Endowed professorships support high-achieving faculty

The College of Nursing is pleased to announce that Dr. Karen Kavanaugh has been appointed to the Elizabeth Schotanus Endowed Professorship in Pediatric Nursing (in partnership with DMC Children’s Hospital of Michigan), and Dr. April Hazard Vallerand has been appointed to the inaugural College of Nursing Alumni Endowed Professorship. Both are five-year appointments.

Kavanaugh, PhD, FAAN, is an expert in palliative and end-of-life care for newborns and families, pediatric bereavement, and stress and preterm birth in African American women. She joined the college in 2012 and previously was a faculty scholar at the Program in Palliative Care and Education sponsored by Harvard Medical School. In 2006, Kavanaugh received the Jonas Salk Leadership Award in Nursing from the March of Dimes. She has received funding from the National Institutes of Health for several projects, including a $1.7 million grant from its National Institute of Nursing Research for “Life Support Decisions for Extremely Premature Infants.” In the study, she investigated parents’ decision-making processes when faced with the possible need to resuscitate a premature infant at birth and potentially provide life support afterward.

“I am honored to be selected and am so grateful to the Schotanus family for recognizing the importance of close collaboration between nurses in clinical practice and those prepared as nurse researchers so both groups can work together to improve care to children and families,” Kavanaugh says.

Her goals are to improve care for parents and children when faced with potentially devastating problems and to help health care providers, especially nurses, plan for care that honors and respects families’ values and preferences.

Vallerand, PhD, FAAN, has been a faculty member since 1999. Her research focuses on pain management, pharmacological management of chronic pain and the use of opioids to manage chronic pain. Her studies of cancer patients in the Detroit area showed that race, ethnicity, income and education level affect patients’ beliefs about and
response to pain. Her current study, funded by a $1.1 million grant from the National Cancer Institute, is the first of its type to focus on African Americans.

“I am so honored to receive this professorship,” she says. “It recognizes my ongoing work in which I am testing an intervention for improving function among African Americans with cancer.”

Vallerand received the Nurse Exemplar in Pain Management Award from the American Society for Pain Management Nursing in 2009 and the Advancing the Science of Nursing Award from the Pain and Symptom Management Research Section for the Midwest Nursing Research Society in 2008.

Research Day showcases work of faculty and students

Colleagues were feted, and scientific inquiries and innovative projects honored, by the college’s Office of Health Research (OHR) during Research Day 2013. The event brings together faculty, alumni and students for a guest lecture and the presentation of several awards, including Alumna of the Year (see story below). Nancy Artinian, interim dean and director of OHR, was pleased with the event.

“It was a wonderful day,” Artinian says. “The attendance was great and it was exciting to watch the level of engagement between our researchers as they explained their studies to our guests.”

Sheria Robinson, president of Sigma Theta Tau International (STTI), Lambda Chapter (a Research Day sponsor), presented Assistant Professor Margaret Falahee with a grant to support Falahee’s research on whether motivational interviewing can help low-income, uninsured women increase their physical activity.

Alumna of the Year: Martha Horsburgh

Martha (Beth) Horsburgh, PhD ’94, was honored as 2013 Alumna of the Year during Research Day activities.

She and her staff lead the development of health research and innovation initiatives across academia and service delivery. This follows years of research in caregiving relative to chronic kidney disease. With the shift in roles, Horsbaugh now guides others through the process of developing and studying. Her previous positions include dean and professor of the faculty of nursing at the University of Alberta, and dean of the College of Nursing at the University of Saskatchewan.

She says she continues to draw from skills acquired in the Wayne State nursing program, recognizing the importance of collaboration across disciplines and sectors, and appreciating the talents and ideas that colleagues bring to the table. Horsburgh has presented more than 70 papers throughout her career, as well as more than 20 refereed research publications. Her clinical research has received funding through the Kidney Foundation of Canada, the Canadian Nurses

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Eight undergraduate nursing students gained unique insight about the research field thanks to a $40,000 grant awarded to the College of Nursing and School of Medicine by the National Institutes of Health’s National Institute of Nursing Research. The “Socio-behavior Training and Research (STaR) Program” — led by Xiaoming Li, professor of pediatrics and director of the Pediatric Prevention Research Center in the School of Medicine, and Nancy Artinian, interim dean and director of the Office for Health Research in the College of Nursing — provides participants with skills and experiences not offered at the undergraduate level. In doing so, Artinian says, the students will have a more successful transition to research work environments or graduate studies sooner rather than later.

“Now is the time to get them excited about research and expose them to the many possibilities available in the field of nursing,” she says. “We don’t want them to get to a doctorate level and find out that it is too late for a research career.”

One goal for the program is to attract nursing students to doctoral education at an earlier age. Research has found that the median age of graduates receiving doctorate degrees is 47.3 years. Earlier engagement would result in increased years for productive teaching and research.

The experience introduces participants to every facet of research, from conducting focus groups to recruiting participants and collecting and analyzing data. The students received a $3,000 stipend for their participation in the program, to which they were accepted through a competitive application process.

The students are unanimous in their gratitude at being selected to assist with research on a host of health topics — including juvenile diabetes, asthma, HIV, immunization rates and cancer — and say the experience is opening up a wealth of opportunities.

Emily Glick, who plans to attend graduate school, says she is “delighted” to have been selected because the program is giving her “a little bit of a head start” in understanding research programs and processes she will encounter as a graduate student. Brittany Nelson, an honors student who is considering a dual Doctorate of Nursing Practice-PhD program, says STaR has been enlightening.

“It is because of this program that professors and researchers know me, and from them I have received amazing advice and opportunities because of the networking,” Nelson says.

The students are developing their own abstract studies for submission to research conferences and events, such as the college’s Research Day or the annual WSU Undergraduate Research Conference. Several are pursuing the publication of their work in research journals, Artinian says.

With the growing complexity of today’s health issues, a significant component of the program is educating participants about the importance of working in multidisciplinary teams.

The NIH grant number for this project, “Socio-Behavioral Training and Research (STaR) Program for Nursing College Students,” is 5R0131360.

NIH grant makes STaRs of eight students

Faculty and alumnae named Fellows in the American Academy of Nursing

Two faculty members have received the most prestigious honor in their field: fellowship in the American Academy of Nursing (AAN).

Associate Professor Judith Fry-McComish, PhD, and Stephanie Myers Schim, PhD, associate professor and interim assistant dean for Family, Community and Mental Health, are among 172 global nurse leaders who were honored for outstanding contributions to, and achievements in, nursing. They were installed as AAN Fellows Oct. 19 during a special ceremony at the academy’s 40th annual meeting and conference in Washington, D.C.

Fry-McComish, who received her master’s in child psychiatric nursing (’71), doctorate (’84) and a certificate in infant mental health (’91) from Wayne State, focuses her research on infant mental health, clinical interventions for mothers and infants, and autism spectrum disorder. Her work has contributed to improvements in substance abuse treatment for pregnant and parenting women, and improved care for women with inadequate prenatal care and those experiencing perinatal depression. Her doula care research helped devise innovative methods to promote mothers’ mental health through development and design of a smartphone application addressing perinatal depressive symptoms. She is the recipient of the DONA International John Kennell and Marshall Klaus Award for Research Excellence for her research on postpartum doula care. As an educator, she led the development of dual-title PhD and DNP degree programs in nursing and infant mental health at Wayne State and Merrill Palmer Skillman Institute. It is the only known program of its kind in the world.

Schim received her master’s in community health nursing (’81) and PhD in nursing (’97) from WSU, and has years of practice and leadership experience in community health. She is certified by the American Nurses Credentialing Center as an advanced public health nurse. She has taught across all levels of the curriculum and received the President’s Award for Excellence in Teaching.

She is recognized as a national and international leader in nursing and infant mental health at Wayne State and Merrill Palmer Skillman Institute. It is the only known program of its kind in the world.

Schim also is part of a team of researchers who developed the Cultural Competence Assessment (CCA) tool and the Cultural Competence Assessment (CCA) tool to factor a patient’s cultural experiences, awareness, sensitivity and competence behaviors when implementing care. The CCA tool is used across numerous disciplines, including dentistry, pharmacy, dietetics, social work, kinesiology and information science. It is used in 45 states and 19 countries, and has been translated into 10 languages.

Selection is based, in part, on the extent the nominee’s nursing career has influenced health policies and the health and well-being of all.
NIH-funded research aims to determine the effects of yoga on lung cancer patients

Associate Professor Judith Fouladbakhsh, PhD, has been awarded a $300,000 grant from the National Cancer Institute/ National Institutes of Health to study the effects of yoga and exercise among lung cancer patients.

Fouladbakhsh is enrolling participants for this pilot study in which her research team will examine the physiological and psychological effects of a 12-week standardized yoga intervention on surgical patients with Stages I-IIIA nonsmall cell lung cancer.

Fouladbakhsh hypothesizes that participants in a standardized yoga class will be able to breathe more easily while at rest and during movement as the study progresses. She suggests that this will reduce stress and improve sleep, positively affecting overall quality of life.

Joining Fouladbakhsh from the College of Nursing are Dr. Jean Davis and Dr. Hossein Yarandi, professor and statistician. Other members of the study team are lung experts Dr. Shirish Davis and Dr. Hossein Yarandi, professor and statistician. Other members of the study team.

The NIH grant number for Fouladbakhsh’s current project, “A Pilot Study of Yoga for Breathing and Quality of Life of Lung Cancer Patients,” is IR15CA169994-01A1.

Judith Fouladbakhsh, PhD

management and health promotion.

A 35-year faculty member at Wayne State, Fouladbakhsh also has introduced breathing techniques to other populations under stress. Homeless men and women staying at a suburban Detroit day shelter learn various yoga postures as part of a volunteer health care initiative offered by Fouladbakhsh, nursing students and her volunteer health team.

The NIH grant number for Fouladbakhsh’s current project, “A Pilot Study of Yoga for Breathing and Quality of Life of Lung Cancer Patients,” is IR15CA169994-01A1.

NP Davida Kruger has one focus: diabetes

In a cramped but welcoming office on the eighth floor of New Center One, in the Henry Ford Health System (HFHS) endocrinology department, certified nurse practitioner and diabetes expert Davida Kruger rules.

She is benevolent and businesslike, happy to bring a cup of coffee to her early-morning patients while advising a doctor and fellow who asks her opinion on a medication. Kruger’s first question to the physician: “What’s the insurance?”

A scholar of both her specialty and the insurance industry, Kruger knows the cost of copays, what insurance will cover and what it will reject. She whispers a calculator out of her desk drawer, punches in numbers and announces the dosage. The doctor and fellow thank her and leave.

They do what she recommends. This happens a lot. A steady stream of people pop their heads in her doorway to ask “just a quick question,” which never really is. She says she is glad that nurse practitioners are treated with respect at HFHS.

“I think people know I’ve done the research and I have the clinical experience to go with it,” she explains.

Kruger has worked at HFHS since 1982, hired just after receiving her MSN from Wayne State. She will be 60 this year, and has spent more than half her life in nursing. Board-certified by the American Nurses Credentialing Center, in both primary care and advanced diabetes management, she is past chair of the American Diabetes Association (ADA) Research Foundation; past president of Health Care and Education for the ADA; and on its Research Policy Committee. She also is editor-in-chief of the journal “Clinical Diabetes.”

A framed cover from her book, “The Diabetes Travel Guide,” hangs on her office wall, fighting for space with photos of her three daughters, awards and a sign that says “Thank God for girlfriends.” Actually, Kruger has a girlfriend to thank for encouraging her to apply to WSU.

Kruger’s undergraduate work was completed at Boston College, and she and her then-husband came to Detroit when he was offered a summer post with a large law firm. They both had good gigs — she was earning $7,000 annually as an RN in Boston, while the pay at the Visiting Nurse Association (VNA) was $13,000 in Detroit — and they liked the town. They settled in Grosse Pointe, and when a VNA colleague applied to grad school at WSU, she told Kruger to apply, too.

“At the time, that’s what women did: become nurses or teachers,” Kruger says, leaning back in her chair. “I never learned to type. I was always going to do research. I said, ‘Give me a prescription pad and I’ll see patients.’ We need more NPs.

“I picked Wayne because it had a real good reputation and I was thrilled when I got in because they only took 12 people. It was overwhelming and exciting at the same time. It was hard, though. I’d go to school full time and work on my homework and papers, but there was an entire life outside of school that I couldn’t participate in because I just didn’t have the time. A whiskey sour and “Dallas” on Fridays was my break from studying. When I got into clinical work it was just amazing because I was practicing and doing what I wanted to do.

Diabetes runs in her family, so she was interested in the topic, but when she was looking for a job there was a posting in oncology as well as the job in endocrinology. She applied for both, but endocrinology called back first. That allowed her to be part of the landmark Diabetes and Control Complications (DCCT), which began in 1983 and was funded by the National Institute of Diabetes and Digestive and Kidney Diseases. The study involved 1,441 volunteers with Type 1 diabetes, and more than 1,200 people still are participating. Kruger is the national chair of all the DCCT study coordinators in the country and also is part of the National Institutes of Health-funded ACCORD (Action to Control Cardiovascular Risk in Diabetics) trial and the ASPREE trial, an aspirin study to prevent brain deterioration in the elderly.

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Alumna Davida Kruger, MSN ’82, works at Henry Ford Health System.
Kruger cont.

“We’re not just dealing with diabetes; it’s everything else that is going on in their life,” she says. “You deal with divorces, new babies, happy and sad life changes. You have to talk about the needs of the person in front of you and you have to be sensitive about the conversation. You don’t turn someone away because they aren’t ready to do the work today, because you want to be there when they do want to do the work.”

She has received the Nightingale Award for excellence in research, the ADA’s Rachmiel Levine Award for Distinguished Service and the Wendell Mayes, Jr. Medal for Outstanding Service in the Cause of Diabetes. She is dedicated to her research and her patients; when her first daughter was born, Kruger brought her to work and the child slept in a filing cabinet drawer for three months.

Her clinical practice ranges from children through adults and includes 12 staffers. She arrives around 7:15 a.m. and stays until 6 p.m., seeing 16 to 18 patients Wednesdays through Fridays. She laughs when asked how many patients she is responsible for.

Kruger checks Heather Dudek’s feet for tingling and feeling. Dudek has been Kruger’s patient since 2002.

“I don’t want to know! But I like to see any patient that is serious about their diabetes.”

In the middle of the conversation, Kruger answers her iPhone. “Hold one second. What do you need?” she asks. It is her youngest daughter, a recent college grad excited to have lined up a job interview. “What are you going to wear?” Kruger asks. “What time is it? Don’t forget that your responsibility is to the job you have now, not the one you might get. Arrange it around your work schedule.”

She talks fast and hangs up. She continues talking. Faster.

“I’m always available,” she says. “With my phone and email, if you haven’t found me it’s because you haven’t tried. I am mentally drained when I get home, and watch ‘no-mind TV,’ because I’ve just spent everything I’ve got at work.

“That’s how I roll — there are always seven things going on. But I have a wonderful sense of accomplishment each day.”

Horsburgh cont.

Foundation, the Social Sciences and Humanities Research Council and the Canadian Health Services Research Foundation.

Her alma mater, she says, provided grounding in qualitative and quantitative methods, outstanding preparation in theory development, a salutary environment for students and faculty, and encouraged the development of relentless optimism and tenacity.

Words with friends

Conversation between former neighbors leads to $250,000 gift to Nursing

A few short months ago, Jeff and Ellen Adler had no connection to the College of Nursing.

They live in California.

She’s from Chicago. He’s a Spartan.

But thanks to a recommendation from some old friends, the Adlers recently presented a $250,000 gift that will provide desperately needed student scholarship support.

The gift was part of a $750,000, seven-organization donation the Adlers made to Detroit nonprofits.

The College of Nursing received the largest portion of their gift, which was presented by the Adlers on Oct 28.

In recognition of the gift, the college will name the student lounge in the main lobby for the Adler Family, which was a surprise and delight to the Adlers. There are no restrictions on the gift because, Jeff Adler says, “We trust the people who do this every day — Nancy Artinian and her staff — they know what is needed most.”

There is no shortage of need in the college, according to Interim Dean Nancy Artinian.

“We are so thankful for the Adlers and their generous gift,” she says. “Our students will benefit tremendously because we will use their gift where our needs are greatest, and that is in the area of scholarships.

“This funding will allow us to continue to recruit and support the best students. Much of the work we do in the College of Nursing relates to health care disparities in urban areas, and we do a great deal of community outreach. The Adlers’ generosity will help us continue to address these important issues through the work our students and faculty do every day.”

Jeff Adler grew up in Huntington Woods and, as an adult, lived in North Rosedale Park. He and his wife, Bonnie, raised their family there. Career paths took them to other states and, eventually, Jeff created an accounting software company. He and Bonnie discussed their desire to make a gift that would benefit Detroit, provided the software company became lucrative enough to do so. As it was heading in that successful direction, Bonnie became ill with kidney cancer. After her death, Jeff met and married Ellen, who was supportive of his — then “their” — philanthropic goals.

“We’re in a unique situation where we can make a difference,” Jeff Adler says. “We wanted to give to organizations that could make meaningful differences and reward the people who have put in their time and effort to make this city better. We were here three years ago and we saw the devastation. Driving around Detroit was a remembrance of many wonderful things from growing up, but I had sadness from seeing things that were gone and the state of disrepair. But we did have joy in seeing the great work some organizations are doing, and building a great community."

The Adlers were introduced to the work being done in the college by former neighbors Diane and Thom Linn. They lived near one another on the west side of Detroit about 30 years ago and when they wanted advice as to where their money could have the biggest impact, the Lins suggested the College of Nursing, Gleaners Community Food Bank, the Greening of Detroit, the Tiger Stadium Conservancy, the Detroit Waldorf School, the Community Chorus of Detroit and North Rosedale Park Civic Association.

Words with friends continued on page 11
The College of Nursing was listed among the top nursing schools in urban areas by “Scrubs: The Nurse’s Guide to Good Living.”

Dorothy “Dottie” Deremo, BSN ’74, MSN ’76, announced her retirement from Hospice of Michigan, which she has led for the past 15 years. She recently was appointed to a three-year term on Ascension Health’s board of trustees.

Dr. Joan Bickes, MSN ’81, DNP ’13, assistant professor, was elected president of Region 7 RN-AIM (Registered Nurses Association in Michigan) for 2013-2015. RN-AIM is the state membership constituent for the American Nurses Association. Bickes previously was treasurer for the organization.

Dr. Ann Whall, BSN ’63, MSN ’64, PhD ’78, delivered the keynote address, “Paths Leading to Culturally Competent Care,” at the National Arab Nurse’s Association Angel of Mercy Awards Banquet in September. She holds the Maggie Allessee Endowed Chair and Professorship at Oakland University School of Nursing, and is a former faculty member at the Wayne State College of Nursing. Whall has been principal investigator on more than 30 funded research projects, written more than 200 articles in juried professional journals, and the author of eight textbooks, four of which were awarded “Books of the Year” status by the American Nurses Association.

Dr. Margaret Campbell, BSN ’82, MSN ’86, associate professor, received the 2013 Nursing Leadership Award in Palliative Care from the Hospice and Palliative Nurses Foundation. Campbell, who has more than 25 years of experience in palliative care practice and research, developed the Respiratory Distress Observation Scale, the only known valid and reliable tool for measuring respiratory distress when a patient cannot self-report dyspnea. She is researching ventilator withdrawal through an Impact Research Grant from the American Association of Critical-Care Nurses, from which she also received the Flame of Excellence Award.

Samantha Strassburg, BSN ’12, is the clinical application coordinator at MPRO, Michigan’s Medicare Quality Improvement Organization, in Farmington Hills.

Eric Brown has been named director of the Office of Student Affairs for the college. Brown has more than 19 years in education, including teaching and management of admissions, academic and student services operations at all levels. Prior to joining WSU, he was the dean of academic and student affairs for ITT Technical Institute in Canton, Mich., where he was designated District Lead Dean and provided mentoring and advising to six deans on campuses in Michigan and Ohio. He has a bachelor’s in history from Texas Tech University and a master’s in education from the University of North Texas.

Dr. Susan Weber Buchholz, PhD ’03, has been promoted to professor of adult health and gerontological nursing at Rush University College of Nursing. In addition to her teaching responsibilities, she is an adult nurse practitioner and practices at St. Clare Clinic in northwest Indiana. The clinic provides charity health care for uninsured adults.

Dr. Felicia Grace, M.Ed ’91, Cert. ’96, EdD ’04, in the college’s Office of Student Affairs, received the 2013 Homer D. Strong Award from the WSU Alumni Association. She was celebrated for her distinguished leadership and service to the alumni association and the university, for stimulating alumni participation and volunteer leadership.

Dr. Ramona Benkert, MSN ’87, associate professor, was named a fellow of the American Association of Nurse Practitioners during the AANP national conference in Las Vegas. The program recognizes nurse practitioner leaders who have made outstanding contributions to health care through clinical practice, research, education or policy.

Dr. Dr. Samantha Strassburg

Four College of Nursing faculty members have been promoted for the new academic year: Dr. Judith Fouladabkash was promoted to associate professor with tenure; Dr. Nancy George and Dr. Janet Harden were promoted to associate professor (clinical); and Dr. April Vallerand was promoted to full professor.

Dr. Zorica Kauric-Klein, MSN ’96, PhD ’11, assistant professor, was featured in a Windsor Star article that highlighted her research into hypertension.

Dr. Nancy George, associate professor, was named president of the Michigan Council of Nurse Practitioners. She also is the assistant director of DNP programs in the College of Nursing.

Dr. Olubunmi Daramola, MSN ’86, clinical instructor, won the Midwest Nursing Research Society’s 2013 Sage WIlJAh “Best Paper – Student Award” for “Migration Effect on the Cognitive Representations of Hypertension in African Immigrant Women.” Daramola chairs the Health of Diverse Populations Research Section of the Midwest Nursing Research Society.

Words with friends

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“We have an overwhelming feeling of joy that we can help these people who are committed to doing what they’re doing every day,” Jeff explains. “We’re fortunate that we can write a check, but the people who are doing this work every day to make the city better … they need to be recognized for doing something special. We hope that we are helping to ignite a spark with recognition of their work.”

Gifts at all levels are meaningful, the Adlers believe. “Everything helps,” Jeff says. “Pick a project that you care about and trust the people who are committed to it every day to make the right decision. Whether your gift is $10, $100 or $1,000 — trust them to do what they do, and do it right.”

Ellen Adler echoes her husband’s beliefs. While a Midwesterner at heart, she was not too familiar with Detroit but is happy about the connection that has been forged between her family, the college and the city.

“So many people really want to give back when you can.”
Save the date
Research Day
April 2, 2014

Certified nurse practitioner Adeline Nyamathi, PhD, associate dean for International Research and Scholarly Activities at the UCLA School of Nursing, will keynote the 2014 Research Day, slated for Wednesday, April 2.

Nyamathi’s research focuses on how the vulnerable, the homeless, and drug-addicted adults and adolescents cope with and adjust to illness, especially infectious diseases like HIV/AIDS, tuberculosis, and hepatitis B and C.

A faculty member in the UCLA doctoral program, she is the Audrienne H. Moseley Endowed Chair in Community Health Research. Nyamathi’s research has been funded by the National Institutes of Health, National Institute on Drug Abuse, the National Institute of Alcohol Abuse and Alchoholism, the National Institute of Child Health and Human Development, and the National Institute of Allergy and Infectious Diseases.

Davida Kruger, ’82, will be honored as the Alumna of the Year. To learn more about her work, see p. 7.

Send us your news! The College of Nursing wants to know what you have been doing, what award you recently received, or your fully realized retirement plans. Email updates to con@wayne.edu.