A PARTNER IN DETROIT AND MICHIGAN’S REVITALIZATION
Our vision is to serve as an academic center of nursing excellence for healthy people and healthy communities.

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The cover by Michigan illustrator Scott Michalski depicts some Detroit and Michigan landmarks and industries.

Front Cover, Left to Right:
- Woodward Avenue, a vital Detroit artery for more than 200 years. RiverNorthPhotography
- Nursing research seeks ways to improve quality of life for cancer patients with chronic pain. Wayne State University Photography
- Wayne State University Welcome Center. Wayne State University Photography
- Jesus Casida, PhD, RN, CCRN-CSC, APN, Assistant Professor and Robert Wood Johnson Foundation Nurse Faculty Scholar and Cheryl Smith, BSN, RN, LVAD coordinator at Henry Ford Hospital, Detroit, investigate self-care and care systems for heart failure patients with left ventricular assist devices (LVADs). Robert Wood Johnson Foundation
- Detroit’s Eastern Market, a regional center for wholesale and retail produce, partners with local urban farms. Eastern Market Corporation

Left: Cohn Building – location of the Wayne State College of Nursing.
The College of Nursing, as part of Wayne State University, shares in its mission of academic excellence and research within a metropolitan environment. Being part of this urban community offers many advantages to Wayne State students and faculty — a diverse population from all over the world, rich cultural resources, a highly advanced industrial and technology base, and nationally-known health care institutions. As the Detroit area and the entire state undergo revitalization in many spheres, Wayne State University is a central partner in its redefinition and renewal. The College of Nursing is proud to be part of that effort and this report describes some of its contributions.

This past year marked several special achievements for the college. Our initial class of Doctor of Nursing Practice students graduated last spring and already they are leading significant health care access and quality improvement efforts — exemplifying the very reason the degree was created.

Through a special grant from the state’s Michigan Nursing Corps program, the college has added a second Simulation Laboratory to enhance clinical instruction. In addition, an “electronic bridge,” a computer-based instructional technology tool, was introduced to expand distance learning and is capable of reaching students anywhere in the world.

I am also very pleased to announce that the college has created a third endowed professorship, the Alumni Professorship, with an appointment to be named in the future. This is yet another reflection of our commitment to nursing research and scholarship.

Barbara K. Redman, PhD, RN, MBE, FAAN
Dean and Professor
College of Nursing
Faculty Member Seeks to Improve Management of Cancer Pain Among African Americans

April Vallerand, PhD, RN, FAAN, associate professor in the College of Nursing, is a nationally known pain expert whose focus is developing and evaluating pain management strategies for different population groups. She investigates patients’ attitudes about pain, treatment options, coping mechanisms, and barriers to pain management, and studies ways to help patients in urban and rural settings better manage and control their pain.

Dr. Vallerand’s early studies of cancer patients in the Detroit area showed that race, ethnicity, income, and educational levels affect both patients’ beliefs about and response to pain. A need was clearly evident for individualized pain management approaches. Research indicated that African American cancer patients experience higher pain levels, often a result of a limited feeling of control over pain. She found that African American patients tend to “catastrophize,” believing that “Pain will never go away and that nothing can be done.” This perception of lack of control often leads to depression.
Dr. Vallerand recently received a $1.1 million grant from the National Cancer Institute of the National Institutes of Health (NIH) to improve the functioning of African Americans with cancer pain. This study, “Improving Functional Status in African Americans with Cancer Pain,” will evaluate the results of an intervention with 256 African American patients (with moderate to severe cancer pain), and their caregivers. The Power Over Pain — Coaching intervention includes home visits by nurses to educate patients about medication management, role playing to help patients self-advocate about their pain with caregivers and physicians, and individual counseling to help patients learn how to manage their pain so that they can continue activities that are important to them. Patients and caregivers will be evaluated at the end of 12 weeks to assess their pain levels, degree of coping and overall ability to function.

Better survival rates for cancer patients, while welcome, have increased the prevalence of chronic pain, so this research is particularly relevant in the Detroit area, which has a large African American population. “Cancer is becoming a chronic disease and more patients are living with pain from cancer treatment, sometimes with pain from three or more sites,” said Vallerand. In addition, patients’ hospital stays are shorter than in the past so they often return home with significant pain that must be self-managed on a daily basis, possibly with assistance from a caregiver, who typically has little knowledge or training in pain management.

The research is intended to reduce disparities in access, treatment and outcomes for patients and their families. When shown to be effective, this intervention can be adapted for diverse populations with pain so that patients can live their lives to the fullest. As Dr. Vallerand explains, “We are trying to reduce suffering, decrease patient and caregiver distress and burden, and help patients function in spite of cancer pain.”
Faculty Research Enhances Health Care for Metropolitan Detroit’s Arab American Community

Metropolitan Detroit is home to the largest population of Arab Americans in any single urban area outside the Middle East. While most have family origins in Syria, Iraq, Lebanon, Jordan or Yemen, other nationalities are present as well. Many members of the Detroit area’s Arab American community are recent immigrants, some of whom bring customs from their Middle Eastern homes, such as hookah (water pipe) smoking and high levels of cigarette smoking.

Virginia Hill Rice, PhD, RN, CNS, FAAN, professor at the College of Nursing, has been involved in ethnic health behaviors of Detroit’s Arab American community since 1989, when she was named to the Health Council of the Arab Community Center for Education and Social Services (ACCESS).

ACCESS, headquartered in the Detroit suburb of Dearborn, operates a nonprofit health center with a large Arab American patient base, including many recent immigrants. Dr. Rice has a research background in the development of heart disease and the study of smoking cessation. She published the first study of Arab American tobacco use in the U.S. in 2003, along with Dr. A. Kulwicki, a former College of Nursing faculty member.

In an NIH-funded study, “Arab-American Youth: Tobacco Use and Intervention,” Dr. Rice and other researchers found that 70 percent of local Arab American teens had at least one adult
smoker in their home. “Tobacco use is part of the culture and smoking reduction requires changing a cultural practice,” explained Dr. Rice. This research led to the translation of tobacco cessation materials into Arabic and a subsequent state-funded intervention study involving the Dearborn Public Schools and ACCESS. This health intervention to educate Arab Americans about the dangers of smoking and second-hand smoke, especially for children, assisted in the development of a culturally-appropriate smoking cessation program that continues to be used in Michigan.

Since individuals who smoke are at higher risk for many cancers and cardiovascular disease, the Blue Cross Blue Shield of Michigan Foundation then funded focus groups to investigate ways to increase cancer awareness and screening among Arab Americans. Many members of the community were not only unfamiliar with these conditions, they were reluctant to seek health care due to cultural concerns about privacy. With specialized knowledge of the Arab American community, Dr. Rice, ACCESS health educators and Middle Eastern students from Wayne State University College of Nursing developed culturally-sensitive ways to encourage Arab American women to perform breast self-examinations and to teach the importance of mammography. They trained women in the community to hold small gatherings, often in their homes, to discuss health issues with their peers. These grass-roots educational programs helped to overcome cultural barriers and led to an increase in mammography screening. Similar programs were held for Arab American men to encourage testicular self-examination. Both programs are now part of ACCESS’s ongoing community cancer screening.

**Above:** Dr. Rice shows bilingual educational materials to an Arab American woman at ACCESS.

**Left:** A hookah, a type of water pipe for smoking flavored tobacco in which the smoke is passed through a water basin before inhalation.
An Interview with David Egner

David Egner serves diligently towards a mission of economic revitalization for southeast Michigan and a successful plan that calls for economic multipliers, destination campuses, and “densifying” young talent. As president of the Hudson-Webber Foundation and executive director of the New Economy Initiative, Egner is a booster and a builder — working to expand economic investment, employment, and urban attractions to draw and retain more young people to metropolitan Detroit.

“The key to revitalization is ‘densifying’ young talent who will increase the tax base and stimulate economic development. We need to focus on engaging young people,” explains Egner.

According to the 2000 U.S. Census, there were 15,000 Detroit residents between the ages of 25 and 34 with a bachelor’s degree or higher. While Detroit lost 25 percent of its overall population between the 2000 and 2010 censuses, the population under 35 with a college degree grew by 59 percent in Greater Downtown (including Midtown). Young, talented people are coming to Detroit – in part because of the “15 x 15” initiative – a shared vision for attracting young talent.
that was created by the Hudson-Webber Foundation. The initiative has a goal of attracting 15,000 additional talented residents to Greater Downtown by 2015. “If Detroit had the same proportion of young educated residents as Chicago, it would have 136,000. If it had the same proportion as Minneapolis, it would have 85,000,” said Egner.

Wayne State University’s Leadership Role

Egner views Wayne State University as one of the core institutions of Midtown’s development, which in turn is leading renewal for other Detroit neighborhoods. “Wayne is a participant in the Live Midtown initiative which is the most successful program of its type in the country. It ran out of money – $1.2 million – in 10 months. Live Midtown encouraged employees of Wayne State, the Detroit Medical Center, and Henry Ford Health System to purchase or rent over 100 living units in Midtown. More than 60 percent were living outside the city. Moving employees into the neighborhood has a great impact on merchants and tax revenues for the city. Plus, by living near their workplace, absenteeism is reduced, lowering costs to the employer,” Egner said. The program has been reinstated in 2012.

Egner cites the university’s research capabilities and participation in the health care sector as building blocks for economic development. “Wayne State University is a Tier I research institution; imagine if the university unleashed this intellectual capital in Detroit’s urban setting. This will help increase population density and build the tax base in greater Detroit,” he said. Wayne State University’s TechTown is the largest, most diverse business accelerator in the country with 250 companies on campus, according to Egner. “The university
provides a life sciences, biomedical industries, and engineering-based technology transfer. There are tech transfer and entrepreneurial activities that are driving economic activity in Midtown and beyond,” Egner pointed out.

### Health Care As an Economic Engine for the Area

The health care sector, which is expected to continue growing in the state, has 20,000 employees in Midtown. “These institutions, Wayne State University, including the School of Medicine and College of Nursing, the Detroit Medical Center, and Henry Ford Health System, are economic multipliers generating neighborhood development. There are two improving destination campuses — the Detroit Medical Center investing $850 million in capital improvements and Henry Ford Health System investing $500 million in neighborhood development in the Trumbull sub-neighborhood,” Egner said.

He pointed out that health care technology benefits from the University Research Corridor — the partnership of the state’s three Tier I research institutions (Michigan State University, University of Michigan and Wayne State University). Proximity to research universities helps local health systems increase use of advanced technology and facilitates innovation.
In fact, Henry Ford Health System recently announced a partnership to create an institute for medical innovation. The New Economy Initiative, a program of the Community Foundation for Southeast Michigan, is also aiming to improve workforce development. Currently, Egner explained, the employment system doesn’t recognize growth opportunities, responding instead to short-term data. Henry Ford Health System has responded to an employment need by developing a special respiratory therapy program which, in conjunction with a Detroit high school, will provide graduates with a respiratory therapy certificate after completion of a special high school curriculum and one and a half years of post-secondary education.

Health is also an important aspect of attracting new, younger residents. “People want to live, work and play in a healthy place. Young people care about green space, clean and green building, and healthy lifestyles — including exercise and access to fresh produce. Cities with bike lanes are healthier. There are local efforts to promote healthier eating and the Green Grocers initiative to buy local food,” Egner commented.

Putting all the pieces together – economic development, workforce training, K-12 education, better city services, and healthy living opportunities – to complete the puzzle is a challenge but efforts are well under way in these areas with exciting advancements being achieved.
College of Nursing Leads Innovations to Improve Primary Care

High-quality, cost-effective and accessible primary care is the foundation of good health and the College of Nursing is a leader in new models of care and programs to expand and improve primary care in Michigan.

Campus Health Center Is a Model for Cost-Effective Primary Care

One of the ways in which the College of Nursing is improving health care in Detroit and Michigan is through the training of and advocacy for the role of advanced practice registered nurses (APRNs), who are specially trained to diagnose and treat acute and chronic illness. APRNs are also well-qualified to educate patients about good health practices and disease prevention. Extensive research has demonstrated that nurse practitioners provide cost-effective care with excellent outcomes and high levels of patient satisfaction.

As the state’s population ages and more individuals gain access to health insurance, many more primary care providers will be needed. A majority of Michigan’s counties are designated as medically underserved and advanced practice nurses can help alleviate this problem. The College of Nursing has been a leader in promoting nurse-managed health centers, which are administered and staffed by advanced practice registered nurses, to provide high-quality, accessible primary care. The Nursing Practice Corporation, a non-profit corporation established by faculty members, manages and
staffs Wayne State University’s student health center. APRNs provide primary care including routine physical examinations, vaccinations, care for acute and chronic illness, and travel-related medicine. Funding is provided by student fees and some health insurance reimbursement, although most patients lack health insurance.

By reaching out to students where they study, live and socialize to educate them about health issues and encourage them to take care of their health, Wayne State’s Campus Health Center is a model for holistic health care that responds to specific community needs. “By going out to the patient, bringing information to them, we have higher compliance and participation,” explains Mary White, RN, MSN, APN-BC, a clinical instructor at the College of Nursing and director of the Campus Health Center. She conducts well-attended, extensive health education programs and vaccination clinics in residence halls, the student center and academic buildings on several campuses.

Student visits to the Campus Health Center total nearly 9,000 annually. Recognizing students’ preference for electronic communication, the Campus Health Center provides an online portal that enables patients to make appointments, maintain a personal health history and communicate with their health provider. An electronic health record that is created for all patients provides a paperless system that is compatible with hospitals and other health institutions.

Michigan Area Health Education Center Expands Primary Care Access in Michigan

The Wayne State University College of Nursing and School of Medicine were partners in creating the Michigan Area Health Education Center (MI-AHEC) program in 2010 through a $900,000 grant from the federal Health Resources and Services Administration (HRSA). In Michigan, 75 out of 83 counties have at least partial designation as primary care shortage areas. The MI-AHEC program is geared to improving primary
care access in underserved urban and rural communities through expanded recruitment of minority and disadvantaged students who are underrepresented in health professions, and retention of current primary care health professionals to achieve a larger primary care workforce throughout the state.

Within four years, MI-AHEC will operate through five regional centers covering all of Michigan’s 83 counties — with the goal of connecting students to careers, professionals to communities and communities to better health. Each region will develop a local health assessment to serve as the foundation for MI-AHEC programming in their area.

The first of five regions has been established in Detroit. The Southeast Michigan Regional Center has started programs to inform and interest K-12 students in health careers, focusing on nursing, medicine and dentistry. Through a wide range of “pipeline” programs, students will hear health care speakers, tour health facilities to see working health professionals and attend summer career exploration programs to encourage them to prepare for and pursue health careers.

Clinical rotations are being developed for health students to work in medically-underserved areas to familiarize them with local health needs and employment opportunities. MI-AHEC (miahec@wayne.edu) professional development programs will feature interdisciplinary seminars for primary care health professionals focusing on a host county’s topic of interest and an annual state-wide conference.

Kresge Foundation Grant Will Help Build State-Wide AHEC Infrastructure

The Michigan Area Health Education Center (AHEC) program was awarded a $750,000 grant from the Kresge Foundation to support the program’s mission — connecting students to careers, professionals to communities and communities to better health. According to Dr. Barbara Redman, Dean of the College of Nursing and Co-Principal Investigator of the AHEC grant, “Michigan’s AHEC program is building a strong state-wide infrastructure to promote a robust health care workforce and improve access to quality primary care to underserved populations. The generous grant from the Kresge Foundation supports Michigan AHEC’s critical on-going efforts.” The three-year Kresge grant will help fund planning and core programming during the early development of the Michigan AHEC program.
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