

Inaugural DNP Class Graduates

The first graduating class of Upstate Medical University's Doctor of Nursing Practice (DNP) program is "a tremendous group of professionals now well prepared to launch into their expanded clinical roles encompassing populations and systems, as well as individual patients," according to program director **Joyce Scarpinato, DNP, FNP-BC, FNP-C '09**. The four graduates completed their degree requirements in January and will walk for graduation at the University's Commencement ceremony in May.

To celebrate their graduation, the College hosted a dinner with faculty to honor the new DNP alumni: **Suzi Koshy, DNP, FNP-C; Denise Hiser-Ruddick, DNP, FNP-C; Mashelle Jansen, DNP, FNP-C; and Ray Muldoon, DNP, PMHNP-BC**. The College also brought on Koshy, Jansen and Hiser-Ruddick as adjunct clinical faculty for the FNP program.

The College introduced the DNP program in 2013 as a part-time, online program that post-master's nurses can complete in two and a half years. This terminal degree provides the student



From left, new DNPs Ray Muldoon, Denise Hiser-Ruddick, Suzi Koshy and Mashelle Jansen

with skills in translation and generation of evidence-based knowledge into clinical practice, as well as expanded skills in leadership, health policy and advocacy, interprofessional practice and information technology.

In addition, a BS to DNP program will launch in 2017 and specialize in acute care, according to Scarpinato. "Patients are far more complex than in the past, with multiple comorbidities.

The knowledge and skills that nurses need to care for our populations are at the doctoral level, and at Upstate, we have the expertise to deliver that education," she said.

DNP applications are taken from September 1 through June 1. For more program information, see <http://www.upstate.edu/con/programs/dnp/>. Please call Dr. Scarpinato at 315-464-3903 to discuss your career progression.

College Achieves Maximum Accreditation for DNP

In February 2015, the newly launched DNP program at Upstate's College of Nursing underwent its first accreditation compliance review. The evaluation team from the responsible accrediting body, the Commission on Collegiate Nursing Education (CCNE), made assessments of the College's DNP program regarding compliance with its *Standards for Accreditation of Baccalaureate and Graduate Nursing Programs*. The CCNE visit resulted in the College of Nursing receiving full accreditation status for the maximum five-year period, 2015-2020.

The CCNE noted zero compliance concerns – unusual in accreditation reports – meaning the College exceeded standard achievement outcomes by a high margin.

While visiting the campus in Syracuse, the evaluation team interviewed college and university officials, program faculty and students, alumni and community representatives. The team reviewed information in the self-study document and in the resource room, as well as other materials provided at its request. In addition, the

team observed numerous online courses and a clinical activity.

"The entire College exemplified collaborative teamwork in documenting our work with doctoral students," commented former Dean Joyce Griffin-Sobel, PhD. "Dr. Joyce Scarpinato, as the DNP program director and assistant dean for Graduate Studies, was particularly instrumental in achieving this outcome. I have been honored to lead such an exemplary group of faculty, staff and students and all are rightfully proud of this major accomplishment."

Nursing *InTouch*

The Upstate Medical University Nursing Alumni Association publishes *Nursing In Touch* quarterly. Distribution is free to alumni, faculty, staff, students and friends.

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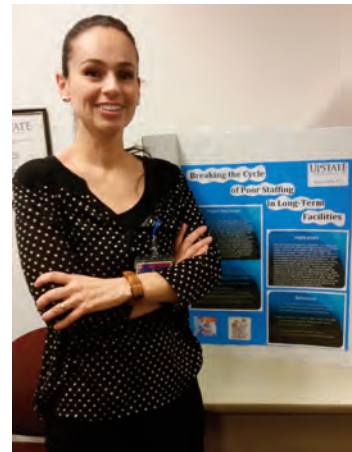
KeyBank Provides Scholarships for Undergrads

KeyBank is a strong and consistent supporter of Upstate's alumni and its students. In Fall 2015, KeyBank donated \$5,000 for undergraduate scholarships which were awarded to several students who met academic and community involvement criteria.



Stephen Fournier
of KeyBank

"At KeyBank, we recognize that an educated workforce plays an integral role in the success and vibrancy of any community. The educational opportunity that Upstate Medical University provides enhances not only the lives of those attending, but adds to the vitality of Central New York as a whole," commented Stephen Fournier, president of Central NY Market for KeyBank. Additionally, KeyBank has supported the College of Nursing's White Coat ceremonies and Fall Convocation events since 2009.



KeyBank scholarship recipient Kathy Griffin, BSN '16, with her Trends in Nursing course poster.

Kathy Griffin, a bachelor's degree student from Syracuse, was one of the Upstate undergraduates awarded a KeyBank scholarship.

"I am extremely grateful to be the recipient of a KeyBank scholarship," said Kathy. "Thank you to KeyBank and the Nursing Alumni for believing in the investment in nursing education as exhibited by this generous scholarship."

College of Nursing's New Home to Open Soon

Faculty, students and alumni will soon be experiencing firsthand the advanced learning facility that will be the new College of Nursing. According to Steve Marks, director of Educational Communications at Upstate, the new Academic Building will accommodate a variety of innovative teaching spaces, with capabilities for integrated distance learning, recording equipment, and team-based learning.

"Each classroom may be transformed into an active learning environment with five small group computer/tablet workstations to share a flat panel display." Marks added that the 350-seat lecture room, the largest gathering space on campus, will feature video projection and sound for large-venue presentations. Designed for optimal flexibility, the large lecture room will also be able to be divided into two smaller spaces with centered teaching stations and video projectors and screens. Both spaces will have the capability to transmit live presentations to remote locations, and sessions will be recorded for later review. Students also will be able to access a variety of common



The new academic building nears completion

learning and social spaces throughout the facility.

Other features include a café and indoor or covered accessibility from the College to the Clinical Skills Lab, the Library, Upstate University Hospital and all the way to the West Parking Garage.

Faculty and administrators plan to move into their new offices over the summer. Details about a public ceremony and open house in autumn will be forthcoming.

Alumna Found Her Niche in HIV Nursing

Linda Bartlett trained as a nurse in England after first completing a degree in theology at London University and working with the homeless and substance addicted in London's East End. "I decided I wanted to work in a profession that cared for people and nursing seemed a natural fit for me."



Linda Bartlett,
MS/FNP '12, RN

For family reasons, Linda moved to Syracuse in 1994 and, after working in home care and pediatrics, she began caring for HIV-infected patients at Upstate's Immune Health Services in 2000. "I realized that helping improve the lives of those on the margins of society is where I feel most at home,"

she said. "Here was a place that had everything I was looking for – a unique patient population with social as well as health care needs requiring a holistic and team approach to care. HIV nursing embraces both specialty and primary care and builds relationships with patients and their families over time."

Linda began in the clinic as an RN when protease inhibitors were making their mark and HIV was becoming less of a death sentence. Then, as her youngest child graduated high school, she decided to obtain her master's degree. "I desired having my own patients and building my clinical skills and knowledge." Upstate's program was ideal, enabling part-time study around her work schedule.

In 2014, she joined two other NPs and a PA as the backbone of the center's clinical care. The clinic expanded to include Hepatitis C treatment for the

HIV co-infected; HIV exposure prophylaxis and increased primary care. "HIV impacts other health conditions, and makes prevention and health promotion initiatives key," Linda commented.

Linda is also active on the board of the CNY Association of Nurses in AIDS Care and, with colleagues, marked December 1 as World AIDS Day.

"It remains the world's leading infectious killer and there is still no cure," she noted. "While we have made great advances, most HIV-positive people around the globe still do not have adequate treatment. Every week here we have newly diagnosed people. Getting people on antiretroviral treatment early improves health outcomes and reduces HIV transmission rates. Ending the epidemic begins with taking that first step of getting tested – so please promote HIV testing in your practice!"

Will your name be there?

It's not too late to ensure that future generations of nursing students will know how much you cared! The **Donor Wall of Distinction** will be prominently featured in the new building.

Join your colleagues and classmates with your gift today! Your contribution will be used to provide state-of-the-art technology and equipment as well as other educational support for the College of Nursing.

Donor Wall Of Distinction

Visionary \$5,000 and up
Mentor \$2,500 - \$4,999

Scholar \$1,000 - \$2,499
Expert \$500 - \$999

Healer \$250 - \$499

The Campaign to

Empower Learning Enhance Healing

For more information or to give online, visit

www.UpstateFoundation.org/NursingNewHome or call
315-464-4416.

COLLEGE OF NURSING ADVISEMENT AND REGISTRATION DAY Thursday, June 16, 2016

Join us for an informative luncheon and personal advisement session. Watch the College website for details. Contact:

Jodie Brown, RN, MSN, MBA
315-464-3905 or 315-464-4276
brownjod@upstate.edu



Thank You to our 2015 Donors!

We extend our gratitude to the alumni, faculty, students and friends who contributed to the Upstate College of Nursing Alumni Association 2015 annual campaign, including restricted funds and endowments. Donors are listed below according to gifts received between January 1 and December 31, 2015.

Dean Elvira Szigeti, PhD, RN, Society*

Named after the longtime former dean of the College of Nursing, the Szigeti Society recognizes donors who have given lifetime cumulative gifts of \$2,500 or more to the alumni association and/or have given annually for 10 or more consecutive years. Special thanks go to founding members who have given for 23 years – every year since the alumni association was formed.

GOLD SOCIETY

Gifts of \$5,000 - \$14,999

Deirdre C. Neilen, PhD*
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SILVER SOCIETY

Gifts of \$1,000 - \$4,999

Kathleen M. Harmand* - 23 years
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Gifts of \$100 - \$499

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Cheryl M. Allen
Karen J. Bommelje* -15 years
Michelle Camarda
Bambi Carkey, DNP
Margaret A. Chase, PhD* -22 years

Virginia Szigeti Nursing Scholarship

"I am so grateful to have been selected for the Virginia Szigeti scholarship. The financial help assisted me in obtaining my national NP license through the AANP. I have finally met my goal to become a nationally-certified family nurse practitioner, licensed in both New York and Florida."

– Jenelle Vargulick,
MS/FNP '15



Sue and Ron Clark
Janet H. Cole
Janice Coleman
Ellen Crehan
Ann M. DeCaro-Vokes
Sandra Decker* -19 years
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Kara L. Donato
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Carol A. Gavan, EdD
Charlene J. Hauck
Mashelle M. Jansen, DNP
Melanie K. Kalman, PhD* -15 years
Barbara Kane*
Sharon L. Kellogg* -16 years

The Barbara Brady Orr Memorial Endowed Nursing Scholarship

"It is a great honor to be awarded this scholarship and even more of an honor that the family was eager to meet me. When I pair [Barbara's] commitment to educating the next generations with her volunteer work at Upstate, it makes receiving this award all the more special because it is honoring her."

–Crystal M. Gholipour-
Abbasi, MS/FNP '16



Mary Knepper
Suzi Koshy, DNP
Nancy A. Lyon* -18 years
Maddy Drug & Sundry
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Harriet Maddy
Ann P. McDonald
Archie L. McEvers* -22 years

Barbara L. McEvers* -22 years
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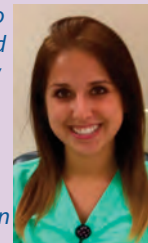
Gifts up to \$99

Karen A. Alcott
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Cynthia J. Bloomingdale
Patrice Bogan
Kristine M. Brindak
Carol A. Carioti
Celeste Carnes

Nancy A. Lyon Endowed Nursing Scholarship

"It was nice to be recognized with so many worthy candidates. This money will be put toward tuition as I enter the final year of my master's program. Thank you!"

– Tayler Lewis, MS/FNP '16



Clive R. Jones Memorial Scholarship

"This generous support is very much appreciated. The award money will go toward taking two classes in the summer, which gives me the ability to take fewer classes in fall and spring. This will allow me more time to focus on each class and accrue as much knowledge as I can."



–Meaghan P. Penta,
MS/FNP '17

Carole A. Carpenter* –17 years
Candace Carter
Dorothy Champney
Jamie Chauvaux
Patricia Coleman
Sandra Collins
Elizabeth Cominsky
Heidi Cross
Nancy Dingman

Essie M. Dorsey
Joyce A. Duck
Virginia A. Fiscoe
Jennifer Fulford
Jeri C. Gallaresi* –23 years
Noreen Gettel
Mary E. Gleason* –16 years
Diane S. Hainsworth
Jeffrey Harford
Dennis Hefner
Erika L. Hilgenberg
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Karen Millett –Lambie
Dr. and Mrs.
Christopher P. Morley
Susan J. Nalle
Renee M. Nickerson
Christopher Norman
Colleen Nowell



In addition to scholarships, your donation helps the Alumni Association support the College of Nursing in many ways. For example, the association has supported the fall Convocation (formerly white coat ceremony) for many years. Barbara Kane, alumni association president, welcomed the incoming class – including FNP student Aisha Lubega – with a gift from the alumni association.

Catherine S. O'Connell-Yeomans* –23 years	Jennifer Sohl
Kathleen O'Connor	Gwen M. Sorber
Ana G. Passley	Patricia D. Stempel* –23 years
Carol A. Pennell* –19 years	Lee Thompson
Tracy Pickering	Kristy Ventura
Carol Reagan	Margaret Wade, DNP
Rosanne Ryan	Marianne Y. Walsh
Dr. and Mrs. Anthony J. Scalzo	Melissa Wheeler
Eleanor Schneid	Jessica Whitbeck
Gail Serino	Lynne M. Wolfe
Heidi M. Smileuske	Erin Zinkievich

Clinical Update Workshop Well Received

Fifty practitioners and students, including nurses, NPs, physician assistants and dietitians, attended a clinical update on diabetes care and diagnostic interpretation held in October.

Hosted by the Nursing Alumni Association, the event's proceeds benefited the annual fund to support

student scholarships, continuing education and other programs. Appreciation is extended to Director of Continuing Nursing Education Jodie Brown, RN, MSN, MBA, for assistance with coordinating the event.

Reviews from participants were very positive, according to Alumni Association President **Barbara Kane**,

MSN, RN, FNP-BC (BS '98/MS '99).

"Many thanked the alumni association for the event, expressing hope that another would be held again soon," she said. "We hope to do it again and will be sure to let our alumni know of any future offerings."

McEvers Achieves AACN Milestone



Archie McEvers,
AAS '74/BS '95/MS '97

Alumnus **Archie McEvers, MS, RN, CCRN, ANP-BC**, Palliative Care NP at Upstate University Hospital, recently received national recognition for reaching a professional milestone. Since 1980 he has consistently maintained CCRN certification offered

through the AACN Certification Corporation. Archie was one of 138 CCRNs honored in 2015 by the corporation and the American Association of Critical-Care Nurses for 35 years of continuous certification. This is one of the most advanced professional credentials achieved by a nurse in acute and critical care, recognizing advanced knowledge and clinical expertise. Archie has a total of 28 years at University Hospital, primarily helping critical care patients. In 2014 he joined palliative care after 16 years with the cardiac surgical service.

DNP Graduate Realizing Degree Advantages



Suzi Koshy, DNP '16,
FNP '11, RN

Nearing completion of her doctorate from the College of Nursing, Suzi Koshy applied to an Upstate hospitalist group and was hired in October 2015 to work at its Downtown campus.

"I am learning a lot, and love what I do," she commented. "In my current role, I am able to practice to the full extent of my education and apply scientific knowledge and clinical expertise as I care for adults across the spectrum."

Suzi previously worked three years in the Epilepsy Monitoring Unit for Neurology at Upstate's Community campus. She pursued the DNP because, "it is the preferred degree for nursing executives and because DNP courses emphasize clinical practice-oriented leadership. This degree positioned me well not only to manage individual patients but also to better manage patient outcomes through the translation of research into practice."

For her doctoral project, Koshy conducted, "Nurse Practitioners' Attitudes and Beliefs toward Obesity:



Suzi Koshy (center) is surrounded by the dean, faculty and DNP classmates at a dinner held in honor of the College's inaugural DNP graduating class.

A Cross-Sectional Survey Study." The study explored attitudes and practice patterns of NPs to determine factors that serve as obstacles in the management and treatment of the obese client. Family, adult and pediatric NPs (275) were invited to respond to a survey on beliefs, attitudes and treatment of obesity. A total of 79 NPs responded and an analysis was performed. NPs believe that obesity is a chronic problem that needs to be treated, the results showed. They described barriers impeding intervention and its treatment, reporting time constraints, lack of resources, and lack of reimbursement as major factors.

"I believe that this study has solidified evidence that further interventions

are warranted in the area of obesity, to include furthering NP knowledge, which will lead to better outcomes in the treatment of obesity," Koshy said. "Enhancing NPs' knowledge in areas such as referral services, existing treatments, dietician and fitness expert consultations, and better coordination with other providers is crucial. Appropriate treatment choices will lead to significant improvement in weight loss and control and help reduce obesity-related co-morbidities."

Suzi, a mother of two young children, is a member of the American Society of Nurse Practitioners and its NYS branch, and Sigma Theta Tau. She also volunteers on the board of Upstate's Nursing Alumni Association.

CONTINUING EDUCATION

Adult, Gero and Family Nurse Practitioner

Certification Review & Refresher Course

June 1 & June 2
June 3 (FNP only)

Sheraton Syracuse University Hotel & Conference Center
www.apea.com/attend-a-course2015.htm
For group discounts, contact nina@apea.com

Transitions in Care Conference

June 7, 2016 | Holiday Inn, Liverpool, NY

Speaker: Christina Dempsey, MBA, MSN, CENP, CNOR
CNO of Press Ganey

"Transitions and the Patient Experience"

For More Information:

Jodie Brown, RN, MSN, MBA
Director, Continuing Nursing Education
315-464-3905 or 315 464-4276
brownjod@upstate.edu

Have you presented, been promoted or published?

Send your news to: hickeyl@upstate.edu

Keeping Agencies Healthy under the Compliance Microscope

Healthcare agencies meeting federal guidelines for risk and compliance can mean the difference between



Karen Bommelje, BSN, RN, HCS-D, CHC (AAS '68)

jumping out of an airplane with a parachute, or without one.

"There's an ever-increasing amount of scrutiny and government oversight of home health and hospice providers," noted Karen

Bommelje, "and it is not a question of 'if' but 'when' your agency is under the microscope. Preparation is key."

As senior manager of the Compliance Division for Simone Healthcare Consultants based out of Hamden, CT, Karen helps home healthcare and hospice providers prepare to survive compliance investigations unscathed. She became a national consultant in 2011, after 20 years of executive-level positions in various home health and hospice organizations. Her nurse beginnings are rooted in Upstate's former associate's degree RN program, followed by a BSN degree

and years of experience in acute care, home healthcare, pediatrics and hospice, then management and consultant work.

"I began my nursing career following graduation from Upstate with a desire to emulate my instructors. Through the excellent guidance of the clinical and instructional staff, I was provided with the tools for success in my career. The close comradery with other nursing students while living on Elizabeth Blackwell Street remains one of my fondest memories."

Karen became certified by the HealthCare Compliance Association, and is certified in home health/hospice coding and Board of Medical Specialty coding.

"I decided to specialize in this area because of my passion for both home health and hospice. I wanted to have a greater influence in helping make the industry better and preserving these benefits for generations to come. Being a consultant with a focus on compliance gives me the opportunity to have an impact on numerous organizations, not just one single agency."

Such expertise brings her invitations to present at national organiza-

tions such as the Visiting Nurses Associations of America Annual Conference this April on the topic, "Prescription for Agency Health in Today's Under the Microscope Environment."

"It's becoming increasingly necessary to ensure an agency's risk and compliance program meets the Federal Sentencing Guidelines," according to Karen, "otherwise, you are subject to substantial penalties or even worse consequences related to your agency's sustainability. Understanding the importance of an ethical culture of compliance that is more than a binder on the shelf will be what keeps the 'medicine' away, and ensures an agency's long term viability." In a related topic, Karen taught how important excellent clinical documentation is in supporting eligibility for hospice patients before the National Hospice and Palliative Care Organization last year.

"One of the best decisions in my life," added Karen, "was when I decided to enter the nursing profession and, second to that, when I chose Upstate to provide me with the early education I needed to jumpstart my career!"

ALUMNI CLASS NOTES

Lisa Brackett, RN, BSN '02, MSHA, associate director of Nursing Support Services at Upstate University Hospital, recently presented, "Setting the Foundation: Staffing for Value, Not Just Numbers" at the Upstate Golisano Children's Hospital for Nursing Grand Rounds.

Sara Fisher, MSN/PNP '09, was recently named pediatric trauma program coordinator at Upstate University Hospital. At Upstate since 2003, Sara is also a member of several

professional organizations, including the Society of Pediatric Nurses, and has served on a number of hospital committees.

Carol Anne Kozik, DNS, FNP-BC, MS '96, CNS, graduated with a DNS degree from Sage Graduate School in May 2015, completing a dissertation on



teacher use of power in associate degree nursing programs. She also joined Le Moyne College last year as a professor in the FNP program after serving 10 years on the Upstate nursing faculty.

Frances Kardos Mosconi, PMHNP-BC '15, of Watertown, NY, is currently practicing in the main Behavioral Health Clinic at the Fort Drum Army Base.



Looking for a new opportunity?

Check the latest job postings at www.upstatefoundation.org/nursingalumni

Nursing *InTouch*

Nursing Alumni Association News

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326 Campus Activities Building
750 East Adams Street
Syracuse, New York 13210

www.upstatefoundation.org/nursingalumni/

INSIDE...

See how your contributions
make a real difference to
Upstate nursing students.

We offer a heartfelt thanks to alumni and
friends who gave generously in 2015!

For more on supporting the
Upstate Nursing Alumni Association, visit
www.upstatefoundation.org/nursingalumni

New President Meets the Community

Danielle Laraque-Arena, MD, FAAP, officially took the reigns as the new Upstate president on January 14. Laraque-Arena has made it a personal priority to meet the Upstate community through a series of events and departmental visits, as well as to introduce herself to local and statewide leaders. As Upstate's seventh president, she oversees the region's largest employer with more than 9,000 employees, educating more than 1,500 students in its four colleges and including a \$30-million-plus research enterprise and the area's largest hospital.



*At a welcome reception for Dr. Laraque-Arena (center), the President Search Committee gathered, including Professor of Nursing and alumna **Melanie Kalman, PhD, CNS '92** (second from right), who represented the College on the committee.*