pizzi, M.S.N., CRNP** applies her skills at the nurse-run St. Vincent's Clinic.



and Elise Pizzi, M.S.N., CRNP also volunteer once a month at St. Vincent's Clinic in the city's Germantown section. This nurse-run clinic provides screening, assessment, education and outside referral to any community members in need of health care. St. Vincent's also is staffed by social work and podiatry volunteers.

A free clinic, currently located at St. Rita's Community Center on South Broad Street, provides primary health care to uninsured Asians who speak Indonesian or Mandarin. Founded in 1998 by Vincent Zarro, M.D., Ph.D., the clinic initially began at the Holy Redeemer Chinese Catholic Church. The College of Nursing became aware of the clinic through a Villanovan, the Rev. John Deegan, O.S.A., former prior provincial and currently justice and peace director of the Province of St. Thomas of Villanova.

Karen McGinn '73 B.S.N., M.S.N., CRNP, a Nursing faculty member, began volunteering at the clinic in Spring 2004. McGinn was so impressed by the clients' significant needs and the quality of care provided that she began placing Villanova's Nurse Practitioner students at the clinic for their practicum experience. While McGinn since then has relocated out of the area, several Villanova Nurse Practitioner graduates continue to volunteer there. Among them are Kate Garrison '04 M.S.N., CRNP; Joan LaJoie '04 M.S.N., CRNP; Rosemary Hohenleitner Miller '75 B.S.N., '01 M.S.N., CRNP; and Wendy Mortimer '01 M.S.N., CRNP.

Communicating with a non-English speaking Asian population with significant health concerns presents challenges. As LaJoie explains, "Patients that we see are Indonesian. Most do not speak English, so there are volunteers for interpreters. Using the interpreters

Certified in CPR instruction,
Joyce Willens '83 B.S.N., Ph.D.
has guided her church in
preparing for medical emergencies.



is something that most of us have to get used to. Looking at the patients when you talk with them—and not the interpreter—feels awkward at first but helps the patients to feel more at ease and involved. The majority of patients are seen for high blood pressure, hypertension, diabetes mellitus and thyroid disorders.”

LaJoie notes that Zarro, along with the nursing and medical staff, “believe that we can greatly impact the health of the clients if these issues are managed well, decreasing the complications and improving their overall well-being. The strong volunteer service base is critical in addressing the cultural barriers and meeting the primary care health needs of this client population.”

Serving Other Sites in Pennsylvania

In West Chester, Pa., the St. Agnes Nurses Center, affiliated with St. Agnes Parish, was established in 1999 by its director, Maryanne Lieb '85 M.S.N., R.N., who coordinates the College's BSNE*Express* Program. At St. Agnes, Lieb supervises 25 nurse and nurse practitioner volunteers. She also interfaces with the collaborating physician and community outreach personnel.



With other Nursing colleagues, **Patricia Haynor, D.N.Sc., R.N.** helps shape health-care policy for the Augustinians.

Lieb's clinic clearly has had an impact. “To date we have served more than 1,000 individuals who are either uninsured or underinsured. The clients come from three shelters located in the community or are from low-income families that live independently. Many of the center's clients are Spanish-speaking,” she explains. The center relies primarily on donations to support its operations. Lieb further contributes to the center by involving BSNE*Express* students, some of whom obtain their clinical experiences there.

St. Matthew's Methodist Church of Valley Forge, Pa., has benefited from the services of Assistant Professor Joyce Willens '83 B.S.N., Ph.D., R.N., a member of the congregation. Willens, a certified CPR instructor, has provided CPR instruction to community members, revamped the church's first-aid kits and obtained an automated external defibrillator for the church.

A Commitment Close to Home

Other Villanova Nursing faculty members make a difference through their volunteer service to the Augustinians. M. Louise Fitzpatrick, Ed.D., R.N., FAAN, Connelly Endowed Dean and Professor, serves as chairperson of the Health Care Advisory Board for the Augustinians of the Province of St. Thomas of Villanova. This committee is charged with making recommendations for policies regarding health-care delivery and education to Augustinians in the Eastern Province. Other Nursing faculty colleagues joining Fitzpatrick on this committee are Associate Professor Patricia Haynor, D.N.Sc., R.N.; Professor



A Nation That Cares

In the United States, 59 million individuals (28 percent of the U.S. population) volunteer for an organization, according to the U.S. Bureau of Labor Statistics' 2002 Current Population Survey. Volunteering time and expertise, in addition to meeting daily work and family responsibilities, can be a challenge.

Volunteerism most frequently is practiced among people aged 35-54 years of age, of whom one out of three volunteers. The higher rate among this age group is attributed to parents who volunteer for organizations associated with their children. The survey also indicates that volunteers spend a median of 52 hours per year in service.



Enthusied about her volunteer work caring for people with hypertension and addictions, **Maureen Sullivan, Ph.D., R.N., CRNP** inspired Courtney Sisk '05 B.S.N. to join her at St. Vincent's Clinic.



Emerita Claire Manfredi, Ed.D., R.N.; and Pizzi and I. Our committee was actively involved in the planning for the new Monastery and Health Center on campus.

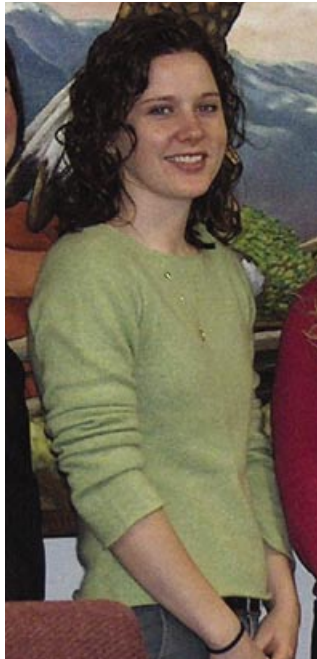
As St. Thomas of Villanova provided for the health and wellness of members of his local community, so too do Villanova Nursing faculty members minister to those in need in ways that extend well beyond their daily roles. Among the other volunteers are Associate Professor Linda Carman

Copel, Ph.D., R.N., CS, DAPA; Assistant Professor Marilyn Fetter, Ph.D., R.N., CS; Professor Nancy C. Sharts-Hopko, Ph.D., R.N., FAAN; Professor Suzanne C. Smeltzer, Ed.D., R.N., FAAN; and adjunct faculty member Louann McGinty, M.S.N., R.N.

Their service inspires students likewise to pursue opportunities for professional growth and to develop a commitment to the community.

Empathy in Action

Volunteering with a faculty member at a Philadelphia clinic opened up the way for Courtney Sisk '05 B.S.N. to combine two passions in her life.



Courtney Sisk '05 B.S.N. donated her time to help a population she had not encountered before in her clinical experience.

No matter where they serve their communities outside the classroom, Villanova University's Nursing faculty are role models for nursing student volunteerism. Two years ago, Courtney Sisk '05 B.S.N. accompanied Assistant Professor Maureen Sullivan, Ph.D., R.N., CRNP on her St. Vincent's Clinic visits. Sisk describes the impact of the experience:

"I had Dr. Sullivan for my sophomore nursing assessment skills class. I was always intrigued when she talked about her volunteer work at a Philadelphia church clinic. I thought it would be good way for me to combine two things that I am passionate about—nursing and volunteering. I e-mailed her and asked her if I could accompany her.

"We arrived on Sunday morning as the church service was ending. There was a hot meal being served in one big room. People were lined up throughout the building for food, clothes, health care and even free haircuts. Dr. Sullivan and I greeted the other volunteers and picked a pile of charts and began seeing patients. The nursing care mostly consisted

of taking blood pressures and charting them. Most of the population had problems with hypertension and drug and alcohol abuse.

"My time at St. Vincent's helped me grow many different ways as a Nursing student. This experience helped expose me to a population that I am not used to seeing in my clinical experience. I truly empathized with the people we saw. It made me feel so fortunate, that I did not have to worry about where my next meal, shower, haircut or clean clothes would come from.

I came to the realization that I need to serve others in order to show my thanks for what I have. This reinforced my desire to become a nurse. I am so thankful that I will be able to use my Nursing degree to care for people of all different backgrounds and financial means."

This service at St. Vincent's inspired Sisk to participate in four Habitat for Humanity mission trips. During Spring Break this year, she traveled with Clinical Assistant Professor Karen McKenna '70 B.S.N., M.S.N., R.N. to Elko, Nev., for a health promotion clinical experience on a Native American reservation for the Western Shoshone (see page 16).

"I came to the realization that I need to serve others in order to show my thanks for what I have."

—Courtney Sisk '05 B.S.N.

Transforming Hearts, One Smile at a Time

In the world's far corners, two faculty members take part in giving the gift of reconstructive surgery to children with cleft palates.

By Elizabeth Reedy, Ph.D., R.N. and Marcia Costello, Ph.D., R.D.

For more than a decade, Clinical Assistant Professor Debbie Wimmer '83 M.S.N., R.N., PNP has left the comforts of home, family and a short commute in order to care for children thousands of miles away. Barbara Ott, Ph.D., R.N., associate professor, has followed a similar path.

Both College of Nursing faculty members have made significant contributions to Operation Smile International. This non-profit organization serves children in developing countries who suffer from the disfigurement of cleft lips and palates and other problems. These children, most of whom live in abject poverty, are unable to afford basic medical care and would otherwise have little or no remedy for their conditions.

Ott describes how the organization works: "These surgeries are done for free by a team of professionals from Operation Smile: nurses, physicians, a speech pathologist, a dentist, a child-life specialist, a biomedical technician, a medical records person and others. The team arrives in one of 21 countries that have invited them, bringing their supplies and equipment with them. They set up an operating room, a pre- and post-operative unit and a post-anesthesia care unit. They screen about 350 children in two days and perform reconstructive surgery on about 150 children."

The teams of volunteers come from



The courage their young patients demonstrate makes volunteering worthwhile, notes Debbie Wimmer '83 M.S.N., R.N., PNP (left), who with Barbara Ott, Ph.D., R.N. (right) has contributed greatly to Operation Smile.

all over the world. The surgery is done and the patients are cared for in local hospitals, thanks to donated supplies, until they can go home with their families. The international organization also trains local physicians and nurses to perform the surgical procedures and necessary pre- and post-operative care.

Ott has participated on Operation Smile missions to China several times and also to Kenya, Honduras, Brazil, Russia, Morocco and Thailand. She also is a member of the Operation Smile International Research Committee.

Wimmer has participated in 11 mission trips to locations including Kenya, China, Russia, Siberia and the Philippines. On these trips, her roles have included initial assessments, history and physicals, pre-operative care, post-anesthesia care and teaching local nurses. She is a founding

member of Operation Smile's Nurse Council and serves on its Education Committee.

Together, Ott and Wimmer have implemented a model nursing education program for Operation Smile's volunteer nurses.

Most of their colleagues in the College of Nursing have been aware of (and in awe of) these two nurses and their activities with Operation Smile. In September 2004, Wimmer was asked to share her experiences with the entire Villanova University community at the St. Thomas of Villanova Day convocation. Wimmer spoke not only of the specific surgeries and nursing care, but more importantly of the multiple spiritual gifts she has received through her volunteer work. The courage of the little children and of their families, who often traveled great distances for evaluation, along with the gratitude they expressed, made the trips worthwhile for all volunteers, Wimmer said. Caring for the patients in unusual situations has made her appreciate all the more the benefits of living in the United States and having access to the latest medical and nursing advances. It has also helped her see even more the need for volunteers to aid those less fortunate.

Wimmer's presentation at St. Thomas of Villanova Day highlighted one of the many ways the College of Nursing gives back to the community, locally, nationally and internationally.



Volunteering with Operation Smile has taken Ott (left) and Wimmer (bottom right) around the world to correct disfigurements in children whose families can't afford basic medical care. These are some of their patients in China and Kenya.



A Serving of Something Real

At a soup kitchen and a hospice, a Nursing senior reinforced her conviction that volunteering for the “right reasons” will keep her coming back.

By Elizabeth Dowdell, Ph.D., R.N.

Every Monday afternoon, Jennifer Fedele '05 B.S.N. and another student leader took five Villanova University undergraduates to north Philadelphia. In the Kensington neighborhood, they volunteered their time from 3 p.m. to 7 p.m. to help the St. Francis Inn serve an impoverished community by providing free sit-down lunches and dinner to those in need. Many different jobs were available for the students to perform, from preparing the food, cooking in the kitchen and serving the food, to washing dishes and cleaning up.

It is not uncommon for St. Francis to serve as many as 300 individuals in one dinner seating. Those who come to the Inn are parents with young children, older single men, addicts, the homeless or those who simply need a hot meal. Fedele found her reward came in doing something that is positive for the community, “something that is outside of school and is very real,” she said.

A former resident of New Jersey who now claims Nashville, Tenn., as home, Fedele was a very busy senior. In addition to her courses, clinical practica and service at St. Francis, she volunteered with Campus Ministry. She began helping out at St. Francis in the fall of her junior year. She really enjoys volunteering, noting that the “experience has taught me about giving back to the community and that service is good....also St. Francis is prayer-oriented, and after dinner they have a Mass.” The Franciscan soup kitchen, featured in the 1999 PBS documentary *We Have a Table for Four at the Inn*, first opened its doors in 1979.

At St. Francis, Fedele and the other students have assisted many people. Fedele became close to one family in particular, and looked forward to catching up with them each Monday. “This family is really nice,” Fedele said of the Hispanic mother and her three children. “They appreciated our being here. I feel close to the daughter, who is 10 years old and is in fifth grade. Last year the mother started to look for better housing and when she found an apartment, we [the students] collected money and used it to buy things that would help her move into the new apartment.”

Each week, Fedele also traveled to St. John’s Hospice in Center City Philadelphia. Founded by the St. John the Evangelist Parish in 1963, St. John’s provides day services for homeless men, offers temporary shelter and support services for them while they seek employment, and runs the Good Shepherd program for those who are medically fragile, including men with HIV/AIDS. Fedele and other Villanova students joined residents for dinner and then stayed to talk or play cards with them. Here, Fedele said, they found “a chance to get to know the men and to hear their stories. It is very different from St. Francis because these men are residents for a period of time, and then they move on after finding a job.”

“I specifically wanted a school where service to the community by students was important and where there were many opportunities for service.”

—Jennifer Fedele '05 B.S.N.

On one such occasion, Fedele met someone who would leave a lasting impression. “His name was John, and after playing cards we started talking. I asked him for his perspective on our visits and he stated that he resented those who come to ease their conscience or were just ‘putting in time.’ He said he resented them because they had so much, and he had such a struggle. Talking with him made me realize that doing service with good intentions is important, but doing it for the right reasons—giving back to the community, helping others, making a difference—is what keeps me coming back.”

Fedele began looking at nursing schools in 2001. “I specifically wanted a school where service to the community by students was important and where there were many opportunities for service. Villanova offered more than any of the other schools I looked at,” she recalled.

After graduation, Fedele plans to continue with her service to a community. Her short-term goal is to return to Nashville, where she has a nursing job offer from Vanderbilt University Medical Center on a general medical-surgical unit. She said she intends to “work at the bedside for experience, and then in a few years I want to go out into the community as either a community health nurse or as a member of a visiting nurse team. I feel that I have a calling to work in the community, much as I have done here at Villanova.”



As a junior, Jennifer Fedele '05 B.S.N. (center) began to make time in her busy schedule to assist Kensington residents who come to the St. Francis Inn for hot meals.

Live, Via the Web

From their homes and offices, Nursing doctoral students enjoy the convenience of online classes. They connect to their seminars via video, microphone, whiteboard and text-messaging.

By Nancy C. Sharts-Hopko, Ph.D., R.N., FAAN

In June 2004 the College of Nursing's newly launched Doctoral Program welcomed its inaugural class of highly qualified students. After the two-week intensive summer session on campus studying issues and trends in health care and health delivery systems, students began the fall and spring course sequence via the Internet. From their homes and offices, full-time or part-time, they participated in live seminars on the philosophy and science of nursing, among other courses.

These 11 doctoral students are pleased with the convenience of Web-based study—especially notable because most of them live nearby.

Originally, the College had anticipated collaborating with distant health-care institutions with videoconferencing capabilities; the doctoral students would have had to

travel to these specific sites to take classes. Then, in January 2003, M. Louise Fitzpatrick, Ed.D., R.N., FAAN, Connelly Endowed Dean and Professor of Nursing, and I attended the annual American Association of Colleges of Nursing Doctoral Education Conference. There, we learned from such established doctoral programs as the University of Utah and the University of Nevada about inexpensive Web-mediated technology that allowed doctoral classes to convene via students' home or office PCs. We learned that the specific hardware requirements for conducting live, synchronous classes via the Internet—a Web-cam and microphone—could be purchased at any computer store for under \$50. In addition each student needs high-speed (ideally cable) Internet access, as well as access to conferencing software.

At that time, as it turned out, Villanova

University was already beginning to use live video technology. A professor of Japanese language was delivering classes to students at remote high schools, and an economics professor was using this technology to conduct office hours. Other faculty members across the University had begun to use the Web to offer assistance to students.

Villanova works with a company in York, Pa., CyberGrad, whose server houses the LearnLinc software. CyberGrad was founded in 2000 with the aim of enabling medical, corporate, educational and government entities to host face-to-face meetings and classes while reducing travel-related expenses. Villanova, in fact, provided courses for what became the nation's first fully live and interactive Web-based college program, enabling remote high school students to "attend live Villanova courses using just a web browser," according to CyberGrad's Web site.

Face-to-Face, with Video

What these Nursing doctoral students experience when they are logged-on to their seminar is a live video of whomever "has the floor." When the professor has the floor, only the professor can be heard by all of the participants; when the professor calls on a student, giving that person the floor, then all of the other students can hear that student and the professor talking to each other. The student who has the floor is shown in the video. The other students can communicate with each other or the professor by text-messaging. Students can see one another's environment (including any wandering pets and family members), and of course, one another's appearance during class. They report that they like the technology, as it makes them feel connected. Classes also could be conducted with only the audio enhancement.



During the tech training for the inaugural class of the College of Nursing's Ph.D. Program, Anne Fink, M.S.N., R.N. learns to use the Webcam and other distance learning technology.

In addition, the class group together can view Web sites, documents and PowerPoint™ slides. The professor can jot notes on a whiteboard with an electronic pen, in the same way a blackboard is used. In addition, the professor can record the entire experience for later viewing by students who would like to review the material or who missed class. These archived files are stored on the CyberGrad server for ready access by registered students.

CyberGrad continually upgrades the technology, and its personnel are vested in the success of Villanova's program. Recent upgrades have resulted in enhanced sound quality, better recordings and the ability to save recordings in other formats and to link them to courses in the Web-CT online course platform. Villanova offers support through University Information Technologies (UNIT), and UNIT staff also have worked hard to ensure success.

Nationally, several nursing doctoral programs are offered primarily using distance learning technology. Duquesne University initiated the first one in 1997. Other doctoral programs have adopted distance learning as their primary mode of delivery, among them Indiana University, the University of Wisconsin at Milwaukee and the University of Arizona. More online offerings are announced each year. Many schools offer R.N.-B.S.N. and master's degree programs in an online format, and online basic nursing programs are being piloted around the country in response to the nursing shortage.

The technology will continue to evolve, and the speed of information transfer is continually being enhanced. In December 2004, for example, Google announced an ambitious undertaking in collaboration with the University of Michigan, Harvard University, Stanford University, Oxford University and the New York Public Library to make all of their print sources available online.

Nurses typically balance many competing demands related to their work and family roles. Society's need for clinicians and educators ensures that schools of nursing will continue to develop programs that overcome the obstacle of geography.

Villanova Addresses Shortage of CRNAs

By Ann Barrow McKenzie '86 B.S.N., '91 M.S.N., R.N.

Not only is there a shortage of nurses in the United States, but there is a shortage of certified registered nurse anesthetists (CRNAs) as well. CRNAs have a huge impact on health care nationally, administering approximately 65 percent of all anesthetics given to patients. Because of the shortage, some hospitals have had to cut back on elective surgeries and increase salaries to attract the CRNAs they need to operate.

Seeing an opportunity to expand the supply of CRNAs, the Villanova University College of Nursing collaborated on a joint nurse anesthesia program with Crozer-Chester Medical Center in Upland, Pa. The College is home to one of only 92 nurse anesthesia programs in the country that are accredited by the Council on Accreditation of Nurse Anesthesia Educational Programs. Villanova's 27-month program consists of a didactic and clinical experience that exceeds the minimum requirement set forth by this accrediting body, and Villanova offers students special learning opportunities.

CRNA students earn an M.S.N. degree from Villanova through the joint program, known as the Villanova University-Crozer-Chester Medical Center School of Nurse Anesthesia. Upon completion of the professional curriculum, students are eligible to

take the National Certification Exam administered by the Council on Certification of Nurse Anesthetists. To date, the performance of Villanovans on this exam far exceeds the national norm.

Incredible career opportunities are available to CRNAs, according to Clinical Associate Professor Bette M. Wildgust, M.S., '97 M.S.N., CRNA. Wildgust, who is the director of the Villanova-Crozer-Chester joint program, is a well-respected ambassador for nurse-delivered anesthesia care. She has been an anesthesia program director for more than 20 years.

"CRNAs can work in hospitals, surgery centers, physician offices, anywhere that anesthesia is given," Wildgust explains. "They can be self-employed, work in a group with anesthesiologists and CRNAs or with another independent group of CRNAs. They are found in urban, suburban and rural areas. In fact, in the rural hospitals of the United States, more than two-thirds of the anesthesia services are provided by CRNAs." Their six-figure salaries match the heavy load of responsibility and autonomy they carry.

The distinguished history of Villanova's Nurse Anesthesia program started in 1997 when it affiliated with Lankenau Hospital in Wynnewood, Pa. The current program with



Students in the Nurse Anesthesia program can do their clinical experience at more than 15 clinical sites in Philadelphia and its suburbs, central Pennsylvania and Delaware.



Crozer-Chester Medical Center admitted its first students in August 2002. It is highly competitive and draws students nationally. To accommodate the busy life of the adult learner, the program offers three curricular tracks that give students flexibility and the opportunity to take M.S.N. classes prior to the anesthesia clinical component. These tracks are the traditional, nontraditional and post-master's courses of study. With many of the core courses online, both out-of-state and local students can take courses prior to enrolling in the anesthesia portion of the program; this enables a student to continue full-time employment while logging into classes from home or work. Students study with a variety of full-time and adjunct faculty: board-certified anesthesiologists, CRNAs and doctorally prepared faculty.

The program has access to all facilities at Crozer-Chester Medical Center and its affiliated institutions. Students run through clinical scenarios on Villanova's interactive Sim Man™ patient simulator and Crozer's anesthesia machine before seeing similar cases in the operative setting. To gain exposure to different facilities and techniques, students can do their clinical experience at more than 15 clinical sites in Philadelphia and its suburbs, central Pennsylvania and Delaware. Rotating to five or six clinical sites also helps students network professionally. Most of these students are quickly recruited upon graduation.

Despite the high-tech environment, these Nursing students have not lost the human touch. They engage in service projects, seeking to have an impact on their local communities. Their "Adopt a Friend for the Holidays" project helps provide the underprivileged with some basic necessities.

Looking outside its walls, the College sees the benefit of reaching out to health system partners to educate and develop R.N.s into the best nurse anesthetists. For example, the College recently strengthened its relationship with Lancaster (Pa.) General Hospital through an unparalleled alliance in

the hospital's Student CRNA School Loan Program. The hospital provides generous financial support to its nurses who enroll in Villanova's anesthesia program. The College extends space in its program to a select number of those nurses. Marguerite K. Schlag '68 B.S.N., Ed.D., R.N., Nursing's assistant dean for graduate nursing education, recognizes the goal of Lancaster Hospital as a smart one. In identifying the plan to "grow their own" nurse anesthetists, the hospital "provides professional advancement for their staff and quality care for their patients," she says.

What's on the horizon for the Villanova-Crozer-Chester joint program? There are potentially more partnerships and creative uses of technology and other teaching methods to enhance the learning process for these new anesthesia professionals. Villanova CRNA graduates will continue to be much in demand to deliver safe anesthesia care to thousands of patients across the United States.

For more information about the Villanova University-Crozer-Chester Medical Center School of Nurse Anesthesia, contact Geri Hansen, Graduate Program assistant, at (610) 519-4934 or geri.hansen@villanova.edu or visit www.nursing.villanova.edu/anesthesia.

Quick Facts about Nurse Anesthesia

According to the American Association of Nurse Anesthetists:

- Nurses were the first professionals to provide anesthesia services in the United States.
- Established in the late 1800s, nurse anesthesia is recognized as the first clinical nursing specialty.
- Nurse anesthetists have been the principal anesthesia providers in combat areas of every war in which the United States has been engaged since World War I.
- Of the nation's 30,000 nurse anesthetists, 43 percent are men.
- In 1986, nurse anesthetists became the first nursing specialty to be accorded direct reimbursement rights under the Medicare program.

100 Years of Nursing Education in the Middle East

The American University of Beirut (AUB) this year celebrates its centennial of offering nursing education. The school known in 1905 as the Nursing Training School was the first one in the Middle East. The festivities culminate at an international scientific conference, "100 Years of Nursing Education at AUB: Pioneering Achievements and Global Vision," to be held June 30 to July 2 in Beirut, Lebanon.

Villanova University's College of Nursing is one of the proud sponsors of this event in Beirut, and M. Louise Fitzpatrick, Ed.D., R.N., FAAN, Connelly Endowed

Dean and Professor, is one of the keynote speakers. She will speak on "Cultivating Nurse Educators for a Challenging Future."

The conference will address issues related to advanced nursing practice, collaborative practice, inter-professional education, evidence-based nursing practice, home care, self-management and quality indicators. It will also be a forum for human resources issues, the nursing shortage and globalization in nursing.

For further information, visit the Web site at www.lb.aub.edu.lb/~webson/centennial.html.

Energized by a Clinical Passion

Dr. Gale Robinson-Smith, R.N. never stops learning from her students, her post-stroke patients and her research.

By Ann Barrow McKenzie '86 B.S.N., '91 M.S.N., R.N.



In her published studies, Gale Robinson-Smith, Ph.D., R.N. has examined three variables in post-stroke patients: self-efficacy, depression and quality of life.

When she moved away from her much-loved private practice as a family systems therapist, Gale Robinson-Smith, Ph.D., R.N. thought the subject matter she would be investigating—the psychosocial effects of stroke—might be depressing. Instead, as she transitioned 14 years ago into a research and teaching role, she discovered a clinical passion. Ever since, that passion has fueled her drive to conduct her research, to teach and to improve the lives of

post-stroke patients. The assistant professor at Villanova University's College of Nursing shares this energy with her students.

Building on her clinical nurse specialist role in psychiatric-mental health nursing, Robinson-Smith realized that there was a tremendous need to examine the psychosocial aspects of patients' lives following a stroke. This void in knowledge exists despite the fact that stroke is America's No. 3 killer and a leading cause of severe, long-term disability. The American Stroke Association paints this picture: Every 45 seconds someone in America has a stroke; about 700,000 Americans will have a stroke this year.

Robinson-Smith conducts both quantitative and qualitative research. While these studies are time-consuming, she enjoys face-to-face, "hands-on" home visits to see how her patients cope after acute care and rehabilitation. Far from being "depressed" about her work as she had originally thought, she is buoyed by the courage and resilience of those with whom she interacts.

In her published studies, Robinson-Smith examined three variables in post-stroke patients: self-efficacy, depression and quality of life. She found that family and emotional support are important to these patients and their outlook on life, as is their ability to work or otherwise contribute to society. In pursuing what motivates patients to improve their self-care, she asked them, "What gives you confidence?" They responded that prayer, physical exercise and positive self-talk—a cognitive behavior

therapy method—are vital. A follow-up study after one year indicated that these three confidence-builders were powerfully effective for patients in achieving their recovery goals.

She later completed a secondary analysis of the patients' depression-related comments and published those findings in *Perspectives in Psychiatric Care*. In that study, she compared the verbal comments of clinically depressed stroke survivors to items on two depression instruments.

Not only is Robinson-Smith excited about growing the body of knowledge in the post-stroke care area, but she also is creating opportunities to connect even more with families. Moving forward with her plans to study family systems, she has submitted a proposal for an intervention study to improve quality of life in post-stroke patients by enlisting family support.

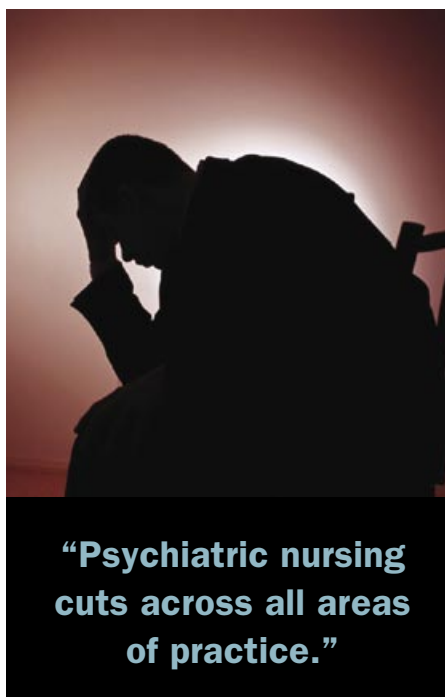
By combining research and teaching, Robinson-Smith is able to learn continuously, which she truly enjoys. She has taught psychiatric-mental health nursing at Villanova for more than seven years and relishes the opportunity to share her pursuits with her students. To future educators, Robinson-Smith offers this advice: "Students are critical. They tell us what they need to learn better. It's important to meet them where they are and go from there." She hopes to spark her students' desire to advance in the profession and stimulate research. To inspire them, she tells them the stories of what other nurses have done and illustrates how their interests can turn into professional passions.

Extensive experience has taught Robinson-Smith how to adapt her teaching strategies. She now integrates students into the learning process much more so than when she was new to teaching. In addition to interacting with Nursing juniors, she

Nutritionist Offers Menu of Healthy Choices

As she tracks the news about vitamins, fad diets, food pyramids and the latest findings, Dr. Marcia Costello, R.D. updates her own knowledge base to nurture students and clients alike.

By Ann Barrow McKenzie '86 B.S.N., '91 M.S.N., R.N.



enjoys working with the adult students in the *BSNExpress* program, as well as with students from the Sultanate of Oman who come to Villanova for their nursing studies. She has learned about their culture, tribes and families, and their view of the world. The experience expanded her ability “to talk and listen with them,” she noted. In turn, she offers them perspectives on mental health issues and care because, as she points out, “psychiatric nursing cuts across all areas of practice.”

Robinson-Smith sees the future as a bright one. Regardless of her students’ age or background, she is impressed by them. She notes, “They are well-prepared to accept the challenges that the complex field of nursing presents.”

The lure of New England was too strong. Marcia Costello, Ph.D., R.D. and new husband Joe—a fellow Rhode Islander—couldn’t stay any longer in Winston-Salem, N.C., where she was a director of nutrition in a public health department. Wanting to be closer to family roots, they moved north in 1984, when Costello became an instructor at Villanova University’s College of Nursing. During these two decades, she has been a valued resource for nutrition expertise in the College and on campus. Her degrees in nutrition and health education are the perfect ingredients for student success.

Now an assistant professor, Costello melds her common sense, knowledge and research background to bring to the classroom a clarity rarely found today in the science of nutrition. In sorting the wheat from the chaff in all those news stories *du jour*—fad diets, complementary medicines, the obesity epidemic and biotechnology advances among them—Costello has a tough job. She must shepherd her students through often conflicting claims to help them make decisions on nutritional issues, to advocate for wellness, and to promote critical thinking in their lives and professional practice.

It is not hard for Costello to maintain her enthusiasm. “Teaching nutrition is always exciting because almost every day there is new information from current research that is released to the media. I tell the students that what I recommend at the beginning of the semester may actually change by the end of the semester as the field evolves and new findings are published,” she explains. “Because nutrition is in constant flux, there is also a lot of misinformation. One of my goals is to teach students how to evaluate critically what it is being promoted.”

The first faculty member at the College to use distance learning technology (and one



Specializing in creative approaches to teaching, Marcia Costello, Ph.D., R.D. brought a service learning component to her introductory nutrition class. She was the first College of Nursing faculty member to make use of distance learning.

of the first at Villanova), Costello began by teaching “Principles of Nutrition” online to a group of undergraduates in 1998. She continues to teach that class, as well as “Healthy Lifestyles,” in both a distance learning

format and in the classroom. She also teaches health education theory in “Community Health and Health Promotion.” Additionally, the nutrition leader is a guest lecturer in a variety of undergraduate and graduate Nursing courses.

Costello enjoys the interplay with her students, constantly learning from them as they bring new ideas based on what they read. She describes teaching “Healthy Lifestyles” as “being on an Oprah show...you never know what students are going to say about a controversial topic.” Most of these students are seniors taking the class as an elective. Because of the students’ varied backgrounds and Nursing majors, each class is unique. As an educator, she finds it beneficial to weave throughout the curriculum the perspectives of guest speakers from the campus community, which enhances the learning experience.

In 2002, Costello’s creativity as an

educator prompted her to apply for funding from the Villanova Institute for Teaching and Learning. With the funds she received, she developed and integrated a service learning experience into her introductory nutrition course. It has become her favorite program. Students sign up for service projects through Campus Ministry and volunteer to work in shelters, food banks and soup kitchens. They write essays tying their experiences at these sites into what they learned in the classroom. Both her students and the shelter residents benefit from Costello’s efforts, as do other community members.

Since 1998, Villanova’s athletic department has called upon Costello as its consulting nutritionist. She provides nutrition assessment and counseling to student-athletes referred by the coaching and training staff. Her student-athlete clients are not the only ones who need the energy to maintain their

quick reaction time. Costello must pace her teaching with the rapid speed of changes in nutrition information. To sharpen her skills, she takes advantage of her varied consulting practice to hone her clinical competence.

For the past two years, Costello has shared her nutrition expertise as a member of the Health Care Advisory Board for the Augustinians of the Province of St. Thomas of Villanova. She collaborates and makes recommendations for the overall health education and nutrition plans of the Monastery’s Residential Care Center, located on campus.

When the psychology staff of Villanova’s Counseling Center refers students diagnosed with eating disorders, Costello is there for them—as she has been since 1999. She provides overall nutrition support in the form of assessment and counseling.

Transitions

Elaine Beletz, Ed.D., R.N., FAAN, associate professor, retired in January after 21 years on the faculty. Beletz taught in the Health Care Administration Program and also participated in undergraduate teaching.



Janie M. Brown, Ed.D., R.N., associate professor, retired in May after nearly 25 years on the faculty. She was among the original faculty members of the M.S.N. program and participated in its development. She taught in both the undergraduate and graduate programs. The majority of her work involved teaching at the master’s level, where she was responsible for courses that specifically prepared nurses for faculty positions. Brown was one of the College of Nursing’s pioneers in developing distance learning courses and for many years chaired the College’s Scholarship Committee. In addition, she coordinated the College’s federal traineeship program, which provides funding for graduate study. Brown’s contributions have been important to the development of the



graduate program and she has helped launch the teaching careers of countless nursing faculty members.

Karen McGinn ’73 B.S.N., M.S.N., CRNP has accepted a nurse practitioner position at the National Cancer Institute in Bethesda, Md. McGinn, who specializes in family practice, in August 1996 had returned as a faculty member in the College of Nursing, where she was a clinical assistant professor. She was instrumental in the inauguration of her alma mater’s Nurse Practitioner Program.



Publications

Patricia K. Bradley, Ph.D., R.N., C.S., assistant professor, published “The Delay and Worry Experience of African American Women with Breast Cancer” in the March 2005 *Oncology Nursing Forum*, 32 (2), 243-9.

Marcia Costello, Ph.D., R.D., assistant professor, co-authored (with Deborah A. Kendzierski, Ph.D., associate professor of psychology at Villanova) “Healthy Eating Self-Schema and Nutrition Behavior” in *Journal of Applied Social Psychology* (34), 2437-2451.

Barbara Ott, Ph.D., R.N., associate professor, published “Advance Directives” in *AACN Procedure Manual for Critical Care*

(5th ed.), edited by D.J. Lynn-McHale Wiegand and K.K. Carlson (to be published by Elsevier). Ott also published “Management of Clients with Structural Cardiac Disorders” and “Ethics in Nursing” in *Medical-Surgical Nursing* (7th ed.), edited by J. Black and J.H. Hawks (2004, W.B. Saunders).

Mary Pickett, Ph.D., R.N., associate professor, published online “Exercise Manages Fatigue during Breast Cancer Treatment: A Randomized Clinical Trial,” Wiley InterScience (www.interscience.wiley.com) on October 14, 2004 (DOI: 10.1002/pon.863). Co-authored by Victoria Mock, Constantine Frangakis, Nancy E. Davidson, Mary E. Ropka, and six others, it will be available in an upcoming issue of the journal *Psycho-Oncology*.

Gale Robinson-Smith, Ph.D., R.N., assistant professor, in 2004 published “Verbal Indicators of Depression in Conversations with Stroke Survivors” in *Perspectives in Psychiatric Care*, 40 (2), 61-69.

Marguerite K. Schlag ’68 B.S.N., Ed.D., R.N., assistant dean and director of the graduate program in Nursing, contributed to the Administrative Angles column in *The Journal of Continuing Education in Nursing* (January/February).

Suzanne C. Smeltzer, Ed.D., R.N., FAAN, professor, and Vanessa L. Zimmerman ’98 M.S.N., R.N. published “Usefulness of

“One of my goals is to teach students how to evaluate critically what it is being promoted” in all those claims about what we should eat.



Costello’s leadership goes beyond the Villanova campus. As a seasoned researcher, not only has she studied new teaching methods but she contributes to the larger body of nutrition science with her studies related to college students and to women with disabilities. In 2001, funded by the Bristol-Myers Squibb grant for Health Promotion for Women with Disabilities, she examined the body composition of women with Multiple Sclerosis, using near-infrared interactance technology. Her latest research interest is reflected in an article she published last winter in the *Journal of Applied Social Psychology*.

Over a five-year period, Costello and Deborah A. Kendzierski, Ph.D., associate

professor of psychology at Villanova, conducted a study of college students. The two researchers found that students with a positive self-schema, or positive self-definition of their eating behaviors, had healthier diets. Costello also has published several scholarly articles on nutrition screening and home nutrition support in the journal *MedSurg Nursing*.

For Costello, it’s the combination of research, different teaching methods, ever-changing nutrition science and varied consulting work that energizes her. What else

has kept her going for more than 20 years? Call it the “lite” side of being a nutritionist. As she puts it, “There are many moments in the classroom where things said by me or a student just provide a great opportunity to enjoy some laughter.”

the SCORE Index as a Predictor of Osteoporosis in Women with Disabilities” in *Orthopaedic Nursing* 2005 (January-February) 24 (1), 33-9.

Awards and Leadership Achievements

Linda Carman Copel, Ph.D., R.N., CS, DAPA, associate professor, was honored in November 2004 as a Distinguished Family Life Educator at the 66th Annual National Council on Family Relations Conference, “Inequalities and Families.” She was the only nurse at the Orlando, Fla., conference to be so recognized. In addition, Copel presented on “Partner Abuse in Physically Disabled Women: A Model.”

Marcia Costello, Ph.D., R.D., assistant professor, received a research support grant from Villanova University’s Summer Research Grant Program for her study of “Nutrition Behaviors of College Students.”

M. Louise Fitzpatrick, Ed.D., R.N., FAAN, Connelly Endowed Dean and Professor, gave the keynote speech on November 18, 2004, at the 52nd Annual Convention of the Student Nurses’ Association of Pennsylvania. She addressed “Nursing in and Beyond the Hospital Walls.”

Barbara Ott, Ph.D., R.N., associate professor, presented on “Withdrawing Therapies in Critical Care” at the American Association

of Critical Care Nurses’ Southern Shore Chapter meeting at Somers Point, N.J., on February 26, 2004.

■ Ott also presented on “Ethical Issues in Palliative Care” for the Villanova University College of Nursing Continuing Education Certificate Program, April 16-17, 2004.

■ She spoke at the Third International Nursing Conference, “Promoting Professional Excellence,” in Muscat, Sultanate of Oman, in March. Her talk, “Nurse Patient Relationships: Trust, Compassion and Conflict,” focused on fidelity in the nurse-patient relationship and strategies to maintain a fiduciary relationship during difficult times in health-care delivery.

■ Also at the Oman conference, Ott conducted a workshop on “Informed Consent: Meeting the Challenge,” where difficult issues in the consent process were discussed.

Nancy Sharts-Hopko, Ph.D., R.N., FAAN, professor, was interviewed by National Public Radio about the nursing shortage. The interview aired locally March 2 on WHYY-FM during “Morning Edition.” Sharts-Hopko addressed the urgency of the nursing faculty shortage, as well the critical need for nurses.

Suzanne C. Smeltzer, Ed.D., R.N., FAAN, professor, presented “Experiences of Women with MS in Obtaining Primary Health Care” and “Screening and Usefulness

of SCORE Index as a Predictor of Osteoporosis in Women with Disabilities” at the State of the Science Nursing Research Congress, held in Washington, D.C., on October 8, 2004.

Catherine Todd-Magel, Ed.D., R.N., BC, assistant professor, presented “Act in Time to Heart Attack Signs” in September 2004, with **Christine Crumlish ’74 B.S.N., Ph.D., APRN, CCRN**, assistant professor, at the Havertown (Pa.) Center for Older Adults.

■ Todd-Magel and Crumlish received a Research Support Grant from Villanova University’s Summer Research Grant Program for their study on “Heart Attack Response Rehearsal for High-Risk Patients.”

■ Todd-Magel presented “Common Issues and Problems in Designing Innovative Curricula and Evaluating Innovative Curricula” at the Fourth Annual Faculty Development Institute: A National Institute for Nursing Educators, co-sponsored by the National League for Nursing and Villanova’s College of Nursing in June 2004.

Carol Weingarten, Ph.D., R.N., associate professor, recently received a service learning grant, funded by the Wachovia Foundation and administered through Villanova University’s Committee on Inclusion and Diversity. She will use the grant for her work with children at the Alcorn Elementary School in Philadelphia (see page 17).

From Japan's Snowcapped Mountains to Nevada's Desert Sands

To promote health, undergraduates and faculty members traveled to a university in Japan's northern mountains and to a Native American reservation.

By Marcia Costello, Ph.D., R.D.



During a two-week study trip to Japan, Villanova Nursing students took a three-credit course on health care, made clinical site visits and became immersed in the culture.

Aomori, Japan, has the greatest snowfall of any urban town in the world, as well as legendary cherry blossoms, mountain vistas and spas with hot springs. In May, two Villanova University College of Nursing faculty members—assistant professors Debbie Wimmer '83 M.S.N., P.N.P., R.N. and Elise Pizzi, M.S.N., CRNP—accompanied four BSNE*Express* and two Nursing juniors for a two-week study abroad trip to this northern Japanese city. Aomori is located near Sapporo, where the 1972 Winter Olympics were held.

The Nursing students studied for a week at the Aomori University of Health and Welfare. This state university educates

nursing, physical therapy and social work students who are also studying English. The Villanovans joined the Japanese students for a three-credit elective course on Japanese health care, nursing history and culture. They also took part in morning lectures and afternoon clinical site visits, including to pediatric and medical-surgical settings, a geriatric care home, a midwifery center and a traditional *shaman*.

To further enhance their cultural experience, the students and faculty traveled for a week in Japan to obtain a true immersion in its culture. They had also studied about Japan for a week on campus before their trip.

With the Western Shoshone

Now the hub city of northeast Nevada, Elko first boomed with the coming of the railroad, gold mining, stage coaches, sheepherders and cattle ranchers. But some 13,000 years earlier in this area at the foot of the Ruby Mountains, Native Americans first hunted, fished and made use of medicinal plants. The Western Shoshone now live in Elko on the tribe's reservation.

A member of Elko's Western Shoshone tribe, graduate student Joyce Yablunsky, B.S.N., R.N.,C., is studying in the Villanova University College of Nursing's Geriatric Nurse Practitioner program. In March, Yablunsky and Wimmer, along with Clinical Assistant Professor Karen McKenna '70 B.S.N., M.S.N., R.N., traveled to Elko with six Nursing seniors to promote health to the Western Shoshone. The students were completing their Health Promotion Practicum. Yablunsky has family members who reside on the reservation.

During their visit, faculty and students networked with a nurse from the U.S. Public Health Service, as well as elders of the tribe. The students went to various colonies (urban reservations), observing nursing services in the reservation's clinic and assessing the health needs of the community. They participated in health screenings, checking height, weight, blood pressure and blood sugar. The students also taught groups from the community about health issues such as diabetes, hypertension, heart disease, substance abuse, nutrition, hygiene, sexual development, pediatric safety, and male and female health concerns. "The public health nurse and the tribal members were impressed with the depth of



Eileen Feehan '05 B.S.N. prepares to check the blood glucose level of a member of the Western Shoshone community.

the students' knowledge and the quality of their presentations," said McKenna.

The students were introduced to Western Shoshone culture by meeting with tribal leaders and participating in a variety of community events. They learned about the use of herbal medicines and the tribe's rich cultural history. The College looks forward to future visits, when the Villanovans hope to continue health promotion and explore health concerns such as obesity, especially in the Western Shoshone children.



Public health nurses and tribal members were impressed with the depth of knowledge displayed by Villanova's Nursing seniors. Among them were Emily Eklof '05 B.S.N. (left) and Gina Mascherino '05 B.S.N.

Carnegie Foundation Studies Villanova Nursing for its Excellence in Professional Preparation

Villanova University's College of Nursing is part of an exclusive three-year national study conducted by The Carnegie Foundation for the Advancement of Teaching's Preparation of Professionals Program. The Carnegie interdisciplinary research team, led by its senior scholar, Patricia E. Benner, Ph.D., R.N., FAAN, visited the College from March 15-17 to discover its most effective teaching-learning strategies.

"We are delighted that the Carnegie Foundation has selected our College of Nursing as one of the eight nursing schools in its national sample," says Connelly Endowed

Dean and Professor M. Louise Fitzpatrick, Ed.D., R.N., FAAN. "There are reciprocal benefits for this important study and for Villanova. We will learn more about ourselves as an exemplar among nursing programs." The College is one of only three nursing schools in the country to be named a Center of Excellence in Nursing Education by the National League for Nursing.

The Carnegie study is part of the second phase of its Preparation of Professionals Program. The program investigates how academic institutions prepare various professionals and analyzes across professions to see

The Art of Dreaming Big

In South Philadelphia, Villanova University College of Nursing seniors drew out the inner hopes of pupils at James Alcorn Elementary School. As part of their Spring Semester Health Promotion practicum, the seniors taught the children healthy behaviors. In fact, their presence proved to be a good opportunity for researchers from The Carnegie Foundation for the Advancement of Teaching to draw upon the Villanovans' approach to teaching the children. The Carnegie team interviewed not only the Villanova Nursing students but Associate Professor Carol Weingarten, Ph.D., R.N., who teaches the practicum, and Alcorn's principal, Pamela Young.

While visiting the Alcorn school, the Carnegie team could see the impact the Nursing students have had on the youngsters, thanks to the artwork displayed. Some of the pupils had drawn their self-portraits, imagining themselves as Villanova Nursing graduates. Several of them went beyond that to draft their "future autobiographies," in which they elaborated on their careers and lives following this education.

"I am the first woman doctor to find a cure for Bone Cancer," wrote one girl. "I graduated from Villanova Nursing School...I even have my own hospital called 'Villanova,'" where parents can



In their drawings and imaginative "autobiographies" of their future lives, several Alcorn Elementary School fifth graders could see themselves as Villanova nursing graduates with fascinating careers.

bring "a friend, a solemate, a pet" to make their child feel at home, the youngster added.

Her 10-year-old classmate had a similar hope for what she would accomplish. "I was born in North Philadelphia. I went to Villanova Nursing University," she wrote. Her vision of her life by age 42 was large in scope: "I was the first African American woman to invent things you can do or to take to avoid getting H.I.V. or Aids," she wrote. She called her special pills "Avoidies."

We look forward to welcoming Acorn's fifth graders as colleagues when they become Villanova Nursing students.

how institutions approach teaching and learning as they develop professionals for the vital roles they play in society. The program's first phase looked at educating attorneys, clergy and engineers. This phase examines nursing education, as well as medical education. In addition, the program involves a five-year study of doctoral education.

Benner, who is from the University of California, San Francisco, is a recognized expert and researcher in the area of skill acquisition and clinical judgment in nursing practice. Her approach in the Carnegie study involves an intensive examination of the important aspects of educating nurses, including the most compelling and effective educational methods and the challenges of learning to be a nurse. Specifically, the Carnegie study assesses:

- how nurses gain their knowledge and learn to think critically as the profession requires;
- how nurses attain a functional skill level for their practice; and
- how they "apprentice" to the social and ethical role of the professional nurse and integrate all they have learned to be a competent clinician.

Benner's team interviewed key Villanova Nursing administrators and faculty, conducted focus sessions with sophomores and seniors, reviewed curricula, visited classes and labs, and observed interactions in clinical settings (see sidebar on page 17). The program will also involve a national Web-based survey to better understand how nurses adapt to new situations and to evaluate teaching and learning in nursing related to the craft of the profession.

The Carnegie Foundation for the Advancement of Teaching, founded by Andrew Carnegie in 1905 and chartered by Congress a year later, is an independent policy and research center based in Stanford, Calif. Its primary mission is "to do and perform all things necessary to encourage, uphold, and dignify the profession of the teacher and the cause of higher education."

Students Benefit from Scholarship Partnership

Eight Villanova University College of Nursing doctoral students are benefiting from their nursing scholarships awarded through the new Independence Blue Cross (IBC) Nurse Scholars Program, which seeks to increase the number of nursing instructors in the region's graduate nursing programs. The program was launched in March 2004 in cooperation with the Pennsylvania Higher Education Foundation (PHEF) to address the shortage of nurses and nursing faculty in southeastern Pennsylvania. The three-year, \$3 million grant program is currently benefiting 575 undergraduate and graduate students at 29 area nursing schools. Five Villanova Nursing undergraduates have received financial support.

Connelly Endowed Dean and Professor M. Louise Fitzpatrick, Ed.D., R.N., FAAN was among the deans consulted by IBC and PHEF. The deans outlined the priority needs in nursing education that led to IBC and PHEF's decision to expand funding for the preparation of future faculty members in nursing. The shortage of nursing educators was the main reason that nursing colleges and universities in 2004 had to deny admittance to 26,340 qualified applicants, according to the American Association of Colleges of Nursing's preliminary data in its Annual Survey of Institutions with Baccalaureate and Higher Degree Nursing Programs.

Last September, IBC hosted a reception



At a reception in September 2004 in Philadelphia, the late G. Fred DiBona Jr., who at the time was president and CEO of Independence Blue Cross (IBC), addressed nursing students and faculty.

at its headquarters in Philadelphia, where many of the scholarship recipients, including those from Villanova, were honored for their dedication to the nursing profession. "Helping our community deal with the growing shortage of nurses is one of the most important social mission initiatives that Independence Blue Cross has ever undertaken," said G. Fred DiBona Jr., who at the time was IBC's president and CEO (DiBona, who died in January, was a good friend to Villanova Nursing). "We believe that helping nursing schools like Villanova to increase their teaching capacity will ensure that our region produces more high-quality nurses for many years to come," he noted.

IBC, the leading health insurer in southeastern Pennsylvania, is contributing \$1.74 million over three years to the Nurse Scholars Programs. In addition, PHEF is contributing \$510,000 to the program. IBC also is committing an additional \$750,000 over the next three years to PHEF's Nursing Education Initiative in southeastern Pennsylvania; the funding will provide financial assistance to aspiring undergraduate nursing students. PHEF is a nonprofit organization seeking to create, expand and enhance affordable options for postsecondary education for students, families and schools.

Chi Eta Phi Awards Scholarships to Two Juniors

Two College of Nursing juniors, Megan Davenport and Lena Congo, have received Anne V. Chisum Scholarships from the Theta Chapter of Chi Eta Phi Sorority, Inc. This professional association for registered professional nurses and student nurses (male and female) represents many cultures and diverse ethnic backgrounds. The scholarships were awarded at a luncheon in October 2004.

Six Scholarships Ensure a Bright Future

The College of Nursing is grateful for generous donations that have resulted in six new scholarships for qualified undergraduates. The interest from these gifts will be of enormous help to Nursing students, now and in perpetuity.

The six scholarships are:

■ The Eastwood Family Scholarship.

This scholarship is a gift of the Eastwood Family Foundation and of Navy Adm. James Eastwood (Ret.), a 1968 alumnus of Villanova University, and his wife, Linda. Two of their children graduated from Villanova—son Jim ('00 C&F) and daughter Erica Lamontagne ('94 C&F)—and their daughter Brooke is a Villanova student. The Eastwoods reside in Bryn Mawr, Pa.

■ The Daniel M. and Christine A. Finnegan Endowed Nursing Scholarship in Memory of Eileen S. Lupton, Class of 2003.

The Finnegans, of Saddle River, N.J., are the parents of Alexandra Finnegan '03

B.S.N., Villanova roommate and friend of the late Eileen Shea Lupton '03 B.S.N., who was just about to begin her career in pediatric nursing when she died in a porch collapse on June 29, 2003. The Finnegans' second daughter, Cathleen, is currently a student in the Nursing program.

■ The Eileen Shea Lupton Endowed Memorial Scholarship.

This scholarship represents the memorial gifts from family and friends of Eileen Shea Lupton '03 B.S.N. The Lupton family resides in Lake Forest, Ill.

■ The Kreider Family Endowed Nursing Scholarship.

This scholarship is the gift of Richard J. Kreider (a 1983 Villanova graduate); his

wife, Marianne; and family of Huntington, Long Island, N.Y. The Kreiders' daughter is Kristen Kreider '05 B.S.N.

■ The Mother Teresa Endowed Nursing Scholarship Established by Peter and Colleen Schleider in Memory of Richard and Ellen Wright.

Peter Schleider and his wife, Colleen Schleider '79 B.S.N., endowed this scholarship in memory of her parents, Richard and Ellen Wright. The Schleiders reside in Eden Prairie, Minn.

■ The Mary V. O'Donnell Endowed Nursing Scholarship.

This scholarship is the gift in memory of Mary V. O'Donnell, established by her son, James O'Donnell, a 1963 alumnus of Villanova who resides in Wayne, Pa. He has two daughters who graduated from Villanova: Susan O'Donnell '89 A&S and Jennifer O'Donnell '00 A&S.

The IBC program helps with such expenses as tuition and fees that would otherwise slow the progress of nursing students, many of whom have family responsibilities such as educating college-age children.

Doctoral student Ruth Crothers, M.S.N., APRN-BC, CNOR attests to the impact of the IBC scholarship on her goal of becoming a nurse educator. "The doctoral program offered at Villanova University, while providing me with the necessary skills to teach nursing students, is a time-intensive program. Financial support has allowed me to intensely focus on the academic program rather than on earning the monetary means to complete the program," explains Crothers. "I am highly motivated to complete the program and assume a faculty role within an academic institution, and have resigned from a full-time position to do so."

DiBona noted that, "By focusing a large portion of our investment on attracting new teachers, we believe we ultimately can put more nurses on the front lines right here in southeastern Pennsylvania—and more nurses corresponds to better care."



On October 23, 2004, the Villanova University community hosted the first annual Dream for Eileen 5K Run/Walk to raise funds for the Eileen Shea Lupton Endowed Memorial Scholarship. Approximately 80 athletes participated in this event, held during Homecoming Weekend. They wended their way through the campus to raise funds for this scholarship benefiting Villanova Nursing students. The Eileen Shea Lupton Memorial Foundation, in Lake Forest, Ill., was established to provide nursing scholarships to keep alive the compassionate health care ideals of the late Eileen Shea Lupton '03 B.S.N. The foundation also has hosted similar events in the Chicago area. (Center) Lupton's parents, Therese and Patrick Lupton, join in the moment of silence before the race.

Humanitarians on a Mission for Health

After volunteering in war-torn Sudan, two Nursing alumnae found that one of the hardest challenges was bidding farewell.

By Elizabeth Dowdell, Ph.D., R.N. and Ann Barrow McKenzie '86 B.S.N., '91 M.S.N., R.N.

Leaving their homes in Boston and Kenya respectively, two alumnae of Villanova University's College of Nursing assisted Sudan's people in a time of great need. Katherine "Katie" Fallon '01 B.S.N., R.N., supported with a grant from her hospital in Boston, took a six-month leave to pursue a life goal of working in Africa. Serah Nthenge '04 M.S.N., R.N., R.M., born in Kenya, volunteered three years ago in Sudan and just returned there to teach after earning her M.S.N. at Villanova.

Fallon was based in clinics in Sudan's western region of Darfur. The United Nations called the conflict in Darfur "the world's worst humanitarian crisis." More than a million of Darfur's 2.5 million population have been displaced by the ethnic and political unrest. Violence, poverty, overcrowding and roaming bands of *janjaweed* militia are still prevalent.

Southern Sudan, where Nthenge served, is an area where the majority of Sudan's Christians live, and most of its population is black. The south has been torn apart by 21 years of civil war with the Sunni Muslim northern government; war and famine led to an estimated 2 million deaths. The historic Sudanese peace treaty signed in January brings more stability to the south but has not resolved the Darfur situation.

Katie Fallon: On a Positive Path with a Mobile Clinic

In early April, Fallon completed her six-month service in Darfur. She says, "I wouldn't trade it for the world." Her humanitarian mission in Sudan prompted her to recall her senior year at the College of Nursing, when she took part in a service learning trip to the Augustinian Mission in Chulucanas, Peru. Her fluency in Spanish



Equipped with her portable pharmacy in a box, Katherine "Katie" Fallon '01 B.S.N., R.N. brought health care to villages in the troubled region of Darfur.

enabled her to schedule home visits and make presentations on hygiene and first aid in rural Peru. The experience piqued her interest in helping the world's most desperate populations. Fallon as a student also had volunteered for Habitat for Humanity in South Carolina.

A staff nurse in the adult medical acute care unit at Massachusetts General Hospital (MGH) in Boston, Fallon had dreamed of working in Africa. In spring 2004 she applied for and was awarded MGH's Thomas S. Durant Fellowship for Refugee Medicine, named for the MGH physician who dedicated 35 years to providing medical aid and hope in trouble spots around the world (Durant died in 2001). Fallon and a colleague became the first nurses to receive the Durant Fellowship.

Based in Nyala, the capital of the state of South Darfur, Fallon last fall began her

work in Sudan with the American Refugee Committee (ARC) International, which was established in 1979 to assist Cambodian refugees. An international nonprofit, nonsectarian organization, ARC provides humanitarian aid and training, currently in 12 countries around the world.

Fallon served along Sudan's Nyala-Girayda corridor, an insecure area with many small villages. In Nyala, 90 percent of the people are Muslim and "life is sustainable," she wrote, but in Girayda, "there is only one water source for about 40,000 people." In refugee camps, she saw huts made from sticks, trash and plastic bags.

Her ARC group ran four primary health care clinics, including one in the village of Donki Dreissa, and five mobile clinic sites. Fallon coordinated the mobile clinic visits to these five small villages. To carry her pharmaceuticals and supplies, she bought two metal boxes in the *souk* (Arab market), with "flowers painted on them—Katie's Colorful Mobile Clinic," she wrote. She also was involved in pediatric polio vaccination campaigns, since there had been outbreaks of polio in the refugee camps.

With the portable pharmacy and a driver, Fallon and other staff members headed out to villages, hoping to triage the patients and treat those who were most sick. They offered physical exams, prescribed medications, changed dressings and aided wherever they could. But for the children with hydrocephalus or limp limbs, "there is nothing in my colorful metal box" to help those patients, Fallon noted.

The biggest problem in the villages was infection, Fallon observed. Any small cut or other wound can become infected because of the dirty environment and poor sanitation and hygiene. Fallon's patients included those suffering from malnutrition, gun shot and



Fallon and residents of the village of Donki Dreissa gather with staff members of the American Refugee Committee (ARC) International at its primary health-care clinic in the village.

knife wounds from attacks in the area, and burns from cooking over an open flame. She also had many patients with leishmaniasis. Transmitted by sand flies, this parasitic disease leads to skin ulcerations.

What Fallon saw during her mobile clinic observations prompted her to begin a project on the side: promoting children's health and hygiene, which she hopes will remain a sustainable program. She combined games, such as relay races and musical chairs, with her hand-drawn posters, songs, fun demonstrations on how to wash hands and other basic topics. They gave the children gift bags with tooth brushes, toothpaste, combs, nail clippers and other items. Just by visiting two villages with her mobile clinic, she was able to reach 600 children.

When asked to name her biggest challenge, Fallon is unable to limit herself to one. Teaching the local nurses triage skills and critical thinking proved to be a hurdle because of the different culture and their perceived roles in it. The language

barrier made it hard to teach, even through a translator, and she feared being misinterpreted.

Security also was a concern. With intermittent tensions in the area, Fallon and her group often could not reach the people waiting for the mobile clinic. Plus, the government periodically shut down communications. She also had to cope with sandstorms, 100-degree heat, and shortages of supplies and staff.

Despite all that, Fallon found it hard to leave. Her friends and co-workers gave her a tearful send-off, honoring her with gifts and speeches. She was moved by the emotional experience and felt she was deserting those whom she describes as "the most friendly, loving, warm, welcoming people." In one of her final e-mails home, Fallon wrote, "They have so little and when people from outside come to help them, it's like it makes their life brighter by knowing that people care."

Read Katie Fallon's letters from the field by visiting www.durantfellowship.org.

Serah Nthenge: Laying the Groundwork Through Teaching

Three years ago, Nthenge volunteered for a three-month period in southern Sudan, under the auspices of Samaritan's Purse, the Christian, international relief organization headed by the Rev. Franklin Graham, who follows in the evangelical footsteps of his father, the Rev. Billy Graham. After Nthenge received her graduate nursing degree this past December from Villanova, she returned to Sudan to teach.

Like Fallon, Nthenge has dealt admirably



Serah Nthenge '04 M.S.N., R.N., R.M. and Moses, a Sudanese student in her nursing assistant training program in southern Sudan. She lived there for three months in 2002 with other nurses, physicians and staff from Samaritan's Purse.

In the Spirit of Clara Barton

Emmanuel College's Department of Nursing awarded its 2005 Clara Barton Service to Humanity Award to Katherine "Katie" Fallon '01 B.S.N., staff nurse at Massachusetts General Hospital in Boston. The college, also located in Boston, cited Fallon's volunteer work as a Villanova University Nursing student as well as her recent humanitarian service in Sudan, a mission supported by the hospital's Thomas S. Durant Fellowship for Refugee Medicine.



"You are passionate about what matters so much," the citation read in part, and that is "professional nursing service to the most vulnerable of the world's people." The citation noted Fallon's conviction that health education is the most important tool in the fight against curable diseases.

"Your passion and your work directly link you to Clara Barton, who over 100 years ago battled bureaucratic indifference," the citation added. Emmanuel honored Fallon at its annual pinning ceremony for nurses.



Sudanese children from a village near Lui gather with Nthenge to explore their Christmas shoe boxes, delivered by Samaritan's Purse as part of its Operation Christmas Child program. Each donated box contained much-needed clothes, toys and school supplies.

with the challenges of volunteering in a strife-torn, impoverished area. One of 10 children, she grew up in Kitale, an agricultural town eight hours from Nairobi, Kenya's capital. Inspired after a family tragedy to become a nurse, she received diplomas from nursing and midwifery schools. She started her practice as a midwife in charge of the obstetrics department at Kijabe Hospital, an hour north of Nairobi, ultimately becoming director of nursing services. Nthenge then left to teach at the hospital's school of nursing and earned her B.S.N. degree at the University of Eastern Africa Baraton. After teaching for two years, she became deputy principal.

Her life changed when she volunteered in 2002.

During her three months in southern Sudan, Nthenge developed the groundwork for a nursing assistant course at Lui Hospital. Opened in 1997 by Samaritan's Purse, this 80-bed surgical hospital provided the only advanced medical care for an area of 400,000 people. Because of the civil war, nursing students—both men and women—had been unable to complete their education.

Overcoming a lack of resources, Nthenge used her teaching experience and skills to set up the basic course at Lui Hospital. With few colleagues with whom she could consult, she worked alone, initially with no classroom space or supplies. Southern Sudan's lack of infrastructure and the interruptions of war were ongoing challenges.

The hospital's nursing assistants had to deal with adult and child malnutrition, malaria, associated anemias, diarrhea diseases, AIDS and river blindness (onchocerciasis). They also treated casualties from the aerial bombings. Despite the challenges, Nthenge said she felt "so fulfilled" by the experience

of nursing there and wanted to further herself as an educator. After a suggestion from Judi Troutman '92 M.S.N., a missionary in Kenya, Nthenge came to Villanova in 2002 to earn her master's degree in nursing education. Last fall, she served as president of the College of Nursing's Graduate Nurse Network.

Now back in Sudan, Nthenge is involved in teaching and curriculum development at the Lui nursing school. Her

advice to anyone who wants to volunteer, whether abroad or at home, is to do it. Volunteering "changes your perspective in life," she notes, "in that what you thought was important in life takes on a whole new meaning."

As Nthenge works at Lui Hospital, she feels tremendous satisfaction in rendering service to others. While serving in a "hardship" area is not for everyone, she points out how it is important to remember that if the experience is difficult or if "one does not make it through the experience, it does not mean they're a failure in life. There is always another area in life that they can excel in," she believes.

Returning to Sudan has brought both great rewards and more difficult transitions for Nthenge. She is happy to see that peace in the area has allowed the Lui population to increase, and that the program she helped develop is meeting its goals. Yet once again, she has had to leave family and friends in Kenya and the United States. Through prayer and her one-day-at-a-time attitude, she deals with the transition of studying in a wealthy country to working in an extremely poor one.

Volunteering in a place far from home or far from one's comfort zone can be a daunting prospect. But it can also lead to opportunities for service in many other ways. Each volunteer has a special role to play, whether in a nearby neighborhood or thousands of miles away. Understanding the call to service, learning about a new community and its people, and coming to respect them—all of these experiences connect us as humans and can lead to a sense of satisfaction and accomplishment. That was certainly the case for these two Villanovans in Sudan.

Nominate a Nurse Leader for Membership in Alpha Nu

If you know nurse colleagues who are not already members of the College of Nursing's Alpha Nu Chapter of Sigma Theta Tau International, consider nominating them for membership as Nurse Leaders.

Nominees must be legally recognized to practice nursing in their country, hold a minimum of a baccalaureate or the equivalent in any field, and demonstrate excellence in nursing. You may also nominate yourself.

Nominations should be submitted by August 30. For more information and an application, visit www.nursingsociety.org/membership/nurse_leader.html.

Questions? Contact Elizabeth Bruderle, '90 M.S.N., D.N.Sc., R.N. at elizabeth.bruderle@villanova.edu or call (610) 519-6853.

News from Our Graduates

1960s

Margaret S. Griffiths '62 B.S.N. was promoted to professor of nursing at Thomas Jefferson University in Philadelphia and received Pennsylvania's 2004 Excellence in Nursing Research Nightingale Award.

Jeanne Burke-Guardia '65 B.S.N. is nurse manager at the Montgomery County Geriatric Center in Royersford, Pa. She is a candidate for a master's degree in long-term care administration at Saint Joseph's University. **Faith Connor Murray '65**

B.S.N. has returned to southern California with her husband, Robert, after eight years in Nashville, Tenn. She is active in a global ministry, Aglow International, and has spoken at several of its functions. **Dr.**

Lucille Cerchiaro Gambardella '67 B.S.N. received the Graduate End-of-Life Nursing Education Consortium Award at the 2005 Master's Education Conference, held in San Diego in February. Gambardella is professor and chairperson of the department of nursing at Wesley College in Dover, Del. **Susan Chianese Slaninka '69 B.S.N., Ed.D., R.N.** retired from West Chester University (WCU) in June 2004 and is now an adjunct professor at Villanova University's College of Nursing. In January, she spoke to the Chester County (Pa.) School Nurses group on "The Art of Self-Care." She also presented, along with three of her WCU students, their research

on "The Successes and Challenges of RNs in Today's Health Care System" at Mosby's Faculty Development Institute in January 2005 and the *Nursing2004* Clinical Symposium in April 2004, both in Las Vegas. (See also back cover.)

1970s

Gloria J. McNeal '70 B.S.N., Ph.D., APRN,BC, APNC is associate professor/assistant dean for student affairs and coordinator of the acute/critical care program at the University of Medicine and Dentistry of New Jersey School of Nursing, located in Newark. She has been awarded nearly \$1 million in funding from the Department of Health and Human Services to establish a center for academic support services and traineeships for student nurses at the master's degree level. **Maria L. Talamo '77 B.S.N., M.A., R.N., CNA-BC, CHE** was recently appointed chief nursing officer and director for medical services at The Hospital at Westlake Medical Center, a new, advanced medical facility in Austin, Texas. In 2003, she won the *Austin Business Journal* Healthcare Heroes Award for Community Outreach. **Ann Marie Papa '77 B.S.N., '95 M.S.N.**, director of emergency services at Doylestown (Pa.) Hospital, has been honored with the Emergency Nurses Association Nurse Manager Award. At the hospital, Papa has raised clinical performance, stabilized staff turnover and spearheaded an electronic information management system.

1980s

Mary Foti Boylston '80 B.S.N., Ed.D., R.N. in March successfully defended her dissertation, "Adult Student Satisfaction in an Accelerated RN to BSN Program," at Immaculata University. She is chair and associate professor of the department of nursing at Eastern University in St. Davids, Pa. Two Villanova classmates—**Janice Noden Buck '80 B.S.N., '87 M.S.N., R.N.** and **Elizabeth Keller Loeper '80 B.S.N., '96 M.S.N., R.N.**—recently joined Boylston on Eastern's nursing faculty, where they serve as lecturers. **Alaine Schwartz Lee '83 B.S.N.** has been living in Asia with her family for nearly 10 years, mostly in Japan and for one year in Singapore. She is a substitute school nurse at the International School of the Sacred Heart in Tokyo. She also helps teach an English conversation class for Japanese children who have lived overseas; the class helps them retain their language skills. For three years, Lee served as an Air Force nurse in ob/gyn. **Earl Goldberg '86 M.S.N., Ed.D., APRN,BC**, assistant professor of nursing

at La Salle University in Philadelphia, was appointed director of its M.S.N. Nursing Administration tract in the School of Nursing. **Deidre A. Dittrich '87 B.S.N.** received the Excellence in Nursing Award, given to a senior staff nurse at New York Hospital. **Dr. Lisa Ruth-Sahd '88 M.S.N.**, a nursing instructor at the Lancaster (Pa.) Institute for Health Education, was awarded her doctoral degree in adult education from Penn State University, where she received the Graduate Student Research Award. **Nan Russell Yancey '89 M.S.N., Ph.D., R.N.** was appointed director of graduate studies in nursing within the College of Nursing and Health Professions at Lewis University in Romeoville, Ill. Yancey earned her doctoral degree in March 2004 from Loyola University in Chicago. For her dissertation, she explored the experience of new graduates of baccalaureate nursing programs in terms of changing expectations in their first professional position.

1990s

Heather Byrnes Douglas '91 B.S.N., senior safety associate at Johnson & Johnson in Horsham, Pa., in 2004 was awarded her master's degree in pharmaceutical quality assurance/regulatory affairs from Temple University School of Pharmacy. **Nicole Gamba '94 B.S.N.** is the nurse manager for the pediatric hematology/oncology clinic at the Alfred I. duPont Hospital for Children in Wilmington, Del. **Dana Kenny Sullivan '94 B.S.N.** has worked in their thoracic cancer programs of Sloan-Kettering and Massachusetts General hospitals. **Air Force Capt. Karen Croeau '95 B.S.N.** is a staff nurse at Aviano Air Base, Italy. **Jennifer O'Rourke Tiffen '95 B.S.N.** is an undergraduate nursing instructor at the University of Illinois at Chicago School of Nursing. **Jessica Hanock, Esq., '96 B.S.N.** worked as a critical care nurse for eight years and went on to earn her law degree at Widener University. She now practices health care law in Florida.

2000s

Jennifer Yost '00 B.S.N., who is earning her M.S.N. at New York University, received the Rudin Family Student Award in November 2004. **Jessica Lesinski Marchetti '01 B.S.N., R.N.** in December 2004 completed her M.S.N. in nursing education at the University of Massachusetts in Boston. Marchetti is a staff nurse in the NICU at Brigham and Women's Hospital in Boston and will become a nurse educator for a Level III NICU in Worcester, Mass.

Kimberly DeEugenio '02 B.S.N. is a nurse in the surgical critical care unit at Thomas Jefferson University Hospital in Philadelphia. **Navy Nurse Corps Lt. Elissa Seth Larkin '02 B.S.N.** is a labor and delivery nurse at the National Naval Medical Center in Bethesda, Md.

In Memoriam: Alumni

Katharine J. Watson '53 B.S.N., on May 16, 2004, in Coatesville, Pa.

Sister Mary Elizabeth Esmonde, R.S.M., '57 B.S.N., on November 30, 2004, in Merion, Pa.

Dr. Helen B. McCool Sankey '60 B.S.N., on October 17, 2004, in Glenolden, Pa.

Maryanne Rowland Conaghan '65 B.S.N., on December 3, 2004, in San Francisco.

Noreen Egan Domville '77 B.S.N., on December 2, 2004, in Atlanta.

Carolyn Murray '80 B.S.N., on December 29, 2004, in Waban, Mass.

Meg Gabar '88 B.S.N., of West Orange, N.J., died in 2004.

Roberta "Robbie" Long Campbell '90 M.S.N., Ph.D., R.N., of Silver Spring, Md., on November 14, 2004.



Register as an E-mentor

The Nursing Alumni Society encourages your support in continuing its e-mentor initiative. Now part of Villanova University's NovaNet system, e-mentoring offers Nursing alumni the opportunity to share their talents and wisdom with other Villanova nurses. Via the Web, students and graduates with questions about their careers can tap into the vast resources of alumni experience for help.

You can register by using the Internet Explorer browser and visiting careers.villanova.edu/novanetreg.htm.

The registration process only takes a few minutes. Thank you for your support.

If you have any questions, e-mail Ann Barrow McKenzie '86 B.S.N., '91 M.S.N., R.N., coordinator of College Relations, at ann.mckenzie@villanova.edu.

In Memoriam: Faculty

The College of Nursing also celebrates the life and contributions of the following two colleagues, who touched the lives of so many and are remembered by thousands of alumni.

Theresa Christian, M.S.N., R.N., associate professor emerita, died on January 10, in Pottstown, Pa., at the age of 92.

Born in Philadelphia, Christian was the first African-American member of the Villanova University faculty. She joined the College of Nursing in 1958, soon after the launching of the College's baccalaureate program for high school graduates, and served as a faculty member until retiring in 1982.

Christian was a graduate of the Freedmen's Hospital School of Nursing in Washington, D.C. (the hospital school transitioned into Howard University's nursing program). She earned her B.S.N. at Loyola University and her M.S.N. at the University of Chicago.



Theresa Christian, M.S.N., R.N., with the Rev. John M. Driscoll, O.S.A., who served as president of Villanova University from 1975 to 1988.

M. Louise Fitzpatrick, Ed.D., R.N., FAAN, Connelly Endowed Dean and Professor, recalls Christian's life: "Countless students and peers remember her as both a demanding and devoted teacher of nursing, active in her community and her church, and totally committed to her work in the College of Nursing. As a new dean, I found her to be a wise advisor and learned first-hand about the many acts of kindness she performed, especially when students were in need of help, financial and otherwise. Although a slight woman, she had presence that brought everyone to attention. For many years following her retirement, she was engaged in volunteer work and would appear at College of Nursing events. Although in failing health, she attended the special student celebration held in 2002 for the College's 50th Anniversary, and had a wonderful time. All who knew her recognized that she truly lived her faith and her convictions."

Christian is survived by her niece.

Lucie Eichman, M.A., M.S.L.S., of Rosemont, Pa. died on October 20, 2004, after a long illness. A native of Ireland, Eichman was the coordinator of the Villanova University College of Nursing Learning Resource Center (LRC) from 1977 to 1999.

M. Louise Fitzpatrick, Ed.D., R.N., FAAN, Connelly Endowed Dean and Professor, offers this tribute: "Lucie was dedicated to her work, and her kindness to students, faculty and the College was

extraordinary." Mimi Snyder, who as LRC assistant worked closely with Eichman and was a dear friend, notes how Eichman has left her mark on the College in many ways: "Her devotion, dedication and kindness were so inspiring and her brilliant mind was truly something to behold. She gave 100 percent of herself to everyone until her very last days," says Snyder.



Eichman was the first true organizer of lab materials, which not only included videos but lab models and other teaching tools. Assistant Professor Elise Pizzi, M.S.N., CRNP recalls Eichman as one of the smartest people she has ever known, as well as a hard worker who spoke a number of languages and had two master's degrees. After starting the lab and expanding it, Pizzi said, Eichman was the first at the College to have a strong commitment to computers, integrating them into the lab, and tirelessly assisting faculty and students with their use. Eichman balanced the introduction of new technology with her "caring presence" in the lab. "She really took care of the students and faculty," says Pizzi.

Eichman is survived by her son and daughter, as well as grandchildren and relatives in locations around the world.

Call for nominations to the Nursing Alumni Society — and Send Us Your News!

To nominate yourself for the following positions in the Nursing Alumni Society, please complete this form and mail for receipt by **December 8, 2005**.

I wish to be nominated for:

- Vice president
 Board member

Use this form as well to send us your news for the next *Villanova Nursing* magazine and to receive future College of Nursing e-mail newsletters.

Mail this form to:

Nursing Alumni Society
 College of Nursing
 800 Lancaster Avenue
 Villanova University
 Villanova, PA 19085-1690

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Presidential Scholars Lead by Example

Four high-achieving students find their future in Villanova's holistic approach to nursing.

By Elizabeth Reedy, Ph.D., R.N.

The College of Nursing is fortunate to have four students, representing each year of study, who are Villanova University Presidential Scholars. Barbara Buerke '05 B.S.N., from St. Louis; Christine Martinenza, a junior from Hockessin, Del.; Jennifer Lanzo, a sophomore from Massapequa, N.Y.; and Eileen Condon, a freshman from Stratford, Conn., have all received this honor.

Selecting a Presidential Scholar is a rigorous process that factors in high achievement in high school and high SAT or ACT scores. Presidential Scholars must demonstrate intellectual promise, academic leadership and initiative, and communication and analytical skills.

Through a separate application process, students who meet Villanova's admission criteria are invited to apply for this full-tuition scholarship. They submit a personal essay, a résumé of school and community activities, a high school transcript and a teacher recommendation. After reviewing this material, the University invites finalists to campus for interviews. Those chosen are expected to maintain Dean's List standing and to study and interact with the University community in a way that supports Villanova's mission and traditions.

These College of Nursing Presidential Scholars certainly fit the description. In addition to their academic abilities, all four are active in University and College activities. Lanzo serves as a eucharistic minister and in a leadership position with Special Olympics. Martinenza volunteers with Campus Ministry in a variety of ways and also has helped out with Special Olympics. Buerke was a residential assistant in a freshman residence hall; sang with the Villanova Voices; and recently completed a community health experience in Nicaragua. Buerke and Martinenza also have served in the Undergraduate Nursing Senate. Condon, in her first semester, became involved with tutoring young children through Campus Ministry, volunteered with Special Olympics and joined the Villanova Chapter of SNAP (Student Nurses' Association of Pennsylvania).

Asked why they chose nursing, they cite the opportunity to care for patients holistically. Lanzo explains, "I knew I wanted to be in a profession that would involve helping people...Nurses are the ones who focus on the patients and take care of them as human beings."

All four are quite happy with their choice of Villanova. "The minute I walked on campus," Lanzo recalls, "I knew that this was where I belonged." Buerke points out the "sense of community that thrives on this campus." Condon, whose first experiences at Villanova came while visiting her cousin on campus, recalls sensing that the University would be a good fit for her professional goals and her personality. Martinenza since childhood has known she wanted to be a nurse. She explains: "I was drawn to Villanova by the incredible passion for nursing demonstrated by both students and faculty. The College's exemplary reputation throughout the health-care field was also a large factor in my decision to become a Villanovan."

While all four plan to attend graduate school, their main academic focus now is on doing well in their classes.

Three of these scholars have at least one relative who is a nurse: Martinenza's mother is a pediatric intensive care nurse; Condon's aunt and grandmother serve in general medical-surgical units; and Lanzo's mother, three aunts and several friends are all nurses. Buerke has spent considerable time in hospitals visiting family members. She explains, "I think that early exposure led me toward a career in nursing." She looks forward to working in the area of psychiatric-mental health nursing after graduation.

The College of Nursing is thrilled to have four outstanding Presidential Scholars. Their potential for leadership in nursing is quite evident. Villanova will continue to seek out academically talented students eligible for Presidential Scholarships and strive to select those who can carry on the tradition these students exemplify.



At a reception for Presidential Scholars on September 15, 2004, the Rev. Edmund J. Dobbin, O.S.A., University president, greets the four College of Nursing students who have been honored with these full scholarships: (from left) Barbara Buerke '05 B.S.N., freshman Eileen Condon, sophomore Jennifer Lanzo and junior Christine Martinenza.

Gov. Rendell Joins in Celebrating Nursing Achievements

In his remarks at the Villanova University College of Nursing's 16th Annual Mass and Alumni Awards ceremony on April 9, Pennsylvania Gov. Edward G. Rendell praised the College and its graduates for their contributions to health-care delivery. At a time when his "single most vexing problem is the delivery of health care to our citizens," the governor said he looks forward to giving Pennsylvania schools of nursing the capability to expand and attract the best and brightest students to help alleviate the nursing shortage.

Connelly Endowed Dean and Professor M. Louise Fitzpatrick, Ed.D., R.N., FAAN introduced Gov. Rendell at this ceremony honoring Nursing's distinguished graduates. The dean highlighted the governor's commitment to nursing education and health care in the Commonwealth and his esteem for the nursing profession.

Gov. Rendell in his budget address in February announced several initiatives to address the Commonwealth's nursing shortage, which has been estimated at 16,000 by the year 2010. He also outlined an effort to invest in nursing schools so that they don't have to turn away qualified applicants.

At the ceremony, the College of Nursing bestowed its highest award for distinguished achievement on three alumnae: Susan Chianese Slaninka '69 B.S.N., Ed.D., R.N.; Barbara McCabe Mills '76 B.S.N., M.S., R.N.C., A.N.P., P.N.P., CCRN; and Sharon E. Johnson



(From left) Pennsylvania Gov. Edward G. Rendell is welcomed to campus by M. Louise Fitzpatrick, Ed.D., R.N., FAAN, Connelly Endowed Dean and Professor; Rose M. O'Driscoll '64 B.S.N., M.S.N., R.N., assistant dean for administration; and the Rev. Edmund J. Dobbin, O.S.A., Villanova University president.

'91 M.S.N., R.N.C., CNA. The College also honored two faculty members for 25 years each of service: Lynore Dutton DeSilets, Ed.D., R.N., BC, assistant dean and director of the Continuing Education in Nursing and Health Care Program, and Suzanne Tracey Zamerowski, Ph.D., R.N., associate professor.

The College also lauded the contributions of J. Margaret Ada Mutch. Former director of nursing at Lanckenau Hospital in Wynnewood, Pa., Mutch is known for her many community and professional

contributions and has long been a friend of the College of Nursing. She recently celebrated her 100th birthday.

The ceremony, co-sponsored by the College and its Nursing Alumni Society, took place in St. Thomas of Villanova Church. In presiding, the Rev. Edmund J. Dobbin, O.S.A., University president, joined the governor, the College, its alumni and supporters in celebrating the accomplishments of the honorees. The Fall issue of *Villanova Nursing* will feature more on these distinguished nurses.

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