

# UBNURSING

NEWS FROM THE UNIVERSITY AT BUFFALO SCHOOL OF NURSING

2017




WE are  
all in this  
Together

## The Healing Power of Art


Expressive therapies enhance the well-being of hospice patients, families and caregivers

pg.20

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## DEAN'S message

Dear Alumni and Friends,

Greetings! We have accomplished much over the past year, and one of the keys to our success has been our valuable stakeholders. From our outstanding students, to our inspiring faculty, prominent community partners and engaged alumni, this issue of UBNursing focuses on celebrating our achievements as we advance our reputation and pursue our mission of academic excellence.



U.S. News & World Report has once again ranked UB School of Nursing in the top 20 percent of undergraduate and graduate programs nationwide. Thanks to mentorship from faculty and community partners, and our ability to provide transformative immersive experiences, we position our students to become highly sought after in the professional marketplace upon graduation.

This past March, the Commission on Collegiate Nursing Education and the New York State Education Department were on site for a re-accreditation of our undergraduate, DNP and MS in Leadership in Health Care Systems programs. We are pleased to announce we have met all of the standards and are anticipating our final report this coming fall. This is important as it identifies our school as providing and upholding quality educational standards of professional preparation for our students.

As the health care landscape continues to evolve, the preparation of our students to address complex health care needs is our highest priority. Tackling health disparities, educating baccalaureate prepared and advanced practice nurses who lead change, and conducting evidence-based research have gripped the attention of health care professionals and the public alike. Here at UB, we have been proactive in preparing our students to ensure delivery of culturally competent, high quality and accessible health care.

This summer, we lost a valued faculty member, Ellen Volpe. She embodied the values we hold dear, including the School's commitment to underserved populations highlighted in this issue. Throughout the magazine you will learn about many of Dr. Volpe's accomplishments and contributions to the SON, UB and the community.

Sincerely,

Marsha L. Lewis, PhD, RN, FAAN

*Marsha L. Lewis*

Dean and Professor

## UBNURSING

### EDITORIAL TEAM

Donna A. Tyrpak  
Sarah Goldthrite

Dylan Buyskes | Onion Studio

Sarah Goldthrite |  
UB School of Nursing

### PHOTOGRAPHY

Cover photo: Raneem, age 14, Sister of Hospice Buffalo patient Yousef | "We Are All In This Together" | Drawing reflects the hands of family members supporting each other

### GRAPHIC DESIGN

Libby Pfonner & Robyn Buyskes  
Onion Studio

# In Memory of

**Ellen M. Volpe, PhD, RN, FNP-BC, PMHNP  
(1972-2017)**



Ellen Volpe, a beloved assistant professor and nurse scientist at the University at Buffalo School of Nursing, died suddenly June 8, 2017.

Ellen will be remembered by many as an outstanding educator, brilliant researcher and expert clinician, but her colleagues at the School of Nursing and beyond will also always remember her in the roles she valued most – wife, mother and friend.

Ellen earned her doctorate in health practice research from the University of Rochester, a master's degree in nursing from Vanderbilt University and a bachelor's degree in biology from Wake Forest University. After completing postdoctoral work at the University of Pennsylvania's Center for Health Equity Research, she joined the faculty of the University at Buffalo School of Nursing in 2012.

She was a champion of social justice with a passion for helping those in need. Supported by the Mecca S. Cranley Nursing Research Mentorship Award and the National Institutes of Health KL2 Mentored Career Development Award, her research was focused on improving the well-being of adolescents affected by traumatic experiences using narrative exposure therapy, an innovative, community-based intervention to treat those experiencing PTSD and concurrent substance misuse.

Named a Gregory J. Dimitriadis Research Mentoring Fellow, she also received a Peter and Elizabeth C. Tower Foundation grant to further her research with vulnerable, at-risk adolescents.

Ellen's dedication to underserved populations extended far beyond her research. She was a family nurse practitioner at Westside Health Services in Rochester, New York, and an enthusiastic mentor and volunteer for the Boys & Girls Club of Rochester and Camp DayDreams, founded by her husband, John McIntyre.

Her colleagues and friends at the School of Nursing are privileged to have shared a part of her exceptional life. She brightened our days with her infectious smile and sense of humor. We truly miss her kindness, compassion and ability to bring out the best in everyone she touched. Each of us is a better person for having known her.

To honor Ellen's memory, the School of Nursing has set up the Ellen M. Volpe Memorial Fund. Gifts can be made to the fund via University at Buffalo Foundation, P.O. Box 730, Buffalo, NY, 14226-0730.

# IT TAKES A COMMUNITY: HRSA Grant Extends SON's Reach for Underserved Populations

– Donna A. Tyrpak

Clinical partnerships are vital to institutions of higher education. “Nurse practitioner education is dependent upon community partners to provide clinical practice sites for our students, offering valuable clinical experiences to students while helping to meet health care needs in our community,” according to Tammy Austin-Ketch, assistant dean for MS/DNP programs.

To help meet the growing need for advanced practice nurses in underserved communities, the University at Buffalo School of Nursing (SON) received two grants in 2016 for a total of nearly \$2.2 million from the Health Resources and Services Administration (HRSA), an Advanced Nursing Education (ANE) Program grant and Advanced Education Nursing Traineeship (AENT) Program grant.

“With the combination of these two grants, we can potentially increase the number of health care providers in rural and underserved areas that are traditionally underrepresented by physicians,” says Austin-Ketch.

## PARTNERSHIPS FOR SERVICE AND EDUCATION

Rural, underserved communities, including Native American communities, are in dire need of health care and do not receive the requisite comprehensive care in a traditional health care setting. The HRSA ANE grant enables the SON to establish a new academic clinical partnership with the Niagara Falls Memorial Medical Center (NFMMC) and hire two primary care nurse practitioners (NP) to serve in rural and underserved areas while holding part-time positions as UB faculty. The NPs provide services at two Native American health care clinics – Tuscarora Health Center and Seneca Gaming Clinic – and Golisano Center for Community Health.

These on-site clinical faculty supervise students, allowing for an increased number of qualified students to be accepted into our FNP program and expanding community service opportunities.

The HRSA AENT program grant offers scholarship support to 12 full-time and 11 part-time students pursuing a doctor of nursing practice (DNP) degree. Family nurse practitioner (FNP) students with an interest in working in underserved communities can apply for specific health

disparity clinical opportunities at the Native American clinics. Each semester, the grant provides students with 400 clinical practicum hours. Students not participating in the grant are able to rotate into the health disparity sites for observational experience.

## HEALTH CARE FROM ANYWHERE

The ANE grant also provides for improvements to the telehealth capabilities of both UB and NFMMC by expanding infrastructure and technology services and offering students more experiential learning opportunities with the use of telehealth in a primary care practice.

Telehealth is a valuable teaching tool for sharpening students’ critical thinking skills. Unlike traditional clinical encounters where the faculty member is on-site, telehealth mimics “real life” practice, requiring the student to assess and examine patients and then evaluate and develop a treatment plan while remaining in the constant presence of the patient, with the faculty member observing via the technology. The process encourages patients to be engaged in their individual plan of care.

“The opportunity to utilize telehealth in the clinical setting has allowed me as a student nurse practitioner to practice my clinical skills in a more autonomous fashion compared to traditional clinical experiences, which has resulted in an improvement in my confidence level,” observes Quinn Maloney, DNP '17. “Moreover, this opportunity has provided me the experiential learning necessary to competently use telehealth technology, an invaluable and marketable skill that I can take with me as I transition into my new career.”

**“Students value telehealth experiences and view the method as a bridge from constant faculty supervision to independent practice.”**

*–Tammy Austin-Ketch  
Assistant Dean, MS/DNP Programs*

### RECIPROCITY IN SERVING THE UNDERSERVED

For the past three years, all of our FNP students have chosen to work in underserved areas after graduation. Many received employment after their internship, while others returned to their home community to give back. This may be due in part to the attractive incentives for students to seek employment in underserved or underrepresented communities – there are a number of federal student loan repayment programs.

With changes in nurse practitioner collaborative practice agreements in New York State, practitioners are able to enter into autonomous practice in underserved or rural areas that historically do not attract physicians. “Students value telehealth experiences and view the method as a bridge from constant faculty supervision to independent practice,” says Austin-Ketch.

Clinical experiences in an underserved area, such as an inner city location or a rural community, attract students with a desire for work that allows them to utilize their full scope of practice within the confines of the practice agreement in their state of employment.

And, educating and placing more DNP’s into the community allows schools of nursing to hire doctorally prepared nurse practitioners to teach current doctoral students, expanding (and improving) the pool of much-needed DNP faculty candidates.

### NEXT STEPS

In 2017 we received a \$1.4 million Advanced Nursing Education Workforce Program Grant. The plan is to enhance our primary care academic-clinical partnership at NFMCC by integrating new behavioral health and primary care services, addressing a recognized gap in behavioral health care access to meet growing patient demand. Faculty plan to implement an augmented

model of clinical and didactic education for our BS to DNP students in the FNP, AGNP and PMHNP programs – this will facilitate clinical experiences that deliver high-value integrated behavioral health primary care services.



# WORKING TOWARD INCLUSIVE EXCELLENCE:

## My Role as UB SON's Assistant Dean for Diversity and Inclusion

– Margaret P. Moss



I have been so pleased to help initiate the position of Assistant Dean for Diversity and Inclusion in the UB School of Nursing with the backing and support of Dean Marsha Lewis. The timing seems to have happened organically and largely coincides with the movement of the university in looking at an equity and inclusion portfolio under Vice Provost and Professor Teresa Miller.

Miller appointed me to the newly formed UB Equity and Inclusion Council, where members assist her in thinking about and developing that part of the mission and strategic plan at the university level as it fits within the State University of New York system. It has been helpful for me to sit on this council to get a 30,000-foot view of issues, past and present, related to diversity, inclusion and equity at UB. This perspective has served as a guide, in part, as to how to proceed in the school.

Recognizing that I cannot move the needle in isolation, one of my first tasks was to form a Diversity and Inclusion Taskforce in the school. Starting with volunteer faculty and staff, we have also added two students to our taskforce made up of interested persons with a diversity of views and experiences.

As a U.S. indigenous person and enrolled member of the Three Affiliated Tribes of North Dakota, I am well aware that persons at the faculty, staff and student levels who fall either in perceived or actual 'other' categories will

have additional issues to address in addition to the usual matters associated with their employment or programs of study.

The school is putting forth a diversity statement, which recognizes three important concepts. First, diversity exists. It is a structure within society. Biodiversity itself is technically not something you are able to "increase." Second, what you are able to do is provide processes and relevant structures whereby diversity is included, i.e. inclusion as intentional work of the school, whether faculty, staff or student focused. Inclusive excellence is the guidance at the university level. Thirdly, where inclusion is the work, equity is the outcome.

*“Where inclusion is the work, equity is the outcome.”*

As we move forward, the taskforce is working to generate more visibility for our initiatives. I have initiated diversity and inclusion office hours to encourage an open

dialog and a safe place for students, faculty and staff to voice concerns. I am working toward expanding to include the other health sciences schools in the university to explore shared issues with diversity and inclusion, especially as they relate and include various clinical settings where we educate our students and work as health care professionals. We will also begin offering faculty and staff development programs, commencing with a short presentation on issues that faculty and staff may not be aware of in their usual workloads.

It has been my pleasure to take on this important role at the school.

# EQUITY ≠ EQUALITY

Tailoring health care to ensure that individuals receive equitable care

– Margaret P. Moss



A Latino or Hispanic person living in Western New York (WNY) is four times more likely to die from diabetes mellitus than a white person living in WNY.

With such gaps in care and health outcomes continuing to permeate our region (and beyond),

the School of Nursing's efforts to improve the health and wellness of our community is an integral part of our mission. Eliminating health disparities while enhancing health literacy with collaborative research efforts and education has rightfully become a

national dialogue and the focus of many health care professionals.

In order to address health needs to improve outcomes, we must first increase awareness of the roles various factors – such as ethnicity, race, income, environment, health literacy/education and access – play in the inequity.

According to the New York State Department of Health's (NYSDOH) Office of Minority Health and Health Disparities Prevention (OMH-HDP), health disparity is defined as "differences in health among groups of people" (2017). The groups of people may be variously from categories such as: racial and ethnic populations; rural residents; women, children and senior citizens; people with disabilities; lower socioeconomic groups; differing religious groups; lesbian, gay, bisexual and transgender individuals; and individuals and families experiencing mental illness. More complicated can be the intersectionality of people within the groups, who are members across two or more groups.

Disparity is not only acknowledged in health status and outcome (mortality and morbidity) differences among various patient populations, but is also recognized in areas of geographic access, cost and quality of the health care available to these populations.

In WNY, distinct health disparities exist – and health professionals and health professions schools must target services to begin to purposively close the gaps. One such gap, for example, is the racial and ethnic differences

in patients with HIV/AIDS in WNY. Hispanics and African Americans make up approximately 13 percent of WNY's population, but account for over 55 percent of people living with HIV/AIDS, according to Community Access Services (2013).

In Erie County, the largest county in WNY, there are 73 zip codes. Most patients (70+ percent) seeking care from the Erie County Department of Health clinic come from only five zip code areas (Erie County Department of Health, 2017), all located in the city of Buffalo, where poverty and other negative social determinants of health are directly related to poorer health outcomes. One particular zip code has high poverty rates and a predominately African American population, as compared to other areas of Buffalo/Erie County, and reveals hospital admissions rates that are 150 percent over expectations. Indigenous Americans in these areas suffer from high rates of obesity, heart disease, diabetes and substance abuse. There are also high numbers of refugees in these geographic regions showing poorer health outcomes.

In NYS, many rural areas are burdened with health profession shortage areas – these include parts of WNY. Forty three of the 62 counties in NYS have fewer than 200,000 residents totaling over 3 million people who live in areas with a dearth of health providers.

The UB School of Nursing is well situated to help alleviate some of these shortages by studying health status disparities and related issues in WNY. We have a number of faculty with interests in indigenous health, refugee and immigrant health, LGBTQ health care access, health care quality for low income individuals, uninsured and underinsured health care utilization and health equity, and other relevant areas of focus. The School has also received Health Resources and Services Administration funding to improve cultural competence in the Niagara region with patients in indigenous health systems, poorer populations and other groups needing outreach.

The following pages profile our health disparity researchers. Their work with at-risk populations promotes awareness and coordinates resources to address these significant health disparities in our community.

## [REFERENCES]

Community Access Services. (2013). *Health disparities*. Retrieved from [http://www.caswny.org/Resources/HealthDisparities]

Erie County Department of Health. (2017). *Erie County New York community health assessment 2017-2019*. Retrieved from [http://www2.erie.gov/health/sites/www2.erie.gov.health/files/uploads/pdfs/cha.pdf]

NYSDOH/OMH-HDP. (2017). *Office of Minority Health and Health Disparities Prevention*. [home page] [https://www.health.ny.gov/community/minority/]

# HEALTH DISPARITIES

## researchers

**Kafuli Agbemenu, PhD, MPH, RN, CTN-A | Assistant Professor**

**Population of Focus:** African immigrant and refugee women

"The disparity seen in the Somali Bantu society is a result of over a century of marginalization," Agbemenu explains. "First, by migrating from Tanzania, Mozambique and Malawi and being enslaved, to enduring civil war and becoming refugees in neighboring Kenya, to immigrating to the US after years (typically 10 or more) in refugee camps with limited access to education, healthcare or employment opportunities – only to face further marginalization in the U.S. as members of a 'double minority.'"

**Factors Impacting the Disparity:**

Socioeconomic status, acculturation

**Adverse Health Outcomes:**

Poor reproductive health outcomes

"This disparity impacts the entire community. If women in the African immigrant and refugee community have poor reproductive health outcomes, everyone is affected. Infants may not be in optimum health; women in poor health are unable to adequately take care of their other children and families. This causes a cascade of negative events leading to poor socioeconomic status."

**Current Research:**

Development of a health survey examining several domains of reproductive health.

**Goal:**

Develop a psychometrically tested survey to examine six major domains of reproductive health. It is anticipated that the validated survey will be used to collect data in clinical and community settings and will be instrumental in tailoring interventions to identified reproductive health issues.

"My ultimate goal is to adequately identify disparities in reproductive health outcomes of these populations – and where potentially modifiable factors are found, design culturally congruent behavioral interventions that lead to positive outcomes for mother, child, family and the larger community."

**Yu-Ping Chang, PhD, RN, FGSA | Associate Dean for Research & Scholarship; Associate Professor**

**Population of Focus:** Chinese immigrants

"Chinese immigrants account for the largest foreign-born Asian subgroup in the United States," Chang says. "They maintain many customs, beliefs and traditional medical practices – in most Chinese immigrant communities, traditional Chinese herbal medicine is commonly promoted through Chinese mass media."

**Factors Impacting the Disparity:**

Cultural beliefs regarding dementia, language barriers

"Although researchers have begun to identify how cultural beliefs and values regarding dementia influence health-seeking behaviors in Chinese immigrants, the relationship between cultural beliefs and medication use has not been established."

**Adverse Health Outcomes:**

Poor quality of care

**Current Research:**

Medication use for dementia in Chinese immigrants.

**Goal:**

Understand how Chinese immigrant families use medications to treat their loved ones with dementia and factors associated with their use of medication and treatment. Describe the multiple medication regimens associated with dementia and examine culture-specific variables influencing medication use among Chinese immigrants.

"Health care providers should be mindful of the cultural influence on Chinese patients' medication taking behaviors," says Chang. "It is critical that nurses and other health care providers understand their cultural beliefs and conduct a cultural assessment of these patients with dementia and their families."

## HEALTH DISPARITIES IN NEW YORK STATE



**AFRICAN AMERICANS**

43% of AIDS cases

Highest Diabetes rates of all races

Highest Obesity rates of all races



**ASIAN AMERICANS/PACIFIC ISLANDERS**

Native Hawaiians 6x more likely than Caucasians to die from Diabetes

Incidence of Liver Disease & Colon Cancer 3x more than Caucasians

TB incidence 21x higher than any other group

Suicide rates highest for teens and older persons



**Darryl Somayaji , PhD, RN, CNS, CCRC | Assistant Professor**

**Population of Focus:** Cancer survivors

**Factors Impacting the Disparity:**

Education, sex, gender, race, ethnicity, age, disability, geographic location and income; lack of health insurance or adequate health coverage (often associated with a greater burden of disease than the general or healthier population)

“Research shows that individuals from medically underserved populations are often diagnosed with late stage disease, reducing treatment options for their cancer,” says Somayaji. “Many cancer survivors can encounter challenges in accessing health resources and services critical in receiving timely preventative care, cancer screening, treatment, follow-up and supportive care to ensure quality health care.”

**Adverse Health Outcomes:**

Limited access to health resources and poor care coordination and transition of health care services in low-income populations is associated with a higher risk for increased symptoms related to a cancer diagnosis and co-morbid disease, decreased quality of life, and overall survival.

**Current Research:**

Validating an index measure of “primary lung cancer” in Medicaid claims data using a data mining technique.

**Goal:**

Utilize administrative claims data to identify new cancer cases and related disease outcomes from the point of primary diagnosis as an index of measurement and determine utilization of a diagnostic code as an index of primary diagnosis to compare patient health care utilization.

**Long Term Goal:**

Lay the ground work to incorporate knowledge of health utilization of low income and at-risk cancer survivors into evidence-based, culturally appropriate survivorship care planning.

“Nurses have a critical role in reducing or eliminating health disparities by implementing models of care that are supportive in expanding access to care and improving provider/nurse to patient communication to facilitate care coordination of health services.”

**Adrian Juarez, PhD, RN | Assistant Professor**

**Population of Focus:** Transgender men, transgender women and gender non-conforming

**Factors Impacting the Disparity:**

Decreased health care opportunities, uninformed/insensitive care providers, untreated mental health issues

**Adverse Health Outcomes:**

Increased HIV infection, worsening HIV/AIDS outcomes, increased suicide attempts

“Stigma associated with the rejection of a transgender identity intersects with substance use in the form of a coping mechanism, including relieving of depressive symptomatology,” Juarez explains. “Lowered inhibition resulting from substance use is thought to be associated with enacted high (HIV) risk behaviors and increased suicide attempts.”

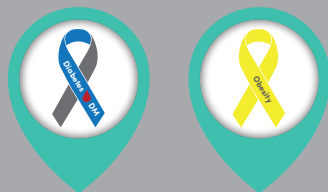
**Current Research:**

Associations of contextual factors on HIV risk and infection.

**Goal:**

Explore known (substance use/condom-less sex) and unknown factors that increase HIV risk. By delineating and identifying additional and unknown HIV risk factors in a transgender individual’s surrounding environmental context, transgender HIV disparities will be better understood.

“Nurse researchers are key to understanding and decreasing transgender health disparities – this is due to the ability of nurses to understand the contribution that context has to health status. Nursing research is quite prepared to decrease transgender health disparities as nursing practice is founded on viewing individuals from a holistic perspective.”



**HISPANIC/LATINO**

Death rate from Diabetes 4x higher than Caucasians

Obesity affects 20% of 2-5 yr. olds (highest for children of all races)



**NATIVE AMERICANS**

Infant Death rate 40% higher than Caucasians

60% more likely to experience a Stroke than Caucasians

2.5x more likely to die from Liver Disease or Colon Cancer than Caucasians

## BIOBEHAVIORAL ONCOLOGY QUALITY OF LIFE ACROSS THE LIFESPAN



**Darryl Somayaji, PhD, RN, CNS, CCRC**

**TITLE:**

Exploring Administrative Claims–Data and Electronic Medical Records to Better Understand the Role of Healthcare Information and Utilization in Underserved Lung Cancer Survivors

**FUNDING SOURCE:**

\*Patricia H. Garman Behavioral Health Nursing Endowment Fund

## DEDICATED EDUCATION UNIT



**Susan Grinslade, PhD, RN, PHCNS-BC (PI);  
Deborah Raines, PhD, EdS, RN, ANEF  
(project manager);**

**Theresa Winkelman, MS, RN, PNP-BC;  
Linda Steeg, DNP, RN, ANP-BC;  
Penelope McDonald, PhD, RN, FNP-BC**

**TITLE:**

Does Innovative Use of the KWLA+R© and a Flipped Classroom Influence Achievement of Program Outcomes and “Think Like a Nurse” in a Baccalaureate Nursing Education Program?

**FUNDING SOURCE:**

UB Center for Educational Innovation

**Deborah Raines, PhD, EdS, RN, ANEF**

**TITLE:**

Evaluation of the Safe Sleep Baby Video for Population Health Education

**FUNDING SOURCE:**

Academic/Public Health Impact Evaluation Project Funded by AACN

**Deborah Raines, PhD, EdS, RN, ANEF;  
Diane Ceravolo, MS, RN;  
Jim Lichtenthal, BS**

**TITLE:**

Safe Sleep BABY Video

**FUNDING SOURCE:**

Sisters Hospital Foundation

## HEALTH SYSTEMS AND DATA SCIENCE



**Andrew B. Symons, MD, MS (project director);  
Medical School (students);  
Dept. of Family Medicine (residents);  
Div. of General Internal Medicine (residents);  
UB School of Nursing (NP/BS students);  
Sharon Hewner, PhD, RN)**

**TITLE:**

The Buffalo Interprofessional Advanced Primary Care Training Program

**FUNDING SOURCE:**

Health Resources & Services Administration (HRSA)

**Sharon Hewner, PhD, RN**

**TITLE:**

Maintaining Medicaid Data Warehouse Research Files

**FUNDING SOURCE:**

\*Jean Kimber Brown Research Fund

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**TITLE:**

Using the Home Health OASIS to Promote Advance Care Planning for Community-Dwelling Frail Elders

**FUNDING SOURCE:**

F31 National Research Service Award - National Institute of Nursing Research  
(Pre-doctoral award for advisee Suzanne Sullivan)

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**TITLE:**

Coordinating Transitions: HIT Role in Improving Multiple Chronic Disease Outcomes

**FUNDING SOURCE:**

Agency for Healthcare Quality and Research

PROMOTING HEALTH AND REDUCING RISK IN  
PSYCHIATRIC MENTAL HEALTH AND ADDICTIONS



**Kafuli Agbemenu, PhD, RN**

TITLE:

A Comprehensive Examination of the Reproductive Health Status of African Refugee Women Living in Buffalo, NY

FUNDING SOURCE:

\*Patricia H. Garman Behavioral Health Nursing Endowment Fund

**Ellen Volpe, PhD, RN, FNP-BC**

TITLE:

Narrative Exposure Therapy: Treating Violence Related PTSD Among Low-Income, Urban Adolescents

FUNDING SOURCE:

NIH, National Center for Advancing Translational Science KL2

TITLE:

Biomarkers in Vulnerable Populations

FUNDING SOURCE:

Gregory J. Dimitriadis Research Mentoring Fellowship

TITLE:

Narrative Exposure Therapy Intervention Fidelity: Developing and Testing Measures of Therapist Adherence and Competence

FUNDING SOURCE:

\*Mecca S. Cranley Nursing Research Mentorship Award

**Yu-Ping Chang, PhD, RN, FGSA;  
Clara Bradizza, PhD;  
Kim Griswold, MD, MPH, RN, FAFP;  
Patricia Nisbet, DNP, PMHNP-BC;  
Loralee Sessanna, DNS, RN**

TITLE:

Behavioral Intervention for Chronic Pain Patients with Co-Morbid Substance Abuse and Depression in Primary Care: A Pilot Study

FUNDING SOURCE:

\*Patricia H. Garman Behavioral Health Nursing Endowment Fund

**Ellen Volpe, PhD, RN, FNP-BC;  
Susan Zannoni, DNP, RN, PMHNP**

TITLE:

Narrative Exposure Treatment: Integrating an Evidence-Based Trauma Intervention with Residential Substance Abuse Treatment for Adolescents

FUNDING SOURCE:

The Peter and Elizabeth C. Tower Foundation (awarded May 2017)

**Eunhee Park, PhD, RN, APHN-BC**

TITLE:

Participatory Media Production Intervention for Youth Smoking Prevention

FUNDING SOURCE:

\*Patricia H. Garman Behavioral Health Nursing Endowment Fund

**Yu-Ping Chang, PhD, RN, FGSA**

TITLE:

NIH Clinical and Translational Science Award

FUNDING SOURCE:

Buffalo Clinical and Translational Science Institute, National Center for Advancing Translational Sciences

TITLE:

The Effect of Person-Centered Care on Resident Outcomes

FUNDING SOURCE:

UB Institute for Person-Centered Care

TITLE:

Prescription Drug Misuse in Older Adults in Jilin Province, China

FUNDING SOURCE:

Jilin Province, China

TITLE:

Elder-Competent Workforce: Developing a Geriatric Rotation Addressing Mental health and Substance Abuse Problems in the Older Adult Population

FUNDING SOURCE:

Health Foundation for Western and Central New York

TITLE:

Behavioral Health Integration in a Native American Primary Care Clinic

FUNDING SOURCE:

HRSA, Nurse Education, Practice, Quality and Retention - Interprofessional Collaborative Practice Program: Behavioral Health Integration

P.U.L.S.E. HEALTHY WEIGHT  
RESEARCH TEAM



**Laura Anderson, PhD; Melissa Kalarchian, PhD;  
Carroll Harmon, MD; Peter Thanos, PhD**

TITLE:

Bariatric Outcomes: Self-Management for Sustained Surgical Success 2.0

FUNDING SOURCE:

\*Patricia H. Garman Behavioral Health Nursing Endowment Fund

**Laura Anderson, PhD; Lucia Leone, PhD;  
Leonard Epstein, PhD**

TITLE:

Increasing Exercise Enjoyment and Outcome Expectations Among Women with Obesity

FUNDING SOURCE:

UB IMPACT

SLEEP  
RESEARCH



**Grace Dean, PhD, RN**

TITLE:

Bright Light Therapy to Improve Sleep Continuity Disturbances in Lung Cancer Survivors

FUNDING SOURCE:

Oncology Nursing Society

**Grace Dean, PhD, RN; Mary Ann Meeker, DNS, RN**

TITLE:

University at Buffalo/Roswell Park Cancer Institute Collaboration on Nursing Science & Evidence-Based Practice to Improve Patient Outcomes

FUNDING SOURCE:

Roswell Park Cancer Institute

**Grace Dean, PhD, RN;  
Suzanne Dickerson, DNS, RN;  
Kelly Foltz-Ramos, PhD, RN, FNP-BC, RHIA;  
Carleara Weiss, PhDc;  
Cheryl Oyer, MSEd**

TITLE:

RE-AIMing Nurses for Screening, Brief Intervention and Referral (Sleep-SBIRT)

FUNDING SOURCE:

\*Patricia H. Garman Behavioral Health Nursing Endowment Fund

**Carla Jungquist, PhD, ANP-BC, FAAN;  
Romanth Waghmarae, MD;  
Christopher Daly, PharmD;  
Al Reiman, PharmD**

TITLE:

An Alternative Approach to Maintenance Therapy with Opioids for Early Onset Chronic Pain

FUNDING SOURCE:

Dr. Nuala McGann Drescher Affirmative Action/Diversity Leave Program

**Carla Jungquist, PhD, ANP-BC, FAAN**

TITLE:

Medtronic Multisite Trial "Prodigy" (Predictive of Opioid-Induced Respiratory Depression in Patients Monitored by Capnography)

FUNDING SOURCE:

Medtronic

**Carla Jungquist, PhD, ANP-BC, FAAN;  
Laura Anderson, PhD**

TITLE:

Shift Healthcare Workers' Temporal Habits for Eating, Sleeping and Light Exposure

FUNDING SOURCE:

Dr. Nuala McGann Drescher Affirmative Action/Diversity Leave Program

**Suzanne Dickerson, DNS, RN**

TITLE:

Usability and Feasibility Testing of a Self-Management Online Program (Breathe2sleep™) to Improve Adherence to CPAP in Persons Newly Diagnosed with Sleep Apnea

FUNDING SOURCE:

\*Patricia H. Garman Behavioral Health Nursing Endowment Fund

UNFUNDED  
PROJECTS

**Laura Anderson, PhD;  
Melissa Kalarchian, PhD**

TITLE:

Timed Eating in Pre-Operative Bariatric Surgery Patients with Class III Obesity

**Laura Anderson, PhD;  
Patricia Nisbet, DNP, PMHNP-BC**

TITLE:

Sexual Assault, Overweight and Suicide (SOS): A Replication Study Using Nationally Representative Data

**Adrian Juarez, PhD, RN**

TITLE:

HIV Transition of Urban Mexican Immigrants

**Mary Ann Meeker, DNS, RN;  
Mary Ann Jezewski, PhD, RN, FAAN;  
Jacqueline McGinley, MSW, PhDs**

TITLE:

The Transition from Cure-Focused to Comfort-Focused Care: A Meta-synthesis Study

**Susan Nierenberg, DNP, RN;  
Linda Paine Hughes, DNP, RN, NPP-BC,  
FNP-C, ANP, PNP;  
Molli Warunek, DNP, RN, FNP-C;  
Suzanne Dickerson, DNS, RN;  
Joseph Gambacorta, DDS;  
Nancy Campbell-Heider, PhD, RN, FNP-C,  
CARN-AP, FAANP, FIAAN, FAAN**

TITLE:

Interprofessional Knowledge and Attitudes of Nursing and Dental Students Following Participation in an Immersive Rural Health Clinical Experience

\*Denotes those supported by philanthropy (Garman, Cranley and Brown).

## ADDITIONAL FUNDED PROJECTS



**Tammy Austin-Ketch, PhD, RN, FNP-C, FAANP**

**TITLE:**  
Partnering to Educate FNPs for Practice in Native American, Underserved and Rural Settings

**TITLE:**  
Advanced Education Nursing Traineeship Program

**TITLE:**  
Nurse Anesthetist Traineeship Program

**TITLE:**  
Advanced Nursing Education Workforce Program

**FUNDING SOURCE:**  
HRSA: ANE, NAT, ANEW

**Bruce R. Troen, MD (Co-PI);  
Kinga Szigeti, MD (Co-PI), PhD;  
Steven Dubovsky, MD (Co-I);  
Daniel Morelli, MD (Co-I);  
Marsha L. Lewis, PhD, RN, FAAN (Co-I);  
Linda Steeg, DNP, RN, ANP-BC (Co-I)**

**TITLE:**  
Center of Excellence for Alzheimer's Disease in Western New York

**FUNDING SOURCE:**  
New York State Department of Health

**Adrian Juarez, PhD, RN**

**TITLE:**  
HIV Risk and Substance Abuse in Trans-Latinas on the Texas-Mexico Border

**FUNDING SOURCE:**  
National Research Mentoring Network/ University at Buffalo, Community-Based Health Disparities Research Mentoring Fellowship

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**TITLE:**  
Communication, Substance Use and Sexual Networks of Transgender Populations.

**FUNDING SOURCE:**  
\*Patricia H. Garman Behavioral Health Nursing Endowment Fund

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**TITLE:**  
Suicide Ideology in Trans-Latinas on the Texas-Mexico Border

**FUNDING SOURCE:**  
Civic Engagement and Public Policy

**Fred Doloresco, PharmD;  
Kelly Foltz-Ramos, PhD, RN, FNP-BC, RHIA;  
Nicholas Fusco, PharmD;  
Jaime Maerten-Rivera**

**TITLE:**  
Development of Interprofessional Objective Structured Clinical Examinations

**FUNDING SOURCE:**  
UB Center for Educational Innovation

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**Mary Ann Meeker, DNS, RN**

**TITLE:**  
Jonas Nurse Leaders Scholarship Program and Jonas Veterans Healthcare Program

**FUNDING SOURCE:**  
Jonas Center for Nursing and Veterans Healthcare

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**Cynthia Stuhmiller, PhD, RN, FACHM, FACN, FAAN;  
Barry Tolchard, PhD;  
Cheryl Porter; Kim Usher, PhD**

**TITLE:**  
Population Health Outcomes of a Student-Led Clinic in an Aboriginal Community in Australia

**FUNDING SOURCE:**  
The Commonwealth of Australia - New South Wales Health Department



**Eunhee Park, PhD, RN, APHN-BC**

**TITLE:**  
Transitions from Adolescence to Adulthood

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**Joann Sands, DNP, RN, ANP-BC**

**TITLE:**  
Students' Perceptions, Knowledge and Performance in Disaster and Humanitarian Response Field Training Exercises

**Cynthia Stuhmiller, PhD, RN, FACHM, FACN, FAAN;  
Sharon Hewner, PhD, RN;  
Yu-Ping Chang, PhD, RN, FGSA**

**TITLE:**  
The Western New York Nursing Scoping Study

-----  
**Cynthia Stuhmiller, PhD, RN, FACHM, FACN, FAAN;  
Barry Tolchard, PhD;  
Joseph Gambacorta, DDS;  
Trevor Poag, PhD**

**TITLE:**  
Validation of the UB Global Health Competency Confidence Scale

**Cynthia Stuhmiller, PhD, RN, FACHM, FACN, FAAN;  
Deborah Matteliano, PhD, FNP-BC;  
Louis Pawlowski, DNP, ANP-C;  
Penelope McDonald, PhD, RN, FNP-BC;  
Donna Fabry, DNP, CNS, RN**

**TITLE:**  
Development of Nursing Student Clinical Confidence in an 8 Hour Versus 12 Hour Shift Placement

# REGAINING CONTROL

## When the Post-Bariatric Surgery Patient is the BOSSSS

– Sarah Goldthrite

“Imagine you are approved for a roux-en-Y gastric bypass surgery – you lose your excess weight, buy new clothes, throw away your ‘big’ clothes, get attention – then you gradually start regaining weight,” says Laura Anderson, assistant professor and licensed psychologist. “Imagine the depression and dismay, the hopelessness that ensues.”

Anderson’s observation that many of her post-operative bariatric clients experience difficulty maintaining a long-term healthy weight following surgery was the impetus for her Bariatric Outcomes: Skills for Sustained Surgical Success (BOSSSS) pilot study.

“I noticed these clients were not prepared psychologically and were never taught coping skills to get to the core of the problem that resulted in obesity in the first place,” explains Anderson. “They need these skills at any weight so they don’t turn to things like food or alcohol. If pre-surgery habits and coping skills are not modified, their weight will eventually come back.”

What makes the BOSSSS intervention unique, Anderson says, is the utilization of self-determination theory, which enables clients to customize their program. The 12-week intervention incorporates energy balance self-management, requiring participants to report daily their weight and calories using the FatSecret application. Participants also wear their chosen electronic activity tracker and adjust caloric intake and weekly physical activity based on their weekly average weight.

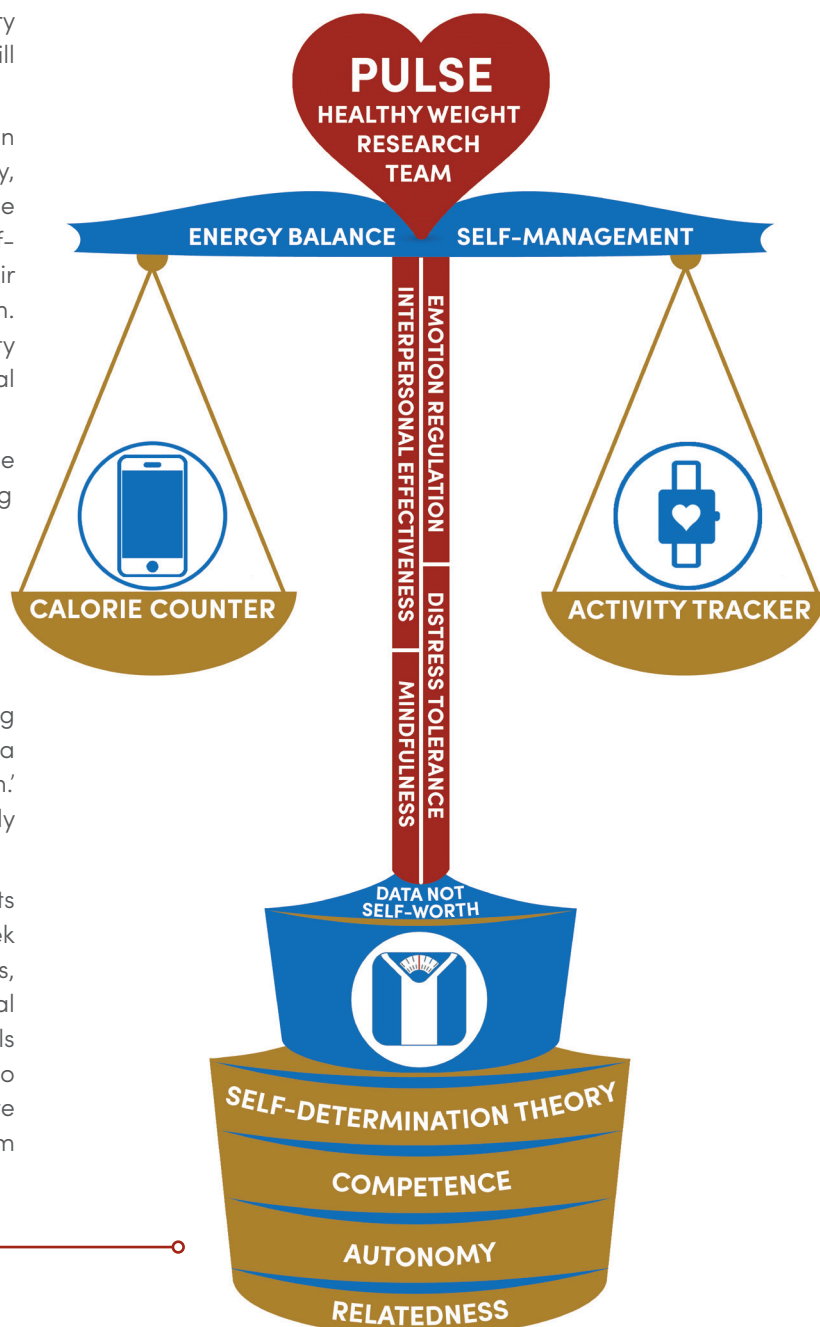
Anderson understands daily self-weighing can be challenging for bariatric patients with pre-existing emotional difficulties. Since it is a vital component to sustained weight loss and energy balance self-management, the BOSSSS intervention was designed to “support daily self-weighing in an emotionally adaptive manner.”

“The program focuses heavily on self-talk and reframing incoming weight data. I tell participants they need a mantra when they get on the scale – ‘data, not self-worth.’ Each day is just a piece of data to inform their weekly progress,” Anderson says.

The second half of BOSSSS centers on teaching clients dialectical behavior therapy and coping skills. “Each week we focus on one of four core skill areas: mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness,” Anderson explains. “They choose two skills in each area to learn based on their needs. We also focus on using internal resources and healthy, adaptive substances and activities to get pleasure and value from things that aren’t food and alcohol.”

With participants reacting so positively to BOSSSS, Anderson envisions converting the program to a telehealth or web-based platform to increase accessibility – it would ideally include features like social support groups, reinforcement inventories (to help establish what non-food activities are rewarding), and visits with a clinician via a video calling application.

Anderson’s ultimate goal? “I’d like to see this kind of approach integrated into regular practice to reduce the risk of recidivism after surgery so I don’t see so many distressed clients referred who are regaining weight,” says Anderson. “The standard of care for post-op bariatric patients needs to change. They need personalized intervention – whether my program or something else – that will help them to self-manage and self-regulate.”



# STEPPING UP:

## Incoming NYSANA President Balances Educator, Care Provider, Advocate Roles



Cheryl Spulecki, DNAP, RN, CRNA, clinical assistant professor and clinical program coordinator for the School of Nursing's Nurse Anesthetist Program, is the incoming President of New York State Association of Nurse Anesthetists (NYSANA). She also works at the Erie County Medical Center in Buffalo and Niagara Frontier Anesthesia Services.

### 1. How do your multiple professional roles inform your practice, teaching and advocacy? Is one more important than another?

The multiple hats I wear have a synergistic effect on my roles and professional responsibilities. As an educator, I meet and collaborate with other university professors in academic health care schools. In clinical practice, I interface with surgeons, nurses, APRNs, physician assistants, medical doctors and hospital administrators. My leadership role at NYSANA enables me to communicate with lawmakers, congressional representatives, senators, legislative aides and the community at large. These constituency groups are important to nursing.

### 2. What initiatives do you see taking precedence over the next few years?

NYSANA will focus on the continued initiatives of educating our lawmakers of the need for title protection of "Certified Registered Nurse Anesthetist" and the designation "CRNA" to ensure that only those properly educated to be CRNAs be allowed to provide specialized care. Other important initiatives we hope to move forward are codification of nurse anesthetist practice as an advanced nursing specialty and gaining prescriptive authority during the peri-operative period. This would require CRNAs to complete a program approved by the NY State Education Department. On the federal level, we are advocating for full practice authority to ensure veterans have access to high quality health care.

### 3. Why is it important that students be actively engaged in a professional organization?

Professional engagement allows for personal and professional growth and exposure to thought leaders who work on process and policy making. Students can initiate involvement by attending local, state or national organization meetings to learn about other student members' experiences and research project interests.

Our curriculum reinforces the value of safe, cost-effective and qualified anesthesia provider care. Students are taught it is their responsibility to keep current with proposed initiatives and legislation that influence practice. Being proactive is paramount to protecting and strengthening the profession to maintain success and growth.

### 4. How do you juggle your roles in education, CRNA clinical practice and NYSANA leadership?

With painstaking organization! Having a supportive family who understands my unrelenting passion for my profession also helps. I work my clinical practice and NYSANA responsibilities around my university schedule, using weekends and nights for conference calls, meetings, educational forums, clinical hours and call shifts.

My clinical practice experiences play an important role in my approach to didactic content for instruction. Our faculty have a responsibility to make classroom instruction evidence-based, relevant to the day-to-day activities, and representative of what students encounter in clinical practice. Case studies based on real-life situations illustrate best practices that are crucial to safe, quality care.

The NYSANA leadership opportunity came at a time when I wanted to take on a new challenge and become more involved with the organization. Everyone I met through years of volunteering with NYSANA inspired me. I never think of any of my roles as a job or requirement; they are an extension of who I am as a professional.

### 5. What lessons would you like to share with students and alumni who are contemplating taking on more professional responsibilities?

Life has a way of letting you know when you have taken on too much and are overwhelmed, when you are content and comfortable, and when you are at a point where you can do more. Outstanding mentors, excellent preceptors and experienced colleagues have provided encouragement throughout my career. I am fortunate to work with exceptional students who are eager to learn.

I tell them to remember why they are here and not forget where they started. Cliché but true.

**SAVE THE DATE:** Ira P. Gunn Reception co-sponsored by UB School of Nursing & NYSANA at the Fall Educational Meeting

Hyatt Regency Buffalo

September 29, 2017 | 7:00 – 8:00 p.m.

More information: visit [nursing.buffalo.edu/events](http://nursing.buffalo.edu/events)

## Faculty and Staff Transitions

### NEW FACULTY



**Rebecca Ann Lorenz, PhD, RN**, joins the UB SON as an associate professor. Her areas of research include sleep disturbances/ issues and other co-morbid symptoms in community-dwelling older adults and secondary health conditions in individuals with rheumatoid arthritis or multiple sclerosis. She also serves as a peer reviewer for a number of journals.



**Eunhee Park, PhD, RN, APHN-BC**, joins the UB SON as an assistant professor. She earned her MSN and PhD from the University of Virginia in Charlottesville and her BSN from Kyungpook National University, Daegu, Republic of Korea. Her research focuses on adolescent health behaviors, smoking and substance abuse prevention, community health, and digital media use for health promotion.

### NEW STAFF



**Louiza Case** recently joined the Office of Student Services as our new student services specialist and recruiter. Louiza is a graduate of Canisius College, where she received a BA in Spanish and psychology and an MS in college student personnel administration.



**Jessica Wang-Strykowski** joins the UB SON as a staff assistant for the undergraduate programs and the Nurse Anesthetist DNP Program. Jessica holds a BFA from Emerson College and an MFA from the University of Pittsburgh, both in creative writing.



**Jackie Martek** joins the UB SON as a staff assistant in the Department of Administrative Services and Academic Affairs. She is a UB alumna with a BS in business administration and also holds an MS in student personnel administration from Buffalo State College.



**Tim Knab, MBA**, joins the UB SON as the director of network and user support. He holds a BS in business administration and an MBA, both from UB School of Management.

## Faculty and Staff Achievements

**Kafuli Agbemenu** is now a certified Transcultural Nurse-Advanced through the Transcultural Nursing Society.

**Laura Anderson** was selected for the UB President Emeritus and Mrs. Meyerson Award for Distinguished Undergraduate Teaching and Mentoring.

**Yu-Ping Chang** was presented with the Milton Plesur Excellence in Teaching Award from the UB Student Association.

**Susan Grinslade** received a UB Teaching Innovation Award.

**Gerri Kremer** was elected to serve a 3-year term as Nominating Committee Chair of the AACN Business Officers of Nursing Schools (BONUS) organization.

**Marsha Lewis** was honored with a Lifetime Achievement Award from her alma mater, University of Wisconsin Oshkosh College of Nursing.

**Margaret Moss** won two American Journal of Nursing Awards in the categories "Professional Issues" and "Community/Public Health/Home Health" for her book "American Indian Health and Nursing."

**Pam Paplham** received a Clinical Faculty Scholar Program Award.

**Deborah Raines** was honored with the National League for Nursing Isabel Hampton Robb Award for Outstanding Leadership in Clinical Practice. She has also been inducted as a fellow of the American Academy of Nursing.

**Molli Warunek** successfully passed the adult oncology certification exam for nurse practitioners.

**Kafuli Agbemenu, Adrian Juarez, Darryl Somayaji** and the late **Ellen Volpe** were named to the second cohort of the Gregory J. Dimitriadis Research Mentoring Fellows for 2016-17.



## FACULTY TRANSITIONS

**Yu-Ping Chang, PhD, RN, FGSA**, has been promoted to associate dean for research and scholarship.

**Donna Fabry, DNP, RN**, has been promoted to clinical associate professor.

**Sharon Hewner, PhD, RN**, has been promoted to associate professor with tenure.

**Mary Ann Meeker, DNS, RN**, has been named the assistant dean for the PhD Program.

**Margaret Moss, PhD, JD, RN, FAAN**, assistant dean for diversity and inclusion, has been promoted to associate professor with tenure.

**Kelly Foltz-Ramos, PhD, RN, FNP-BC, RHIA**, clinical lab coordinator and clinical assistant professor, has earned her PhD in higher education from the UB Graduate School of Education. Her thesis was titled, "When the Simulator Dies: Experiential Education About Death Designed for Undergraduate Nursing Students."

## STAFF TRANSITIONS

**Robert Cenczyk** has earned his PhD in higher education from the University at Buffalo Graduate School of Education and has been promoted to the director of academic operations.

**Diane Dempsey**, grants manager in the Center for Nursing Research, has received her Master of Science in management from Emmanuel College.

**Della Dickey**, former UB Learns administrator, has retired after contributing more than 30 years of service to the School of Nursing. She began her career as a stenographer under the leadership of Dean Bonnie Bullough, moving up to her most recent role training faculty and staff on classroom technologies.

**Carol Palm** has retired after over 30 years of service in New York State. Most recently she held the position of assistant to the associate dean for research and scholarship, providing valuable support to faculty in the Center for Nursing Research.

## UB School of Nursing Faculty and Staff Awards

Dean's Award for Excellence in Support Staff: **Ann Taylor**

Dean's Award for Excellence in Professional Staff:  
**Jim Lichtenthal** & **Elizabeth Killian**

Dean's Award for Excellence in Clinical Scholarship:  
**Tammy Austin-Ketch**

Dean's Award for Excellence in Research Scholarship:  
**Carla Jungquist**

Distinguished Mentor Award: **Nancy Campbell-Heider**

Mecca S. Cranley Dean's Award for Excellence in Teaching:  
**Loralee Sessanna**



From Left:  
Back: Tammy Austin-Ketch; Jim Lichtenthal; Elizabeth Killian; Marsha Lewis; Ann Taylor; Loralee Sessanna.  
Front: Carla Jungquist; Nancy Campbell-Heider

**STUDENT COMMENCEMENT AWARDS**

**Rana Alameri (PhD '17) and Khloe Barlow (BS '17)** received the Shirley D. DeVoe Nursing Award for Excellence in Communication. This award, endowed by UB SON alumna Shirley DeVoe, is presented to graduating students who demonstrated superior skills in communicating with clients.

**Jade Cassalia (DNP '17), Tracy Merrell (PhD '17) and Khloe Barlow (BS '17)** received the Sigma Theta Tau, Gamma Kappa Chapter Award recognizing their superior scholarship, leadership and achievement in nursing.

**Jade Cassalia (DNP '17) and Abbe Walsh (BS '17)** received the Dr. S. Mouchly Small Award, which recognizes graduating students who have demonstrated superior knowledge and skill in psychiatric mental health nursing and who exhibit an understanding of and sensitivity to the special needs of clients and their families, as well as the ability to respond to these needs.

**Catherine Glawatz (BS '17) and Sarah Dow (BS '17)** received the Ruth T. McGrorey Award for Excellence in Nursing. Named to honor UB SON's former dean, the award recognizes baccalaureate students who have demonstrated outstanding knowledge of nursing theory and excellence in nursing practice.

**Joseph Lynch (BS '17)** received the annual Ethan Christian '12 Memorial Award, which honors an outstanding University at Buffalo nursing student at graduation in memory of Ethan Christian, BS '12. The recipient demonstrates exceptional care, compassion and excellence in the practice of nursing as exemplified by Ethan Christian.

**Quinn Maloney (DNP '17) and Tracy Merrell (PhD '17)** received the Ruth Gale Elder Award for Excellence in Nursing Research. This award, established by Elder, faculty emeritus, recognizes graduate students who have demonstrated outstanding knowledge and ability in nursing research.

**Alexander Salinas (BS '17)** received the American Nurses Association, New York Chapter, Future Nurse Leader Award.

**Jessica Varghese (PhD '17), Jada Douglas (BS '17) and Jeannette Davis (BS '17)** received the Anne Walker Sengbusch Award for Leadership in School and Community Activities for notable service and leadership to the UB SON, university and/or community.

**MORE PRIDE**

**Maxwell Antwi (BS '13, current DNP student)** was selected to receive a Kaleida Health Foundation Nursing Endowment Scholarship.

**Leann Balcerzak (BS '19), Jade Cassalia (DNP '17), Janelle Garcia (BS '19), Terrika Pereira (BS '18), Meg Phillips (BS '17), Alexander Salinas (BS '17), and Carleara Weiss (PhD '17)** were selected to present at the 2017 Eastern Nursing Research Society 29<sup>th</sup> Annual Scientific Sessions.

**Khloe Barlow (BS '17)** received the Martin Luther King Jr. Scholarship Award from the UB Minority Faculty and Staff Association.

**Jade Cassalia (DNP '17)** won second place for her podium presentation "Development of a Standardized Patient Simulation to Address Prescription Opioid Misuse in Older Adults with Chronic Pain" at the ENRS 29<sup>th</sup> Annual Scientific Sessions.

**Paul Crescenzi (DNP '17)** received the Hazel P. Currier Memorial Scholarship at the 2016 AANA Annual Congress.

**Sarah Dow (BS '17)** was awarded the UBAA Alumnae Scholarship.

**Sarah Dow (BS '17) and Alexander Salinas (BS '17)** received the Professional Nurses Association of WNY Nursing Scholarship Award.

**Betsy Erickson (BS '17)** received a complimentary year of membership to the Professional Nurses Association of WNY.

**Francine Mistretta (BS '12, DNP '17)** was selected to present at the Pace University Primary Care Conference last fall. Her poster was titled, "Using Social Determinants of Health in Two Post-Discharge Populations: A Mixed-Methods Comparative Study."

**Alexander Salinas (BS '17)** was selected to receive the 2017 Chancellor's Award for Student Excellence, SUNY's most prestigious award.

**Alexander Salinas (BS '17)** received the J. Scott Fleming Scholarship from the UB Student Alumni Association.

**Suzanne Sullivan (PhD Student)** received a National Research Service Award for using the home health OASIS data set to promote advance care planning for community-dwelling frail elders.

**Sigma Theta Tau International, Gamma Kappa Chapter** was awarded the Showcase of Regional Excellence Award (Recognizing Outstanding Achievement for Presidential Call to Action: Philanthropy).

The Million Hearts® Cardiovascular Disease Prevention Project WNY team, which includes UB School of Nursing, Greater Buffalo United Ministries and Millennium Collaborative Care, was the 2016 recipient of P<sup>2</sup> Collaborative's SOPHi Award for Chronic Disease Preventative Care and Management.



**The Multicultural Nursing Student Association (MNSA)** received the UB Campus Impact Award.

**RESEARCH DAY POSTER WINNERS**

**Undergraduate:** The Relationship Between Pain Catastrophizing, Pain Intensity, Stress, and Mental Health in Chronic Pain Patients (Leann Balcerzak, BS Student; Janelle Garcia, BS Student; Gina Bellavia, PhD; Patricia Nisbet, DNP, PMHNP-BC; Lorelee Sessanna, DNS, RN, CNS, AHN-BC; Yu-Ping Chang, PhD, RN, FGSA)

**PhD:** Effects of Morning Bright Light Therapy on Depression and Circadian Activity Rhythms in Lung Cancer Survivors (Carleara Weiss, RN, PhD Candidate; Suzanne Dickerson, RN, DNS; Carla Jungquist, PhD, RN; Margarita Dubocovich, PhD; Grace Dean, PhD, RN)

**DNP/MS:** Impact of Education on the Perioperative Surgical Home on Presurgical Assessment Simulation (Jennifer R. Spilberg, BS, RN, CCRN, SRNA)

**NEW FULD SCHOLARS**



From Left: Back: Jinwoo Seong, Dean Marsha Lewis, Joshua Bartlett; Front: Lisa Li, Victoria Robbins, Maryanne Calabrese

## SERVICE LEARNING ACROSS THE GLOBE (And in Our Backyard!)



1  
Tennessee

1. Dental and senior nursing students went to Knoxville to volunteer with Remote Area Medical (RAM) to provide preventative care and education to underserved and impoverished populations.

5. Seniors participated in the Missouri Hope disaster response field training exercises.

6. Nursing and pharmacy students and faculty once again traveled to Belize to provide care and health education.

7. Nurse practitioner and dental students and faculty trekked to Greece to aid Syrian refugees.

8. SRNAs traveled to the Philippines with the Diocese of Joliet (Illinois) to provide anesthesia care for surgeries.



2  
Guatemala

2. MNSA students spent one week of medical volunteering in Antigua, Guatemala.

3. Seniors participated in Atlantic Hope experiential learning exercises designed to develop humanitarian aid and foreign disaster response skills.

4. Students and faculty, in partnership with Millennium Collaborative Care and Greater Buffalo United Ministries, continued the Million Hearts® initiative at several WNY locations.



3  
Florida

4  
Buffalo



8  
Philippines



7  
Greece



5  
Missouri



6  
Belize

# Going Gentle Into That Good Night

Lessons from a Nursing Student's Hospice Internship

– Sarah Goldthrite

"The first day of my hospice internship, I went out with an intake nurse and we admitted a patient who was experiencing delirium. He was my very first patient there," says 23-year-old nursing student Sarah Dow. "During my last day on the unit, he passed away. It was so illuminating to experience the whole spectrum – I came full circle in understanding that transition."

During the summer of 2016, Dow took part in Hospice Buffalo's first internship program – a serendipitous opportunity for nursing students in Buffalo, an important location in hospice history.

"What makes Buffalo unique in terms of hospice care is that we have one of the oldest, most established hospice programs in the country," says Christopher Kerr, interim chief executive officer and chief medical officer at Hospice Buffalo. "Hospice is a nurse-led movement and delivery model, and a Buffalo nurse, Charlotte Shedd, was one of the movement's early pioneers."

Dow, following in the footsteps of her nursing predecessors, spent eight weeks of her summer – four in inpatient care and four in outpatient care – working with hospice patients and professionals. Here, she would comfort those facing death, or the death of a loved one – a role in which she settled quite naturally, and one in which she has found herself at various points throughout her life.

"I've always been a spiritual person," Dow says. "I grew up Catholic and have kept that faith throughout my life."

As a [child], I was in music ministry and would sing at funerals, so I was always involved with the death aspect of spirituality.”

Prior to the Hospice Buffalo internship, Dow completed her pediatric rotation with Hospice Buffalo’s Essential Care for Children program, which provides medical services and support to children and families of children facing life-limiting illness.

“It’s comforting to be able to lend support to families – to help them grieve – whether through voice or talking or counseling. I find ease in it, and I think it’s special,” Dow smiles. “I’ve always seen death as a positive experience. It’s a point where people are taking that next step in their spiritual lives.”

Dow’s age does not preclude her passion for or understanding of a “good death” – a concept that seems counterintuitive to most, as we are hardwired to dodge death at every turn.

Hospice care professionals and students like Dow share a unique affinity for helping patients and their families through the dying process. They focus on each individual’s need, relieving physical and mental pain for patients, caregivers and family members.

“Being patient-centered and being able to develop a rapport with patients – whether having a conversation or providing basic care like morning hygiene – is very important,” especially in hospice care, Dow has learned, despite the impending loss.

“It was so enlightening to be able to sit down and talk with a patient for an hour rather than just a few minutes at a time,” says Dow. “I feel our souls can connect during our conversations, which is so empowering.”

Dow’s experiences have helped her understand the importance of palliating both physical and spiritual pain. She emphasizes that working through a patient’s sadness or depression is just as important as physical comfort. Sometimes, she says, this could be medication. Other times, it is a conversation or a redirection of their attention to birds chirping outside their window.

“Patients may have difficulty passing if they’re in physical or emotional pain, or if they’re uncomfortable,” Dow explains. “By managing all of those symptoms, we can help them

with that transition and their new path, enabling them to have a peaceful death.”

“It is necessary to recognize people facing death suffer in totality, so care should be comprehensive at the end of life to match that need, for both the patient and the patient’s family,” says Kerr. “Nurses, social workers, pastors, counselors and volunteers work together to address their psychological, social, practical and spiritual needs.”

“It was so helpful to be able to sit around a table with all of these different disciplines,” Dow says. “We were able to give each other feedback and better understand each patient’s needs, and the needs of the family. It’s a beautiful thing to be a part of that.

“Working in hospice really teaches you to look at the patient as a whole and the family as a whole. In some settings, that’s not always easy – but for me in my practice that’s going to be a priority.

“I think I will eventually end up back in hospice,” Dow says. “I loved it. I loved going to work every day, and I was excited to talk

with the patients – it was so enlightening.”

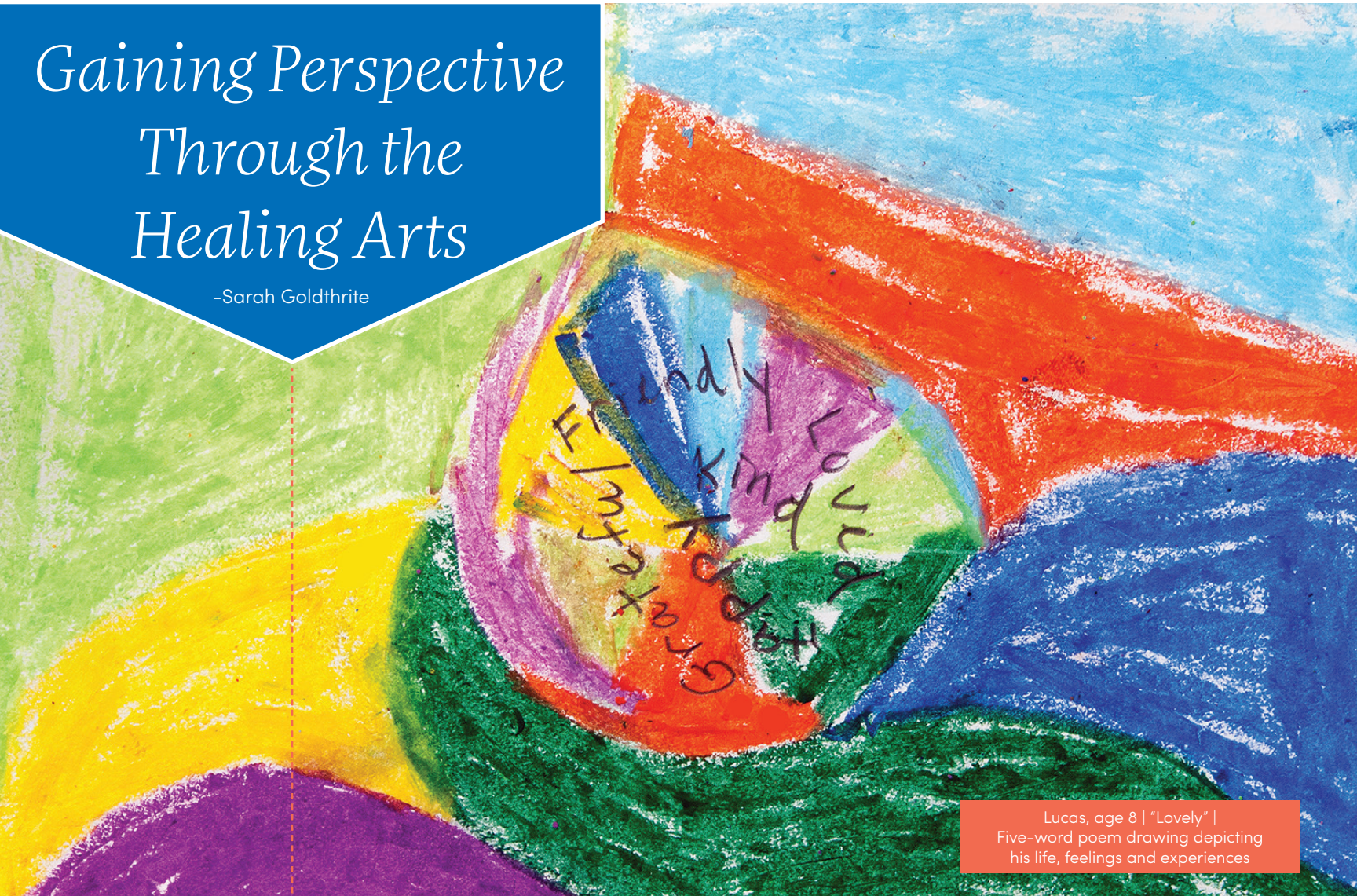
In the meantime, Dow plans to gain more experience in oncology, with the aim of better understanding some hospice patients’ experiences. This way, she can better fulfill her duty to aid in a good death – a peaceful death – physically, emotionally and spiritually.

“*It was so enlightening to be able to sit down and talk with a patient for an hour rather than just a few minutes at a time.*”  
- Sarah Dow



# Gaining Perspective Through the Healing Arts

-Sarah Goldthrite



Lucas, age 8 | "Lovely" |  
Five-word poem drawing depicting  
his life, feelings and experiences

"A young boy who had endured several surgeries drew his happy safe place," smiles Abigail Unger, director of Expressive Therapies at Hospice Buffalo, reflecting on the impact of the organization's addition of art therapy to their Expressive Therapies program. "Another also drew about his fears and worries. In the drawings, he's faced with conflict; he's under attack. He draws himself the tools necessary to fight this battle."

"Some of these children are terrified as they face medical procedures and appointments – maybe it's the mere mention of 'the needle' that causes a child to run away, withdraw, experience anxiety attacks, understandably," Unger continues. "The therapist works to develop coping skills in anticipation of such appointments. Over time, drawings reflect how they are progressing – children depicting actual medical tools in their artwork, in great detail, demonstrates how they are dealing with their fears in a more direct way. They are finally able to acknowledge the fear."

Unger, a licensed creative arts therapist and credentialed music therapist, has a natural affinity for caregiving – establishing an expressive therapies team with an organization like Hospice Buffalo was a natural fit.

In 2004, Unger joined the organization as a music therapist. Through her years of practice, she recognized the potential of developing various therapeutic arts programming to align with the mission and vision of Hospice Buffalo to meet the needs of patients and families through their end-of-life experience as well as their post-death experience. In 2010, she proposed and was tasked with the opportunity to establish a dynamic and robust Expressive Therapies team.

There was a missing component Unger envisioned – one of significant impact on an interdisciplinary hospice and palliative care team – the discipline of art therapy. In 2014, she learned of UB SON's service learning projects through education liaison Kelley Clem. Unger inquired about the potential advantages of a collaborative effort to create a proposal for a pilot art therapy program.

## **Expressive Therapies: Enrichment that Needs Funding**

When Unger arrived at Hospice Buffalo about 13 years ago, there was one other music therapist and one massage therapist.

"Skilled nursing facilities can be really wonderful, but they're often missing the warmth and familiarity and



Jocelyn | Inner/Outer Feelings Mask –  
What we show on the outside may not  
reflect what we feel on the inside

“  
... it's not just medicine,  
but rather many of  
the other aspects of  
care, like art therapy,  
that make the patient  
experience valuable.”  
- Kaitlin Organisciak



Jocelyn | Treasure Box  
containing objects of Strength & Courage

richness of the home environment,” says Unger. “Music therapy was specifically brought in to enhance it in that way. The program sprawled because leadership saw the demonstrated need and benefits of this therapy for patients and families, and for the interdisciplinary teams working with them.”

Similarly, they recognized the positive impact of massage therapy on patients with pain and anxiety.

One major hurdle facing such programs, though, is funding – with hospice being a Medicare benefit, the core reimbursable service components include physicians, nurses, social workers and chaplains.

“We had to find a way to pay for expressive therapies,” Unger explains. “Luckily Erie County is such a supportive community – they are so connected and invested – and we have a wonderful foundation.”

A donation line was established for the Expressive Therapies team, which tripled in size within five years, extending their reach to every care program at Hospice.

### Drawing in the Art Therapy Component

“When we got to the point where we could develop this team, I recognized that in order to have a really robust expressive therapies team, I needed to add some other components like art therapy,” says Unger.

Again, resource limitations forced Unger to place her vision on the back burner. It was the potential of the project goals – coupled with six UB SON students’ desire to partner with Hospice Buffalo – that led Unger to a collaboration that would give life to the art component.

Over the course of the Fall 2014 semester, Unger worked alongside students from Clinical Associate Professor Joann Sands’ Public Health Nursing for Population Health course – Jane Ginther, Kaitlin Organisciak, Sara Alexanderson, Kara Godzala, Erica Babulski and Samantha Kulu – to develop a pilot proposal for an art therapy program.

“The [project] entailed researching the history of art therapy and studies supporting its therapeutic benefits,” explains Ginther. “We also identified reputable programs throughout the nation, compiled a list of potential donors

and grants, and developed a model program specific to the Essential Care for Children program.”

“The focus was on Essential Care for Children because that is the optimal target for this kind of work,” Unger adds. “And, we can support our donors by making sure our efforts are also meaningful to them by providing them feedback and outcomes.”

Their goal? Obtain per diem status for the art therapy program.

“The overarching theme of our research was that it’s not just medicine, but rather many of the other aspects of care, like art therapy, that make the patient experience valuable,” Organisciak says.

“[When we learned that we would be presenting our research] to the hospice management team and to one of their top donors ... we knew we had to continue to work hard and create a heartfelt presentation,” says Godzala.

The hard work and collaboration paid off.

“Upon our successful acquisition of endorsement to initiate this pilot program, the art therapy discipline was established at Hospice Buffalo,” Unger reports.

With funding in place, she was able to hire art therapist Kris Crosson as part of the Expressive Therapies team.

“We are presently heading into year two of full offering for our Essential Care for Children’s team, with 31 families presently receiving art therapy support,” Unger smiles. “Additionally, we have integrated intermittent art therapy sessions for two of our ongoing yearly community grief support groups. Upon enhanced development and growth throughout this time, art therapy is now considered a core component of our Expressive Therapies offerings.”

“Being able to combine research and nursing in a real-world manner ... showed me that it is possible to make a difference in other ways and that nursing research is important,” says Organisciak.

“This project underscores the importance of collaborating with the community to identify key health issues and to improve the health status of community populations,” Ginther adds. “The community really plays an integral role in improving health.”



## WHAT HUNTER SEEKS:

Juanita Hunter, BS '71, MS '74, EdD '83, FAAN, Nurse, Educator, Author, Advocate Extraordinaire

– Donna A. Tyrpak

"It's the people who have a passion for what they do that make a difference in the world," Professor Emerita Juanita Hunter once said.

Her life story underscores her words.

Hunter, the first SON faculty member to be inducted into the American Academy of Nursing and the recipient of the 2017 UBAA Community Leadership Award, spent most of her academic life at UB. She retired from the School of Nursing as a full professor in 1998 after serving the school and the community as both a scholar and a professor for almost 30 years.

She has seen groundbreaking changes in nursing education as well as nursing practice. One of only four students of color in her hospital program, she ponders the climate of the times. Her classmates came from various cultures and socio-economic backgrounds, yet they forged a cohesive group – in and out of the classroom – despite the overt prejudices that existed at that time.

Her voice fills with pride as she shares a poignant story of a class gathering at Bay Beach where she and several of her African-American classmates were unceremoniously asked to leave. Hunter took delight in recounting how the entire class got up and left, continuing their end-of-the-school-year celebration at their housemother's residence.

When asked about her favorite job, she answers without hesitation that it was her first. She feels fortunate to have worked for a nurse manager who demanded excellence from her nursing staff. A new nurse at the E. J. Meyer Memorial Hospital in Buffalo, now the Erie County Medical Center, Hunter now recognizes the high expectations served to assure the delivery of the quality care. She recalls, "My first manager taught me that by managing and implementing quality, comprehensive care, nurses played an integral role in a patient's road to recovery."

It was during her early years of working in direct patient care that she developed a desire to teach and those in leadership took note of her ability. "I learned the important role nurses play in positive patient outcomes." Hunter took that lesson with her as her career blossomed.

Always an advocate for the nursing profession, one of her most memorable moments took place while attending an American

Nurses Association Convention in Philadelphia. A former student approached and announced, "I am here because of you!" The student credited Hunter's Professional Issues course with igniting her lifelong passion for activism – to become part of the solution when faced with professional challenges.

Hunter's passion for her work has always been palpable. Her unwavering concern for those who are disadvantaged permeated the early years of her career.

When she returned to school to pursue graduate education, she became acutely aware of the staggering morbidity and mortality statistics of those diagnosed with chronic illness, especially for those with lower or no income. She sought ways to advocate for those unable to navigate the health care system or unsure of how to engage in their own health care decisions.

When asked about her ardent volunteerism, she quips, "The best part is that it is voluntary!"

She remains inspired to continue her involvement as a personal commitment to the profession. She challenges others to follow her lead. "If you have been fortunate, have had positive experiences in your lifetime and are able to do so, why not give back?"

She is most passionate about opportunities for nurses to volunteer in leadership roles. **"In the past, nurses were limited in attaining leadership positions in the broader society. We do not see enough representation from nursing on corporate boards in health care. We can do better, and we should do better."**

Hunter is a woman revered by colleagues and students alike. When asked who she admires most, she is quick to say "My 108 year old mother. She lived during the depression and received an eighth grade education but manages her health with amazing wisdom, although she is not a professional."

Considered a role model and friend to many in the Buffalo community, her mother manages to navigate the process of aging without complaint, remains engaged in the world around her and maintains a positive perspective in spite of increasing physical limitations.

Hunter's parting advice to students and new graduates is simple but sage. "You will continue to see changes in health care delivery and technology, but the need for quality nursing care will remain unchanged. Nurses have a unique relationship with patients that demands a commitment to provide comprehensive, effective care.

"Always be professional and be proud to be a nurse. I am."





## MEET PROUD ALUMNA

Junxin Li, PhD '14, RN

– Donna A. Tyrpak

### Why a PhD in Nursing?

Some people embark on their college education without a career path. Junxin Li was not one of them.

She wanted to work in health care since she was a little girl, and pursuing a nursing degree in college

was her plan. However, she had not considered continuing on for a PhD in nursing. This was something that took time to develop as her nursing career evolved.

Li worked as a clinical nurse in China after graduation but wanted to advance her professional career to include nursing research. Recognizing that an advanced degree would improve her skills and knowledge, she set out to obtain a graduate degree in nursing. After successfully completing her studies, she joined the faculty of her alma mater in China. Again, she found herself wanting to do more and acknowledged the need for further education, but this time she wanted to branch out of her comfort zone – so she chose to come to the United States for her PhD.

Drawn to the UB School of Nursing because of its excellent reputation, she gained acceptance to the PhD program and is now extremely proud of her accomplishment and of her U.S. alma mater.

### Why UB?

Li credits the coursework for preparing her with systematic research knowledge, thus providing an exceptional educational foundation with which to build her program of research. Her position as a research assistant in the Center for Nursing Research instilled the importance of working independently. Both experiences provided excellent preparation, propelling her to gain a prestigious postdoctoral fellowship at the University of Pennsylvania.

### Finding Focus

Li's area of research involves improving wellness and quality of life of older adults, with a specific focus on personalized, non-pharmacological interventions to improve cognition and sleep. Her interest in the geriatric population carried over from China where she did research in nursing homes.

As Li progressed in the program, the decision to study sleep problems in nursing home residents blossomed, culminating in a dissertation project applying individualized physical and social activities during the day to engage long-term care residents with dementia. This resulted in improved daytime activity and nocturnal sleep. Her current research is an expansion of this sleep and cognition project.

"The most rewarding part of my research is that the findings have provided methods and recommendations to improve older adults' well-being. The intervention may provide older adults an innovative way to improve physical activity, sleep and cognition."

### Mentors are Key

"Several outstanding mentors provided guidance throughout the process of exploring my research interests, clarifying the problem, narrowing my focus and implementing my plan, all while encouraging me to weather through the inevitable challenges I encountered."

### One Regret

"I wish I had taken the opportunity to get involved in teaching activities during my PhD studies. In addition to research, teaching experience is an essential consideration for colleges and universities when hiring new faculty members. This is even more important for candidates who are non-native English speakers. Teaching experiences and opportunities better prepare international students for the job market and help with transition to new academic roles as nurse educators."

### Advice for Future Nurse Researchers

"Search for like minds and seek opportunities to collaborate with faculty and peers who have similar research interests. It is a great way to start publishing and establishing research partnerships for the future."

**"The most rewarding part of my research is that the findings have provided methods and recommendations to improve older adults' well-being."**

– Junxin Li

## 1960s

**Lois Reeves Kenkel (BS '64)** was honored by the Spartanburg County Commission for Higher Education with a Founders' Day Award for her work in nursing and nursing education. The first assistant coordinator of nursing at the University of South Carolina Spartanburg Regional Campus (now The University of South Carolina Upstate), Kenkel was key in the implementation of the Associate of Science Degree in Technical Nursing curriculum at USC. Her impactful academic career also includes faculty posts in Champagne, Illinois; Jamestown, New York; and Washington, D.C.

## 1970s

**Juanita Hunter (MS '74)**, a nurse, educator, author and the first African American to serve as president of the New York State Nurses Association, was presented the 2017 UB Alumni Association Community Leadership Award. This award is presented in recognition of outstanding accomplishments that make the university community a better place to live and work. Hunter, who is actively involved in the Buffalo community, is also an alumna of UB School of Social Work (BS '71) and UB Graduate School of Education (EdD '83).

**Susan Leight (BS '77)** was honored with the General Board of Higher Education of the United Methodist Exemplary Teaching Award during the Founders Day Convocation at West Virginia Wesleyan College's (WVWC) homecoming celebration. The award is in recognition of excellence in teaching; civility; commitment to value-centered education; and service to students, the institution, and the community. Leight is the director of the Master of Science in Nursing Program and the School of Nursing at WVWC.

## 1980s

**Maria L. Eagan (BS '85)** was recently featured in Worldwide Leaders in Healthcare and joined the International Nurses Association. She is currently a nurse paralegal in Buffalo, N.Y., and has 39 years of nursing experience in intensive care, cardiac care, burn care, home care, IV team and home infusion therapy.

## 1990s

**Jennifer Fels (BS '83, MS '92)** was named to the Board of Examiners for the 2016 Malcolm Baldrige National Quality Award by the Commerce Department's National Institute of Standards and Technology.

**Deborah Finnell (DNS '98)** has been promoted to full professor at Johns Hopkins School of Nursing.

## 2000s

**Sharon Wetzler DePeters (BS '92, MS '00)** retired in 2014 after 14 years as an associate professor of nursing at the State College of Florida. She entered the political arena in August 2016 as candidate for Sarasota County Public Hospital Board at Large, Seat 1. On August 30, 2016 she won the primary election, and on November 8, 2016 she won the seat.

**Chanda Agro (BS '00, MS '02)** took on a new role with the Niagara Falls Memorial Medical Center primary care team. In addition to her new patient care role at the Lewiston Primary Care Center, Agro will continue working at Seneca Niagara Employee Health.

**Esra Al-Khasawneh (DNS '02)** was inducted as a fellow into the American Academy of Nursing in October 2016.

**Cindy Buckley (BS '03)** was spotlighted in Worldwide Leaders in Healthcare and joined the International Nurses Association. Her professional experiences include work in intensive care, cardiac care, ICU and medical/surgical nursing. She is also an assistant professor at Rasmussen College in Florida.

**Robert Gibson (BS '06, MS '06) and Raymond Neiswonger (BS '02, MS '04)**, childhood friends, co-founded ROSC WEAR, an apparel company headquartered in Buffalo, N.Y. "ROSC" is a nod to the medical acronym "return of spontaneous circulation," and the company honors the work, dedication and sacrifices of health care professionals.

**James Zolnowski (BS '07)** has been the nursing operations manager of trauma critical care (trauma ICU and trauma step-down) at Orlando Regional Medical Center (ORMC) in Orlando, Fla., since May 2015. ORMC is Central Florida's only Level 1 Trauma Center.

## 2010s

**Colby A. Damon (MS '11)** was presented with the Nurse Practitioner of the Year Award from the Western New York Perinatal Bereavement Network in May 2016. She is currently working at the Western New York Regional Perinatal and Fetal Care Center in Buffalo, N.Y., where she coordinates care for families experiencing a pregnancy complicated by fetal anomalies.

**Jennifer Earsing (MS '11)** joined the Niagara Falls Memorial Medical Center (NFMCC) primary care team in Niagara Falls, N.Y., in January 2017. Earsing will see patients at NFMCC's Grand Island Family Practice and Lewiston Primary Care Center. She is also a member of the American Association of Nurse Practitioners.

**Jillian Wittman (MS '11)** was recently featured in Worldwide Leaders in Healthcare and joined the International Nurses Association. With over a decade of professional nursing experience, Wittman's specializations include critical care, ICU and neurosurgery.

**Manisha R. Kapadia (BS '13)** is currently an assistant nurse manager on the solid organ transplant unit at Strong Memorial Hospital in Rochester, N.Y. She is currently working on her master's degree (acute care nurse practitioner) at St. John Fisher College with plans to graduate in December 2018.

**Felicia L. White (BS '14)** is now working at Sentara Norfolk General Hospital as an integrated care manager (care coordinator) after two years as a trauma nurse and is enjoying her career.

# GIVING BACK



Misol Kwon, BS '13 and current PhD student, knows first-hand what it is like to rely on the generosity of others. As a recipient of the Nova Gursstin and Gustave S. Petsan Scholarship, she recalls the thrill of opening the acceptance letter for UB School of Nursing's PhD program, and then being brought to tears when she received news of her scholarship award. Student scholarships give talented students life-changing opportunities, enabling them to pursue their educational goals, setting them up for success and cultivating their potential as the next generation of nurses to care for the world.

For Misol, the generosity of donors allowed her dream of continuing her education in the U.S. to become a reality. As she so eloquently stated when she spoke to donors at the School's annual scholarship event, "Thank you for believing in who we are, the recipients of your generosity, and thank you for believing in the future of nursing. I am humbled and eternally grateful."

The Nova Gursstin and Gustave S. Petsan Scholarship awards were made possible by a generous gift from Mr. and Mrs. Petsan. Petsan Scholarships are awarded annually to School of Nursing students with financial need who demonstrate scholarly achievement in the program they pursue.

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PHOTO  
gallery



7th Annual Margaret A. Nelson Endowed Lecture -  
Carolyn D. Farrell, PhD, MS '84, BS '71, RN, WHNP-BC, CGC



2016 Walk to End Alzheimer's



Missouri Hope Disaster Training



20th Annual Bonnie Bullough Lecture -  
Peggy Compton, PhD, RN, FAAN



AANA Mid-Year Assembly



Commencement 2017



Flu Vaccination Clinic



Annual May Celebration



Hugs & Mugs Ceremony



March for Science - Buffalo



Party on the Point



Commencement 2017



TAG Day



Remote Area Medical - Knoxville, TN

# May Celebration Awards

**Mary E. Dillon, MS, RN, NEA-BC**, received the Patricia H. Garman Award for Excellence and Service in Nursing. This award is presented in recognition of an individual's significant support of and impact on UBSON.

**Melissa Fincher-Mergi, MS, FNP-BC**, was presented with the Distinguished Preceptor Award in recognition of being an outstanding clinical preceptor for the School of Nursing.

**Carolyn D. Farrell, PhD, MS, RN, WHNP-BC, CGC**, received the Distinguished Alumni Award in recognition of her exceptional career accomplishments, service and scholarly activity.



From Left: Mary E. Dillon, Melissa Fincher-Mergi, Carolyn D. Farrell



Pinning Ceremony



Service Learning in Belize



Undergraduate Poster Presentations



NP Reception at Niagara Falls Culinary Institute



PhD Mixer



Scholarship Reception  
Photo: Onion Studio



NYSANA Fall Educational Meeting



Research Day Poster Session



Suturing Class



STTI Induction



ABS Class of 2018 Orientation



UB Night at Pierce Arrow Museum

# pUBs

## SLEEP RESEARCH

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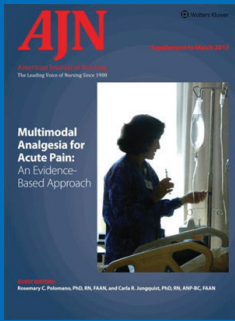
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## A Call for Action: American Journal of Nursing Special Supplement on Acute Pain Management

Carla Jungquist, assistant professor, was published as co-author of this March 2017 special supplement.

The publication includes a foreword and three articles on the current state of acute pain management, including incidences, physiology and pathophysiology; multimodal pain treatments; and recommendations. The authors stress the important role nurses play in delivering quality, safe acute pain care, acknowledging the potential of acute pain transitioning to chronic pain if insufficiently managed.

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Terrika Pereira is happy she can focus on studying and immerse herself in her research assistantships in the UB School of Nursing, thanks to support from the UB Fund. She grew up in a single-parent household in Buffalo, so the financial help has reduced the strain on her and her mother. "I have plans on making the world a better place as a nurse, and donors have helped me get one step closer to that goal," says Pereira, who hopes to work as an oncology nurse, and ultimately, earn a doctor of nursing practice degree and become a nurse practitioner and educator. Thanks to donor gifts, "I am able to pursue my passion for health and education at full force."

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