

# Growth in scholarships gives meaning to achievement

Benjamin Franklin once said that without continual growth and progress, words like achievement and success have no meaning. Efforts in recent years to grow the Nursing Alumni Association's scholarship program give meaning to the excellence demonstrated by nursing students as they become tomorrow's practitioners. A total of 22 alumni scholarships were awarded during National Nurses Week at the annual alumni association awards ceremony.

"We are fortunate that over the years many generous donors have established endowments that will provide student scholarships in perpetuity. In addition, many alums are loyal donors to the annual fund, which allows us to award additional scholarships," noted alumni association president **Barbara Kane, MSN, RN, FNP-BC (BS '98/MS '99)**. Two of these newer endowments generated their first awards this year – the **Bonnie St. Andrews / Barbara Maloy Kane Nursing Scholarship** and the **Carol Scheel Gavan, EdD, RN, Endowed Nursing Scholarship**.

"Presenting the first St. Andrews / Kane scholarship this year was extremely emotional," Kane commented. "Having received a scholarship myself while attending the College of Nursing, I felt very passionate about paying it forward. Bonnie St. Andrews was an incredible inspiration to me during this time." Bonnie St. Andrews, PhD, was a leading humanities educator, poet and founding editor of *The Healing Muse*. "With the help of Dr. Deirdre Neilen [also on the Humanities faculty] and the Upstate Foundation's matching gift program, this goal became a reality." The first award went to BS degree student **Katharine Shields**.

Carol Gavan, EdD, RN, served for 25 years on the college's faculty, including as associate dean and chair of the graduate program. Her expertise twice earned her the President's Award for Excellence in Teaching. The inaugural Gavan award was presented to **Yi Duan Low**, MS Class of 2017.

**To learn how you can make your own goal for a named scholarship become a reality, contact Mary Knepper at 315-464-4416.**

**Nursing education authority Dianne Cooney Miner, PhD, speaks on BS in IO Legislation – see page 3.**



*In receiving the first St. Andrews / Kane scholarship, **Katharine Shields**, BS Class of 2017, commented: "I appreciate the alumni support because it encourages me to keep doing the best I can. It is really nice to see how active and supportive Upstate alumni are; it shows what a great College of Nursing it truly is." Pictured left to right are Kane, Shields and Neilen.*



*"This alumni support," said MS degree student **Yi Duan Low**, first recipient of the Gavan scholarship, "inspires me to help others by giving back to the community and solidifies my determination to become a psychiatric nurse practitioner. Thank you!" Pictured left to right are Gavan, Low and Kane.*

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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# FNP honors grad chosen for primary care residency



*Aaron Williams, MS/FNP '16, RN, at Commencement*

Uncertain about a career path with a BS degree in religion, Aaron Williams of Waterloo, NY, had traveled overseas, working mostly with nonprofits in central Europe and living three years in the Czech Republic.

“My time overseas had a significant impact on me. I learned how to be comfortable with the unfamiliar,” Aaron said. “I benefited from assimilating into a foreign culture, and gaining insight from new values and perspectives.”

It was in the Czech Republic that Aaron experienced an epiphany on his future. During the birth of his second son with wife Phoebe (they now have three boys), “our positive interaction with my wife’s L&D nurse became an impetus for my decision to become a nurse,” he explained.

Returning home, Aaron became a certified nurse assistant at a long-

term care facility and completed prerequisites for admission to the University of Rochester (U of R). In 2010, he earned the BSN and became a post-surgical floor nurse at Strong Memorial Hospital. He also worked in rehab, geriatric extended care, and hyperbaric and wound care.

Aaron says he chose graduate studies at Upstate “to become prepared for practicing at the highest level of nursing.” He completed the MS/FNP degree in May with *magna cum laude* honors while continuing to work at Strong.

Aaron was one of only two nurses selected for a one-year primary care residency at U of R, which he began in June. “I am grateful to have a mentor who will closely follow me through the program, and to further develop my skills and knowledge with didactic opportunities, specialty rotations and interprofessional collaboration.”

Ultimately, Aaron says, “I want to obtain my DNP. My hope is to teach nursing at the undergraduate level to help train a new generation of nurses.”

## GRADUATE RESEARCH

# Project recognized for model to decrease ED visits



*Davia Moss, FNP '16, RN, presents at Ross Research Day*

Children showing up in emergency departments often are those who have fallen through the cracks of the healthcare system, according to **Davia Moss, RN, FNP '16**. As a mother and with five years as a pediatric nurse, “I have found how

crucial quality support and education are to the development of the child and mental health of the mother.” Working as a pediatric ICU float nurse while studying at Upstate, “I have frequently

seen patients coming in simply because their care had not been well coordinated by the health care system,” she said.

Davia graduated *summa cum laude* from the College of Nursing in May. “My long-term goal is to become certified in lactation consulting and provide quality postnatal care to both mom and baby.”

Davia completed a project to pursue her interest in what impacts hospital admissions: “Participation in Medical Homes Improves Quality of Health Care, Decreases the Number of Visits to the Emergency Department.” She was one of four students university-wide selected to present her findings at the annual Charles R. Ross Memorial Student Research Day.

The Patient Centered Medical Home, a primary care model of healthcare delivery, is believed to improve outcomes. For instance, “a participating provider may call to check on you 48 hours after an appointment and make sure you understand new medications,” Davia explains. “My research pointed directly to the medical home model as improving care coordination and the management of chronic disease, and increasing satisfaction of care. All of these greatly impact the number of visits to the emergency department and overall healthcare costs.”

## Sentiments on Commencement



At the 2016 Commencement Ceremony in May, the College of Nursing awarded 109 degrees and 2 certificates: 43 BSN, 58 MSN, 8 DNP and 2 post-master's certificates.

**Bambi Carkey, DNP, PMHNP-BC, NPP (MS '00)**, College of Nursing clinical assistant professor and director of Clinical Affairs, was the guest speaker. Carkey also is a recipient this September of the President's Award for Excellence in Teaching. She wrote and dedicated this poem to the Class of 2016:

*I remember my first, last clinical course!!!  
Oh God thank you, I prayed, I never have to take  
another clinical course again!!!*

*I Remember, that was so long ago, older than my  
children, and I am sure older than most of you who  
are graduating today.*

*I Remember, two Master's and a Doctoral degree, and  
so many more clinical courses later...  
I Remember... and, Today, I Remember You!  
Eager to learn, anxious, confident, and so, so wanting  
that fast track to Graduation.*

*I Remember, your calls each day of that first clinical  
course, "Am I in the right clinical?  
Will I learn what I need to know? Am I OK here?"  
"Am I, am I, am I?"  
I Remember my mantra: "You are in the right place,  
You will get what you need, and,  
You will be just fine! You will, you will, you will!!!  
Oh yes, I Remember!*

*I Remember Theories – Scientific Theories, Nursing  
Theories, Systems Theory, and Theories of Human  
Growth and Development, and  
I Remember Systems – Body Systems, Family Systems,  
Organizational Systems,  
And Health Care Systems!*

## I Remember

*I Remember Chief complaints and HPIs and  
PMH's & EKGs, LFTs, MRIs, MSEs and so many other  
diagnostic screens,  
and so much more alphabet soup!  
Oh yes, I Remember!*

*I Remember heart sounds and lung sounds,  
and cries of pain and sighs of relief,  
the joy of laughter, and the tapping of fingers  
flying over the keyboard late at night  
in order to get that assignment in!  
I Remember!*

*I Remember readings, discussion boards,  
reflective journals, presentations,  
scholarly papers (oh those papers), OSCES  
(yes, the dreaded OSCES)  
Oh yes, I Remember!!!*

*I Remember the DNP Project, the clinical hours,  
the IRB, the re-writes, the meeting with your  
Committee, the re-writes, the re-writes, and finally,  
the pride of completion!  
I do Remember!!!*

*And one day, just like the DNP graduates who are  
here today...  
You will Remember that this might be your first, last  
clinical course, after all!*

## Congratulations!

## Kane concludes term as alumni president

**Barbara Kane (BS '98/MS '99)**, a family nurse practitioner at the Syracuse VA Medical Center, will conclude her third term as president of the Nursing Alumni Association Board this Fall. She will continue on the alumni board.

"The past six years as president have flown by. The experience has been both rewarding and humbling,"

Kane observed. "We have seen the addition of many new scholarships and we partnered with the College to host educational conferences again, something the alumni association did in the past." During Kane's tenure, alumni also celebrated the College's 50th anniversary in 2011.

"Barbara Kane has been a consummate leader and advocate for

the College of Nursing and our alumni," noted alumni director Mary Knepper. "She has championed the growth of alumni support for students and led by example with the creation of an endowed scholarship. We appreciate her dedicated, exceptional service and look forward to working with her on new projects in the future."

## Nursing education expert speaks on BS in 10 goals



*Dianne Cooney Miner, PhD, RN, FAAN, FFMRCIS (HON)*

As part of National Nurses Week, the College of Nursing hosted guest speaker Dianne Cooney Miner, PhD, RN,

dean of the Wegmans College of Nursing at St. John Fisher College in Rochester and co-author of the BS in

10 legislation, The Initiative to Advance Nursing Education in New York State. Although the BS in 10 legislation has passed in the NYS Assembly, it has not yet passed the Senate (*at time of writing*).

"Regardless of the status of the bill," said Cooney Miner, "the nursing service and practice arenas continue to acknowledge the contributions of baccalaureate educated

nurses to increased safety and quality, decreased costs and increased patient satisfaction. Nursing education programs," she added, "continue to innovate and collaborate to provide models of education that prepare all nurses with the knowledge, skills and competencies required as the transformation of the US health care system continues."



# Nursing *InTouch*

## Nursing Alumni Association News

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## SAVE THE DATE

### Substance Abuse: The Beast Among Us

Friday, October 28, 2016

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3 CEUs

\$50 / Students \$35

For details or to register:

[www.UpstateFoundation.org/NursingWorkshop](http://www.UpstateFoundation.org/NursingWorkshop)

*Proceeds benefit Upstate Medical University Nursing Alumni Association, supporting students, faculty, and needs of the Upstate Medical University College of Nursing*

## Psychiatric NP recognized for exceptional care

**Lynn M. Hale, FNP-BC, FPMHNP-BC (PMCT '13)**, was recently recognized by social work colleagues for her empathetic and comprehensive care of the psychiatric patient population in her work as NP psychiatry consult-liaison at Upstate University Hospital-Community Campus. Hale, who works in the psychiatry department, was given this year's Friend of Social Work Award, which praises her for "outstanding service to the Social Work Department and representing the best values of the profession of social work." In previous positions, Hale served as a nurse educator, addictions team leader and preceptor.

In her current role, Hale has developed inter-collegiate relationships, mentored professionals, and furthered EPIC training. She decreased the length of stay by incorporating the floor psychiatrist with other departments such as medical/OB/ICU and emergency as they employ relevant New York State mental health legal requirements for patient care. She also developed software templates for hospital note taking by various disciplines, "which help save time and provide a framework to help increase patient care efficiencies."



*Lynn Hale, FNP, NPP (PMCT '13) (center) is presented the Friend of Social Work Award from colleagues (l-r), Mark Buttiglieri, Nell Hurley, Allison Roberts, Tony OShea, Maureen Blackmer and Janet Petrou.*



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