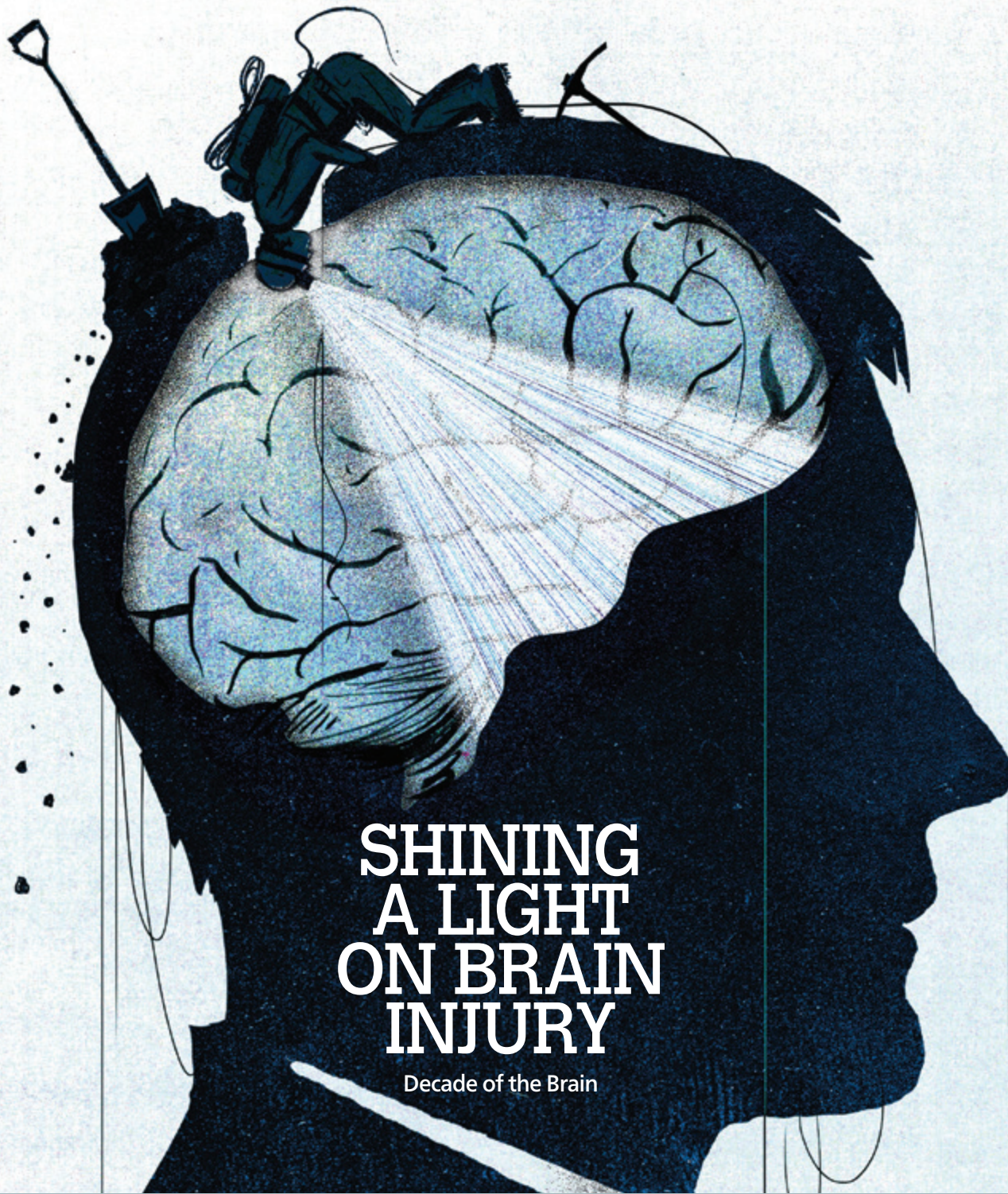


Duke Nursing

Winter
2014
Volume 10, No. 1



SHINING A LIGHT ON BRAIN INJURY

Decade of the Brain

Duke Nursing magazine

Winter
2014
Volume 10, No. 1

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Decade of the **BRAIN**



10 Researcher explores secrets of traumatic brain injury in children



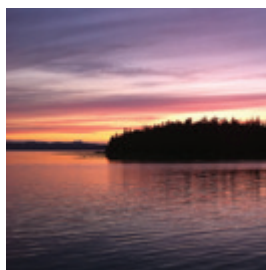
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dean's welcome



The Decade of the Brain, *Redux*

From 1990 through 2000, the U.S. celebrated the congressionally mandated **Decade of the Brain**. During that decade we learned that we are not born with all the brain cells we will ever have – that brain cells are produced throughout the course of our lives. Today, we are moving through a second Decade of the Brain and learning more about the brain's plasticity and the influences on its function and response to injury. At Duke, School of Nursing faculty members are continuing to add to those discoveries. Specifically, in this issue of *Duke Nursing Magazine*, we review ongoing work by faculty scientists on how the brain recovers from trauma, processes information, and creates new and healthier habits.

Dr. Charles "Chuck" Vacchiano's work on head injuries has revealed that sometimes a concussion can be invisible. A faculty member in the school's CRNA specialty, Dr. Vacchiano explains that most often the signs of a concussion are obvious. Patients might see stars or forget what happened right before the injury and even lose consciousness. But for some patients, the signs are not obvious and the brain overcompensates and masks the damage. In these scenarios, patients develop symptoms weeks or months after the injury. Dr. Vacchiano developed a test that identifies hidden concussions and has the potential to save lives and help the more than 1.7 million people who sustain traumatic brain injury every year.

Researcher and clinician **Dr. Karin Reuter-Rice** explores the biologic markers and genetic variations associated with pediatric traumatic brain injury. She is

focusing on cerebral vasospasms and how they relate to ongoing brain injury as seen in nearly half of all severely brain injured children. Cerebral vasospasms occur when blood from a ruptured aneurysm causes nearby blood vessels to spasm and narrow. This decreases blood flow to the brain, which can result in damage or even death to parts of the brain. Vasospasms can profoundly impact recovery, and Dr. Reuter-Rice is working to better understand this condition and its relationship to biologic markers and genetic variations in order to improve the treatment provided to children with traumatic brain injury.

The work of **Dr. Constance Johnson** and **Dr. Allison Vorderstrasse** illustrates how people learn. These investigators are using a cutting-edge, virtual environment platform to help people with type 2 diabetes change their lifestyle habits and learn how to manage their chronic disease. Their structured environment provides access to learning about good nutrition, exercises, and caring for diabetes-related complications.

I hope you will enjoy these stories about our work at Duke. We continue to push the boundaries of understanding in an effort to improve care for individuals, families, and communities.

Catherine L. Gilliss, BSN'71, PhD, RN, FAAN
Dean and Helene Fuld Health Trust Professor
of Nursing
Vice Chancellor for Nursing Affairs

New Faculty Appointments



Biederman



Humphreys



Mabrey

Donna Biederman, DrPH, MN, RN, joined the faculty as an assistant professor in the BSN and DNP programs in September 2013. She earned an associate's degree in nursing at Yavapai College in Prescott, Ariz. She completed a BSN degree and a master of nursing degree with a concentration in communities, populations, and health at the University of Washington Tacoma. Her master's research focused on social determinants of health and HIV/AIDS in sub-Saharan Africa. In 2012, she earned a doctor of public health degree with an emphasis in community health education from the University of North Carolina at Greensboro. Her dissertation research focused on the perspectives of homeless women on their experiences and interactions with service providers. Before her faculty appointment, Biederman was a community health clinical nurse educator in the Duke BSN program. She has firsthand experience in community health clinical and classroom settings and nursing experience in acute and community-based care. She co-teaches a number of courses within the community health component of the BSN program.

Janice Humphreys, PhD, RN, FAAN, is associate dean for academic affairs. She came to Duke in 2013 from the University of California, San Francisco (UCSF) School of Nursing, where she was professor and vice chair for academic personnel in the Department of Family Health Care Nursing. Humphreys earned bachelor's degrees in both nursing and psychology at Purdue University and

completed a master of science degree in pediatric nursing at UCSF with support from a National Health Service Corps scholarship. After spending two years as a pediatric nurse practitioner at the Guilford County Health Department in North Carolina, she taught and completed a PhD at Wayne State University in Detroit, Mich. She taught for six years at Eastern Michigan University and returned to UCSF as a member of the faculty in 1994. Humphreys' research on the health effects of intimate partner violence on women and their children is rooted in more 30 years of nursing practice with these vulnerable populations. Initially, her research described the breadth and depth of multidimensional responses to violence, including resilience, in battered women and their children. Her most recent studies address chronic pain, depression, lifetime trauma exposure, and posttraumatic stress disorder in abused women as well as the relationship between intimate partner violence and telomere length, a measure of cell aging. She is recognized nationally and internationally as an expert on intimate partner violence and has an extensive record of collaborative research in this field. Humphreys has also been instrumental in development of the Theory of Symptom Management and is co-editor of *Family Violence and Nursing Practice*, a text developed to serve as a resource for undergraduate, graduate, and practicing health care professionals. In 2006, she was inducted as a Fellow of the American Academy of Nursing.

Melanie E. Mabrey, DNP'12, RN, ACNP-BC, BC-ADM, joined the faculty as an assistant professor in August 2013. She also holds a clinical associate faculty appointment at Duke University School of Medicine. She earned a BSN degree at East Carolina University and an MSN degree with an acute care nurse practitioner focus at the University of South Carolina. She completed her DNP degree at Duke. Mabrey's clinical practice and scholarship focus on chronic illness, particularly in endocrinology and diabetes mellitus. She came to the School of Nursing from Duke Regional Hospital, where she served as associate medical director of the endocrinology/diabetes department. She also served as director of the Inpatient Endocrine Nurse Practitioner Program for Duke's Division of Endocrinology. She has extensive clinical experience in care of chronically ill patients, including critical care, wound and ostomy care, and general medical care. Her DNP capstone project, publications, and numerous local, regional, and national presentations focus on caring for patients with diabetes across the continuum of care.

Marilyn H. Oermann, PhD, RN, ANEF, FAAN, is director of evaluation and educational research. She came to Duke from the University of North Carolina at Chapel Hill, where she was the Frances Hill Fox Term Distinguished Professor and chair of adult and geriatric health in the School of Nursing. Oermann's scholarship focuses on nursing education, with an emphasis on both teaching and evaluation in nursing. She also previously



Oermann



Shaw



Walker

served as director of curriculum and instruction, assistant dean, and undergraduate program coordinator at Wayne State University in Detroit, Mich. With funding from the National League for Nursing (NLN) and Laerdal Medical, Oermann recently completed a multisite study on the effects of monthly practice on nursing students' CPR psychomotor skill performance. She is currently completing a feasibility study on the use of simulation for high-stakes testing. A member of the NLN Strategic Steering Committee, Oermann has served in many leadership roles for the NLN. In 2009, she received the NLN Award for Excellence in Nursing Education Research for her contributions to the field. In 2013, she received the Elizabeth Russell Belford Award for Excellence in Education from *Sigma Theta Tau* International. Oermann was the first Mary Killeen Endowed Visiting Scholar at Arizona State University and has held a number of other visiting faculty positions. She is a Fellow of the National League for Nursing Academy of Nursing Education and American Academy of Nursing. Oermann earned a PhD degree and an MSN degree in education at the University of Pittsburgh and has received distinguished alumni awards from both the university's School of Nursing and the School of Education. She also received a Distinguished Alumni Award from Pennsylvania State University School of Nursing, where she earned a BSN degree.

Ryan J. Shaw, PhD¹², is an assistant professor in the DNP and MSN degree programs and has interdisciplinary training in nursing, health informatics, and computer science. He is affiliated with the Duke Center for Health Informatics and has a secondary appointment in the Center for Health Services Research in Primary Care at the Durham Veterans Affairs Medical Center. Shaw's research interests are focused on the use of novel technologies to help clinicians manage and patients self-manage multiple chronic illnesses. In particular, he focuses on the use of mobile technologies as tools for improving health outcomes and care delivery, known as mobile health or "mHealth." With the ability to reach consumers and patients directly in real-time, mHealth holds promise to improve self-care behaviors of patients with chronic illness and to facilitate improved care delivery. In his current research, he is working with an interdisciplinary team to develop a platform that incorporates multiple domains of real-time personalized biological and behavioral data, including weight, blood sugar values, blood pressure, exercise, and psychological measures, from a variety of mobile technologies that in return delivers a personalized intervention response over time. Shaw earned a PhD in nursing from Duke in 2012. He also holds a master's degree in nursing informatics from New York University and a BSN degree from the University of Miami.

Julia K. Walker, PhD, is an associate professor in the DNP degree program. After receiving a bachelor of science degree in chemistry from Mount Allison University in Sackville, New Brunswick, Canada, she pursued a baccalaureate in education degree from Ottawa University and was subsequently employed as a board-certified high school chemistry teacher. After teaching for two years, she began graduate work focused on cardio-respiratory physiology at Queen's University in Kingston, Ontario, Canada. Walker's postdoctoral training in cell biology at Duke University focused on receptor signaling pathways, in particular those of G protein-coupled receptors (GPCRs), which are the largest family of cell surface receptors and are the target of more than half of all medically prescribed drugs. Walker's research, which focuses on understanding the cellular pathophysiological mechanisms that underlie lung disease, particularly asthma, has been independently funded since 2004, and she currently holds the Duke University rank of associate professor in medicine. Currently, her research focus has expanded to include the study of novel 2-adrenoceptor ligands in the treatment of asthma. This research holds great potential to rapidly improve quality of life for asthmatics. Walker has been recognized by her peers with American Thoracic Society-sponsored awards, such as the Ann Woolcock Memorial Award and the ATS Young Investigator Award.

Nurse Anesthesia Specialty to Move from MSN to DNP Degree Program

The Certified Registered Nurse Anesthesia (CRNA) specialty at Duke University School of Nursing is poised to make a major change when it transitions from the school's master's degree program to the doctor of nursing practice (DNP) degree program.

Once the CRNA DNP program gains approval from the Council on Accreditation of Nurse Anesthesia Programs, the terminal degree for all Duke nurse anesthesia graduates will be the DNP. The new program will retain its core anesthesia curriculum in addition to the doctor of nursing practice curriculum. The MSN program is 28 months in duration, while the DNP will require 36 months of full-time study. The transformation to the DNP is part of a national initiative to reflect the changing demands of a complex health care environment as well as the rapid expansion of knowledge and the growing need for nursing leaders who are prepared to design and assess care.

"Our curriculum remains focused on the advanced practice role of the nurse anesthetist in addition to evidence-based practice, quality improvement, and systems leadership," says **Sharon Hawks, DNP'10, CRNA**, program director of Duke's nurse anesthesia specialty. The Council on Accreditation of Nurse Anesthesia Programs is requiring all CRNA programs to transition their curricula from an MSN degree to a DNP degree by 2022.

The last class of CRNA master's students at Duke will begin classes in spring 2014 and graduate in spring 2016. If the change from MSN to DNP is approved, the first class of CRNA DNP students will matriculate in August 2014.



Hawks

MORE INFO

For more information please call 919-684-4248 or email SONAdmissions@dm.duke.edu

"...we are committed to students' learning in an optimal environment and to faculty being the best prepared teachers they can be."

TERRY VALIGA

School Named National Center of Excellence

Duke University School of Nursing recently received the official designation as a **National Center of Excellence in Nursing Education** by the National League for Nursing (NLN). The honor is based on the school's continuous efforts to improve curriculum and teaching practices. Duke is one of only nine schools of nursing named for 2013-2017.

The 2013-2017 Centers of Excellence were formally recognized at the NLN's Annual Education Summit in September.

"This honor means that we are committed to students' learning in an optimal environment and to faculty being the best prepared teachers they can be," says Terry Valiga, EdD, RN, CNE, ANEF, FAAN, director of the Institute for Educational Excellence at the School of Nursing. "We want all students, whether they are enrolled or thinking about enrolling in the school, to know that this is a place where we are focused on their education in order for them to become the clinicians that are needed today and in the future."



**Center of Excellence
in Nursing Education**

*Promote the Pedagogical Expertise of Faculty
2013 - 2017*

Of the nine schools named National Centers of Excellence, Duke was the only one designated in the category of Creating Environments that Promote the Pedagogical Expertise of Faculty.

Dedicated to excellence in nursing, the National League for Nursing is the premier organization for nurse faculty and leaders in nursing education. The NLN offers professional development, networking opportunities, testing services, nursing research grants, and public policy initiatives to its 37,000 individual and 1,200 institutional members.



New Health Equity Academy to Replace MADIN II Program

Duke University School of Nursing has created a new diversity program called the Academy for Academic and Social Enrichment and Leadership Development for Health Equity, or the Health Equity Academy (HEA).

Funded by a Health Resources and Services Administration (HRSA) Nursing Workforce Diversity grant, the HEA is the next generation of the Making a Difference in Nursing II (MADIN II) program, which concluded on December 31, 2013.

The HEA is a competitive academic and professional socialization program for students who are interested in a career in nursing and aspire to leadership positions in the profession and advanced levels of graduate education. It will focus on social determinants of health, health access, health disparities, diversity, and health equity in the preparation of HEA Scholars poised to become the next generation of minority nurse leaders.

HEA Scholars are high-achieving/high-potential minority students from economically disadvantaged backgrounds.

They participate in an intensive six-week summer immersion experience designed to cultivate an understanding of the social determinants of health and matriculate into Duke's accelerated bachelor of science in nursing degree program.

MORE INFO

To learn more, visit nursing.duke.edu/HealthEquityAcademy



From left: Bei Wu; Kirsten Corazzini; Mary Bullock, executive vice chancellor of Duke Kunshan University; Katherine Pereira; Dean Catherine Gilliss; Janice Humphreys; Michael Relf; Elizabeth Merwin; and Isaac Lipkus.

Dean, Faculty Travel to China for Global Health Conference

In October, Dean Catherine L. Gilliss and several faculty members attended the 45th Asia-Pacific Academic Consortium for Public Health (APACPH) Conference, hosted by the School of Public Health at Wuhan University in Wuhan City, China.

The conference is devoted to the exploration of global health in the Asia-Pacific region. Over four days, attendees examined and discussed the latest developments in all major areas of global health, with an emphasis on research on the relationship between health and environment, population, and society.

Elizabeth "Beth" Merwin, PhD, RN, FAAN, the Ann Hinshaw Gardiner Professor of Nursing and executive vice dean, and Bei Wu, PhD, professor and director for international research, were guest lecturers at the conference.

Merwin's presentation was titled, "Can Lessons Learned from the Growth of Advanced Practice Nursing Roles in the U.S. Inform New Strategies for Meeting Health Needs of Geographically Isolated Populations in China?" Wu spoke on "Oral Health among Middle-aged and Older Asian Americans."

Other School of Nursing faculty members in attendance were Kirsten Corazzini, PhD, associate professor; Janice Humphreys, PhD, RN, FAAN, associate dean for academic affairs; Isaac Lipkus, PhD, professor; **Katherine Pereira, MSN'02, DNP'12, RN, FNP-BC, ADM-BC, FAANP**, assistant professor; and Michael Relf, PhD, RN, ACNS-BC, AACRN, CNE, FAAN, associate professor.



Duke Nursing Hosts US-SINO Forum

The School of Nursing will host a US-SINO Forum on **Advancing Nursing Research and Education Across the Globe, March 9-11, 2014**. Nine other schools, including Fudan University School of Nursing in China, will co-sponsor the forum, designed to strengthen the exchange of ideas from leaders in health care.

"Our global society requires collaboration between researchers and educators in order to reduce health disparities, manage chronic illnesses, and prepare the nurse leaders of tomorrow in innovative ways that promote a globally engaged nursing community," says Dean Catherine Gilliss. "It is an honor for our school to host a conference that will attract some of the best minds in nursing research and education who are dedicated to improving health care for all members of society."

MORE INFO

For a schedule of events please see nursing.duke.edu/see-full-events-us-sino-conference

Abstracts are being accepted at nursing.duke.edu/now-accepting-abstracts-posters-and-presentations

Keynote speakers during the forum include:

Jacqueline Dunbar-Jacob, PhD, RN, FAAN, dean and Distinguished Service Professor of Nursing, professor of psychology, epidemiology, and occupational therapy, University of Pittsburgh School of Nursing;

Pamela R. Jeffries, PhD, RN, FAAN, professor and associate dean for academic affairs, Johns Hopkins School of Nursing; and

Yan Hu, PhD, RN, dean and professor, Fudan University School of Nursing.

2014 Harriet Cook Carter Lecture



Keynote Speaker: **Teresa M. Amabile**

Edsel Bryant Ford Professor of Business Administration, Director of Research Harvard Business School

Date: **March 5, 2014**

Location: **Nicholas School of the Environment and Earth Sciences**

Nursing Students Rank Duke 2nd Nationally



The School of Nursing was named second best in the country in *Top Grad Nursing Programs* by Graduateprograms.com. The ranking, based on a survey of more than 40,000 current or recently graduated students, is the first of its kind and included evaluations of more than

1,300 U.S. graduate schools.

The methodology used involved reaching out to students through scholarship entries and social media platforms and included the period from September 1, 2012, to September 30, 2013. Graduateprograms.com assigned 15 ranking categories to each program covering topics such as academic competitiveness, career support, financial aid, and quality of networking opportunities.

Nursing Campaign Brochure Now Online

A brochure featuring advances in nursing research, education, and care is now available online. The brochure highlights some of the nursing faculty, researchers, and students whose work will be supported through the \$1.2 billion campaign for Duke Medicine, part of a larger, Duke University-wide campaign, Duke Forward, which seeks to raise \$3.25 billion to advance higher education and research.

Nursing's goal in the campaign is \$43 million, of which \$30 million has been raised to date.





Gilliss Appointed Advisory Professor to Chinese School

During an October trip to China, Dean Catherine Gilliss was appointed an advisory professor at Fudan University School of Nursing, one of the oldest and most selective universities in China. She was cited for her contributions in community and elderly care, background in family and chronic illness, and extensive clinical and management experience.

Dignitaries from Fudan University attended an awards ceremony at Wuhan University where the appointment was announced. Linjin Xia, director of foreign affairs at Fudan University, pointed out the deep relationship between Duke University and Fudan University and said he hoped the appointment of Dean Gilliss would further strengthen international cooperation in the area of nursing research and teaching.

Duke and Fudan have a long-term relationship that includes student exchanges, scientific communications, and conference collaboration.

School of Nursing Launches HIV/AIDS Nurse Practitioner Specialty Concentration

Duke University School of Nursing has added a new HIV/AIDS specialty concentration within the Primary Care Nurse Practitioner major for the fall 2014 semester.

This is the fifth specialty concentration launched in the school's master of science in nursing (MSN) degree program. The distance-based HIV/AIDS curriculum will be directed by **James "Les" Harmon, MSN'97, DNP'12, RN, ANP-BC, AAHIVS**, a nurse practitioner who has been an assistant professor at the school since 2008 and has more than 16 years of experience treating HIV/AIDS patients.

The new specialty concentration is designed to fulfill the goals of the National HIV/AIDS Strategy to reduce the number of new infections, help people with HIV stay healthy by increasing their access to care, and reduce HIV-related health disparities.

"Our specialty concentration will focus on recruiting students who wish to work with underserved, rural populations. We need HIV clinicians who are well-grounded in cultural issues in order to best serve vulnerable populations," says Janice Humphreys, PhD, RN, FAAN, associate dean for academic affairs at the School of Nursing.

Harmon, who will manage the program, sees the immediate need for the new concentration.

"Many of the care providers who started practicing in response to the HIV epidemic 30 years ago are preparing to slow down or retire, so we need to find the next generation who can improve patients' access to care and help them live healthy and productive lives," Harmon says.

The School of Nursing is launch-



LES TODD

Les Harmon (left) will direct the school's new HIV/AIDS specialty concentration.

ing the new specialty concentration with grant funding from the U.S. Department of Health and Human Services. The school is one of only five in the nation to receive this grant and the only school in the Southeast, where there is a critical need for HIV/AIDS health care providers.

LEADING DISCOVERY & CARE

ure: decline in children

erry first begins working as a... only half of children with... reported... the side effects... from too busy trying to care...

Harmon and a colleague, M. M. O'Neil, PhD, FAAN, a professor in the college of nursing at the University of Arizona, have found these negative changes in injury of the central nervous system. They can trace injury to increasing levels of certain chemicals in the neurological fluid, including a chemical called T2...



M. M. O'NEIL

"We have discovered really acute elevations with T2 associated with the most common areas of treatment. There are elevations here associated with the cognitive and academic outcomes that we're interested in," says O'Neil.

Harmon's team also found that T2 elevations levels increased over in some children from entering the study to the end of the study. They suggest that the children are being exposed to these chemicals in the environment, and that these chemicals are being taken up by the brain.

MORE INFO

To read the brochure and more news about Duke University School of Nursing, please visit dukeforward.dukemedicine.org/nursing

ry & Care

New Statement Formalizes School's Commitment to Diversity

With approval and support from faculty, staff, and students, Duke University School of Nursing has adopted a diversity statement.

The Statement of Diversity and Inclusion is meant to serve as a guidepost as administrators and others in the school continue to make the school open and inclusive for all students, faculty, staff, and visitors.

In part, the statement reads: "Duke University School of Nursing

MORE INFO

To read the entire statement and watch a video featuring faculty and staff showing their support, visit nursing.duke.edu and click on "About" and "Mission, Goals, Philosophy, and Diversity Statement"

is committed to increasing diversity and inclusiveness in our community. Diversity is more than broadly representative demographic differences. Rather, diversity embodies cultural sensitivity and openness, collaboration, and inclusion. Diversity fosters learning by reflecting experiences from life, classroom, and practice, as well as social beliefs. Individually and together, we encourage opportunities to think and behave equitably by acknowledging and respecting different beliefs, practices, and cultural norms."

Primary Care Access Focus of Global Health Seminar

"Increasing Access to Primary Health Care Globally in Low Income and Rural Communities" is the theme of the Seventh Annual Global Health Lecture and Research Seminar, Thursday, January 24, in the Christine Siegler Pearson Building at Duke University School of Nursing. Leslie Mancuso, PhD, RN, FAAN, president and CEO of Jhpiego, an international non-profit health organization affiliated with Johns Hopkins University, will deliver the keynote lecture.



Leslie Mancuso

For 40 years and in 155 countries, Jhpiego has worked with front-line health workers to design and implement low-cost, innovative solutions to prevent the needless deaths of women and their families. Since Mancuso's arrival in 2002, the organization's budget has grown from \$5 million to \$230 million, and the number of programs has expanded from four to 100. The organization is committed

to developing sustainability—the capacity of countries to develop networks of health care professionals and strong systems of health care that they can build upon to care for their communities.

Docherty, Zychowicz named 2013 AAN Fellows

Two members of Duke University School of Nursing have been named Fellows to the American Academy of Nursing.

The academy named Sharron Docherty, PhD, MSn, CPNP-AC/PC, RN, FAAN, and Michael Zychowicz, DNP, ANP-C, ONP-C, FAANP, FAAN, to its list of Fellows for 2013.

Docherty is an associate professor in the School of Nursing and the Department of Pediatrics in the School of Medicine. She is co-director of the ADAPT Center for Excellence in Cognitive/Affective Symptom Science and a senior scientist in the Oncology Nursing Center of Excellence at the Duke Cancer Institute.

Zychowicz is associate professor and director of the MSN Program at the School of Nursing. He has received numerous honors, including the American Academy of Nurse Practitioners Award for Excellence and an American Academy of Nurse Practitioners fellowship.

The American Academy of Nursing's more than 2,200 Fellows are nursing's most accomplished leaders in education, management, practice, and research.



Michael Zychowicz



Sharron Docherty

SAVE-THE-DATE // REUNION 2014 APRIL 10-12, 2014

Director of Development and Alumni Relations Named

Paul Grand Pré has been named director of development and alumni relations for Duke University School of Nursing. He moves into the newly created position to provide leadership support as the School of Nursing continues to cultivate stronger and more focused relationships and programs.



Paul Grand Pré

Prior to taking his new position at Duke, Grand Pré was vice president for institutional advancement at Concordia College in New York.

In addition to his work within the academic environment, Grand Pré has worked in the health care investment banking industry as well as hospitals and as senior director at Save the Children.

New Director of Alumni Relations

Ann Salina has been appointed director of alumni relations and annual programs within the Office of Development and Alumni Affairs at Duke University School of Nursing. She replaces Amelia Howle, who has accepted a position with Duke Children's Hospital & Health Center Development.



Ann Salina

Salina has been working as director of admissions and recruitment within the Office of Admissions and Student Services in the School of Nursing. Prior to that, she was with the University

of Connecticut Alumni Association.

Alumni will have the opportunity to meet Salina during Reunion Weekend in April and during the dedication of the new wing of the Christine Siegler Pearson building this spring. She also will travel with Dean Catherine Gilliss to visit with alumni in regions across the U.S.

SALLIE LILINWOOD



Classes with years ending in 4 and 9, as well as members of the Half Century Club (classes 1933-1963), will celebrate reunions April 10-12 at Duke University School of Nursing.

Reunion registration information will be mailed in early March. For information, please contact Ann Salina at 919-385-3150.

Many exciting activities are planned for this special weekend.

SCANNING FOR ANSWERS

Karin Reuter-Rice Seeks Clues to Help Children
with Traumatic Brain Injuries

Working as a nurse practitioner in the Pediatric Intensive Care Unit, Karin Reuter-Rice, PhD, CPNC-AC, couldn't help but notice that some children who came in with traumatic brain injuries, such as those resulting from automobile accidents, improved rapidly and made full recoveries, while others who came in with very similar injuries suffered grave and permanent damage.

"You'll have one child come in with a significant head injury who is up and walking, talking, recovering, and ready to go home within a week or two, and another child with the same type of injury to the same general part of the brain who may never leave the hospital," says Reuter-Rice, an assistant professor in the School of Nursing and the School of Medicine's Department of Pediatrics. "Their therapies are no different. Yet some are devastated, while others are not. I had to wonder, why is that? Why is it that this child can walk out of the hospital and that one will need care the rest of his life? Why do these brain injuries look so similar and yet the outcomes are so different, and what else is happening in the brain that will help us answer that question?"

She has embarked on a major multi-year research project to try to find precisely those answers. Reuter-Rice, faculty

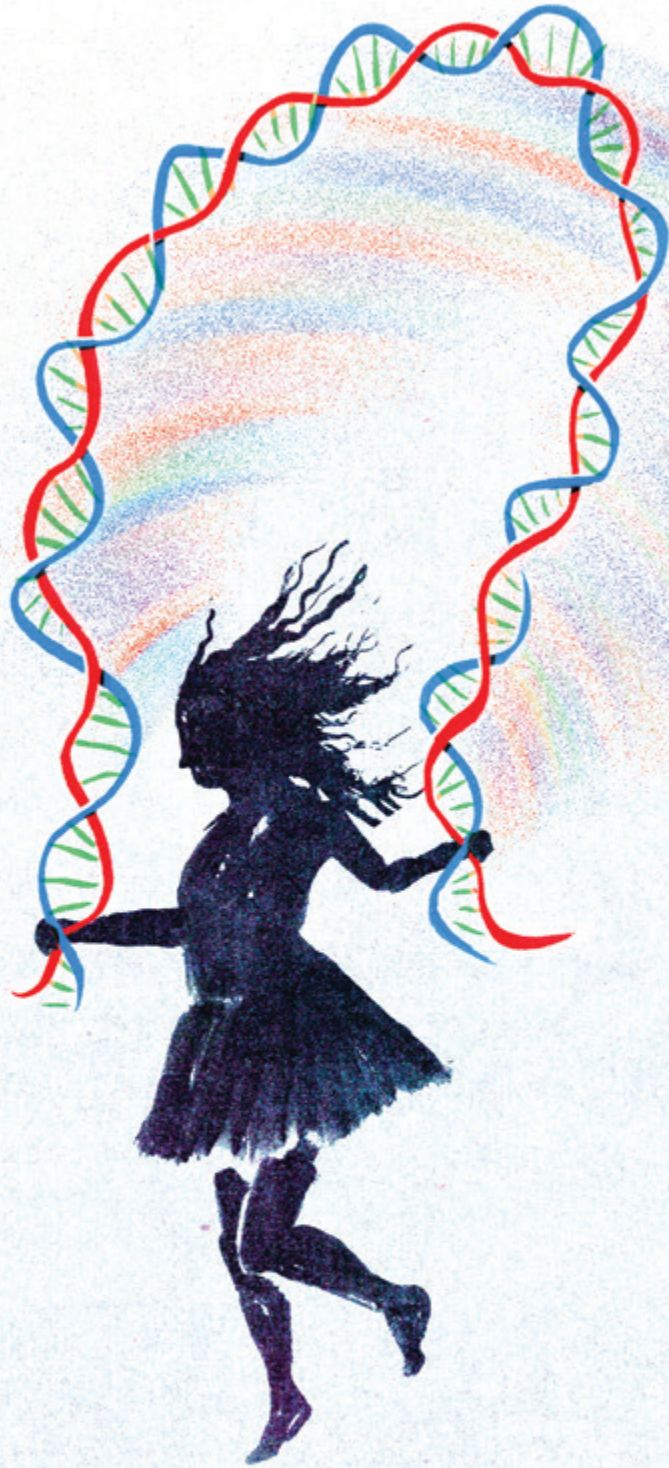
coordinator for the neonatal and pediatric instructional areas in the master of science in nursing degree program, is gathering ultrasound, genetic, and other data from children with traumatic brain injuries (TBI) admitted to the pediatric units in the Duke University Health System. She hopes to determine what neurological differences account for those dramatically varying outcomes—and, eventually, to improve the outcomes for more children.

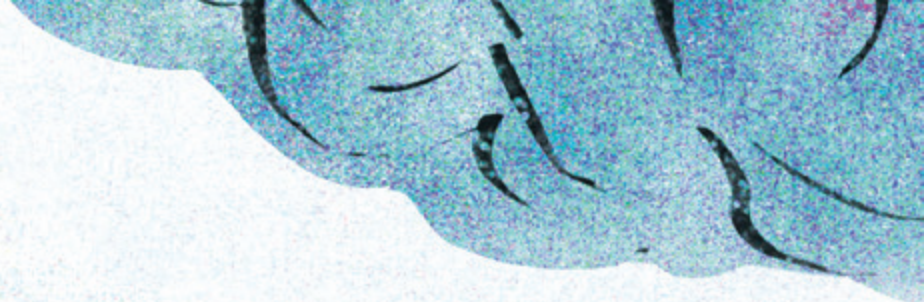
In September 2013, Reuter-Rice was one of just 12 nurse researchers in the nation to receive a prestigious \$350,000 Robert Wood Johnson Foundation Nurse Faculty Scholars grant to support her research, which has the potential to make a huge difference for a great many young patients. TBI accounts for about one-third of all injury-related deaths in the U.S. and is the leading cause of morbidity and mortality in children.

Reuter-Rice, who is also the 2013 recipient of the National Association of Pediatric Nurse Practitioners' Henry K. Silver Memorial Award for significant contributions to the improvement of pediatric health care, is especially interested in what happens during the secondary phase of a head injury, after the initial trauma and associated bleeding or bruising occurs. She is exploring the possible role that a rather mysterious

by Dave Hart

illustration by Daniel Horowitz





phenomenon known as vasospasm, the sudden contraction of blood vessels in the brain after a traumatic injury, might play in determining how well, or how poorly, individual children recover from TBI.

“Vasospasm can occur within minutes after the primary injury, or up to months later,” Reuter-Rice says. “When that blood vessel contracts, it restricts the flow of blood to the injured brain, as well as the uninjured part of the brain. Therefore, you have the potential for more injury.”

Deprived of blood, brain cells quickly deteriorate and die. The causes and effects of vasospasms, which frequently accompany subarachnoid hemorrhage from aneurysms, are not well understood, Reuter-Rice says. It’s not known what stimulates the blood vessels, which themselves generally are undamaged, to constrict, or why it happens in some patients and not others.

To try to unlock the answers to some of those questions, she has begun using a diagnostic Transcranial Doppler (TCD) to do ultrasound images of the larger blood vessels in the brains of children who come into Duke with traumatic brain injuries. Such ultrasounds, which can pinpoint the occurrence and location of vasospasms, are the standard of care in adult patients with severe head injuries, but they are not routinely performed in pediatric patients.

Reuter-Rice and the TCD sonographers at Duke University Health System, perform Transcranial Doppler ultrasounds on pediatric TBI patients whose parents have consented to be a part of the study for at least eight days after admission, or until vasospasms stop. Typically, although

not always, vasospasms begin in the first 24 to 48 hours after injury and continue for five to eight days after the injury has occurred.

“We don’t understand it very well, especially in children,” Reuter-Rice says. “I’m trying to get some inkling of the processes that drive it. We may not find answers that will apply to every patient, but we will at least know more than we do now, and that will help inform our next steps. And that, to me, is what we

And that,

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need for brain
injury research.

**We need it for our
wounded warriors.**

**We need it for our
wounded athletes.**

**We need it for our
wounded children.”**

KARIN REUTER-RICE

need for brain injury research. We need it for our wounded warriors. We need it for our wounded athletes. We need it for our wounded children.”

Some of the keys may lie in specific biological markers and genetic variations that may be associated with pediatric TBI. So Reuter-Rice is also collecting DNA swabs and analyzing biological data—biomarker levels, and so on—from the participating patients, with an eye toward identifying biomarkers or genetic

factors that may predispose some children to suffer vasospasms or, conversely, that may confer some protective mechanism. The results ultimately could lead to improved care, not only for children with TBI, but also for those who suffer other sorts of oxygen deprivation to the brain, as in suffocation, stroke, or submersion injuries.

“This is all very new, very foundational, but if we were more informed about how the brain reacts to injury we might be able to intervene more effectively,” Reuter-Rice says. “If we could identify a biomarker or a polymorphic gene that we know suggests a worse outcome, for example, we could treat those children more proactively.”

Reuter-Rice, who came to Duke three years ago from Rady Children’s Hospital in San Diego, began the study with a three-year grant from the National Institutes of Health’s National Institute of Nursing Research. The new Robert Wood Johnson Foundation award allows her to expand and extend the project, so that by 2016 she expects to have data from 60 children. She has a large, multidisciplinary team of colleagues assisting her with the project, including senior faculty such as Marilyn Hockenberry, PhD, RN, PNP-BC, FAAN, the Bessie Baker Professor of Nursing, and neurologist **Daniel Laskowitz, MD’91, PhD, HS’95-’97**; nurses and physicians in the Pediatric ICU; Duke students ranging from nursing graduate students to an undergraduate English major and a neuroscience major;

and even a high school senior at the North Carolina School of Science and Mathematics.

“It’s exhilarating,” Reuter-Rice says. “Dean Catherine Gilliss took a bit of a leap of faith in bringing me here, because my research is a little bit outside what our school’s traditional research has been. And yet it has unfolded to be this wonderfully collaborative process, and I have found nothing but enthusiastic cooperation everywhere I’ve looked. I can’t tell you how much it means to have so many nurses knocking on your door and saying, ‘How can I be a part of this? I want to be a part of this research.’”

That spirit of cooperation has come from the parents of the young patients as well—mothers and fathers who are dealing with some of the most terrible things that can happen to parents. In the first ten months of her study, Reuter-Rice enrolled 21 young patients from four months to 15 years of age—the majority younger than 2—who had suffered severe brain injuries, some from accidents and mothers, tragically, from abuse.

“It’s very difficult to talk with the families about the exciting potential of this research, because it comes at such a difficult time for them: a child and a family devastated at what has happened to them,” she says. “So there has to be a very high level of sensitivity when we approach

them. One hundred percent of the families who have given consent for their children to be participants in this study have said the same thing: ‘I know this may not help my child, but if it helps another child in the future, I want to be a part of it.’ It’s incredibly moving to hear someone say that to you time after time.”

She believes her research can make that profound compassion and willingness to help bear fruit. It all goes back to the question that put her on this path to begin with.

“I’ve seen so many children so severely injured, and I always wonder, ‘Why does this one do so well while that one does so poorly?’” she says. “Why can’t they

all do well? We should know. We should know so that we can help more children have better outcomes. This is something I am passionate about, and we are set up here at Duke to start making some serious leaps toward that goal.” ♦

JARED LAZARUS



Karin Reuter-Rice, right, conducts a pediatric Transcranial Doppler scan.

Can Vacchiano's Box Reveal **HIDDEN CONCUSSION DAMAGE?**

Former Pittsburgh Steelers player Mike Webster suffered from dementia and depression for years. The National Football League ultimately ruled that multiple concussions he received during games caused degenerative brain disease that permanently disabled him.

Soldiers coming home from Iraq after receiving multiple concussions during roadside blasts have been found to be more prone to suicidal thoughts than those who never had a concussion or who had only one.

In an article in the *Journal of Neuroscience Nursing*, a nurse writes about the depression, memory loss, and slowed thinking she experienced for a year after she received a mild concussion in a car accident.

A concussion was once considered no big deal. But now health care workers know better. “Add the evidence from emergency room patients together with the evidence from the NFL and the military, and it’s a pretty serious problem,” says Charles Vacchiano, PhD, CRNA, professor of nursing. “But how do you unmask potential cognitive dysfunction after a concussion?”

Many people with concussions have normal brain scans and may perform normally on cognitive tests, even though they have localized damage. Maybe practitioners could intervene sooner if there were a way to reveal hidden deficits.

Vacchiano is testing a simple way to do just that. During a 26-year career in the U.S. Navy as a nurse anesthetist and director of the Biomedical Sciences Division at the Naval Aerospace Medical Research Laboratory, Vacchiano learned a lot about how the brain behaves when exposed to certain stressors. To try to uncover concussion damage, he’s harnessing a condition he’s very familiar with—hypoxia, or lack of oxygen.

Hypoxia can hijack cognitive function and behavior in a few short minutes, causing people to become disoriented and process things more slowly, almost as if they were drunk. An example? “This goes way back, but have you ever seen a movie called *An Officer and a Gentleman*?” Vacchiano says. If you’re a Richard Gere fan, you’ll remember the scenes of flight training in which the Gere character’s friend has a meltdown after a few minutes in a low-oxygen environment. “Remember how the guy went ballistic?” Vacchiano says. “The idea is, you are exposed to a hypoxic environment, and if you can’t realize what’s happening, recognize the symptoms, and put your mask back on and turn on your oxygen, then you fail. You’re not going to become a pilot. That’s what happened to that character. He was washed out of flight training.”

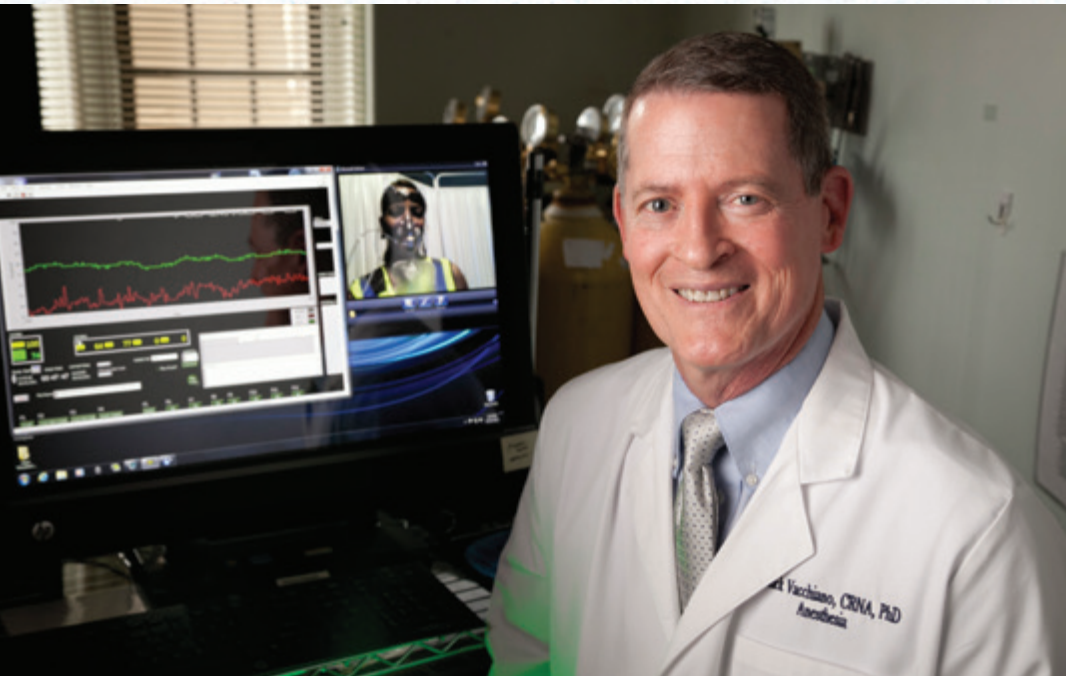
Parts of that movie were filmed at the altitude chamber in Pensacola, Fla., where Vacchiano has conducted studies, and where he went through altitude training himself. The chamber simulates what naval pilots flying at high altitude would go through if the airplane’s systems suddenly failed. “At 40,000 or 50,000 feet, if cabin pressurization or the oxygen supply fail, you only have maybe 30 seconds of consciousness to take some sort of action, or you’re going to crash,” Vacchiano says. “So that’s why the military trains pilots to learn to recognize hypoxia.”

Traditionally, during this training, some of the air in the altitude chamber is sucked out, which reduces oxygen pressure in the environment and the amount of oxygen that gets into the blood. In the early 2000s, the navy expressed interest in figuring out some other way to conduct altitude training, because the reduced air pressure carries a health risk, including ruptured eardrums or the bends, which is what happens to divers who

by Angela Spivey

illustration by Daniel Horowitz





JARED LAZARUS

Charles Vacchiano

oximeter, which uses the amount of different wavelengths of light absorbed by hemoglobin pulsing under the skin to measure the amount of oxygen molecules in the blood. “Clip this on your ear and let’s see if you have any oxygen in your system,” says Vacchiano, upbeat even at 8 a.m. He and clinical research coordinator Patricia Patterson are preparing for the arrival of a study participant, someone who’s had a concussion in the last six months. She will don a mask connected to Vacchiano’s gas-mixing device, then take a computer-based cognitive test. On one visit, the participant will take the test while breathing room air, then, on a different day, take it again while breathing air that’s slightly oxygen deprived—13 percent oxygen. The pulse oximeter confirms that the machine is achieving the intended reduction in blood oxygen saturation.

Most people don’t notice the difference between the different oxygen concentrations, Vacchiano says, noting that the air you normally breathe is about 21 percent oxygen, and when you’re on a commercial airplane, it’s reduced to about 15 to 16 percent oxygen. But Vacchiano suspects that mild hypoxia may cause people who have small areas of concussion damage to do slightly worse on the cognitive test than those without a concussion. “If the hypoxia does what it should, which is eliminate that cognitive reserve, people with a concussion will have to use that part of the brain that’s been damaged, revealing hidden deficits so we can take steps to treat them,” Vacchiano says.

Throughout his naval career, Vacchiano’s novel ideas solved problems. He’s hoping he can help solve this one. “These computerized tests are available anywhere, and the setup to deliver the mild hypoxia is not particularly difficult either,” he says. “If we can develop a simple test to identify those people with concussions who need treatment and get them into it early, we can prevent some long-lasting deficits.”

The research is funded by the Tri Service Nursing Research Program, part of the Department of Defense. ♦

go from high-pressure to low-pressure environments too quickly. Vacchiano’s naval research lab was tasked with solving this problem. As an anesthetist, he was familiar with patients who became hypoxic in the operating room. “I thought, can’t we just build a machine that dilutes the amount of oxygen that you breathe in while you’re sitting right here in this room, rather than taking you to altitude? Doesn’t that make sense? Just use a gas-mixing device,” Vacchiano says. Working with an engineer, Vacchiano developed and patented such a machine, called the reduced-oxygen breathing device (ROBD). It delivers a custom mixture of oxygen and nitrogen through a mask, simulating any type of reduced-oxygen environment desired. *Wired* magazine called the silver and black rectangular machine “hypoxia in a box,” and that describes it pretty accurately. It’s much less expensive and safer than an altitude chamber, and the navy still uses it for refresher altitude

trainings.

Fast forward 10 years. Retired from the Navy and conducting research and teaching in Duke’s nurse anesthesia program, Vacchiano began reading in the nursing literature about the need to better manage people with concussions. He decided to make use of his invention again. A brain that harbors damage from a concussion may function normally in the short term because it has some cognitive reserve; the undamaged parts compensate. Vacchiano has launched a study using his “hypoxia in a box” to temporarily disrupt that compensation mechanism.

In a small exam room in Duke Clinic, Vacchiano hands a visitor a pulse

MORE INFO

For more information about the study, including how to participate, please call Vacchiano’s research office at **919-684-9516**.



Congratulations to
Dean Catherine L. Gilliss
*for nearly a decade of
leadership and service to
Duke University
School of Nursing*

PLEASE SAVE THE DATE
Thursday, April 10

Dedication Ceremony for
the New Wing of the
Christine Siegler
Pearson Building &
Portrait Unveiling of
Catherine L. Gilliss, BSN'71,
PhD, RN, FAAN
Dean and Vice Chancellor for
Nursing Affairs 2004-2014
Helene Fuld Health Trust
Professor of Nursing

Diabetes Education
and Support goes

Virtual

with Real Benefits

SCHOOL OF NURSING AWARDED \$3.2M GRANT TO ADVANCE DIGITAL ENVIRONMENT

SOMETHING VERY POSITIVE HAS HAPPENED

at a place affectionately called Diabetes Island, where all 20 visitors live with type 2 diabetes.

After six months of frequent visits to the island, diabetes patients saw their average weight, blood pressure, body mass index (BMI), and HbA1c (a measure of prolonged glucose levels) all drop. They reported feeling greater confidence in their ability to self-manage their disease and came away feeling they had discovered a valuable social support system.

Eye-catching results, for sure, for a chronic disease that afflicts 26 million Americans. Diabetes is notoriously difficult for patients and healthcare providers to control because most of the day-to-day management is tied so heavily to patients' finding a way to self-manage the disease through diet, exercise, glucose monitoring, and medications.

Diabetes Island is not real in the traditional, physical sense, of course. It's a small-scale virtual environment created by two Duke University School of Nursing researchers who charged themselves with designing a more effective model of diabetes intervention and management. The model is designed to provide ongoing education and support beyond a periodic visit to a doctor's office.

Formally known as SLIDES (Second Life Impacts Diabetes Education and Self-management), the project was a two-year, National Institutes of Health-funded pilot study to determine if adults (average age 54) with type 2 diabetes could benefit from an interactive, digital environment in which they attend online seminars and complete tasks within a virtual environment—things like visiting the grocery store and comparing nutrition labels; going to the library to read an instructor-assigned article; or ordering a healthy meal at the virtual restaurant. The SLIDES Program was designed within the popular online multi-user game Second Life.

“We didn't expect to see such clinically significant changes in the physiological markers because this was such a small study, but we did,” says Principal Investigator (PI) Constance Johnson, PhD, MS, RN, an associate professor of health informatics. “We knew young people would go in (to the virtual world), but we didn't know how adults would react.”

The age range of the 20 participants in the pilot study was 39 to 72, and only a few had initial difficulty learning to maneuver through the virtual world.

The NIH was so impressed with the results of the pilot study it has awarded

by Jim Rogalski



Allison Vorderstrasse, left, and Constance Johnson pose with lifesize cutouts of their avatars.

Johnson and co-investigator co-PI and Assistant Professor Allison Vorderstrasse, DNSc, APRN, a five-year, \$3.2 million grant to conduct an extensive randomized control trial on the feasibility of educating patients and supporting their behavior through a virtual environment. This multi-site study is being conducted with site PI Gail Melkus, EdD, C-NP, a researcher and associate dean for research at New York University College of Nursing.

“We’ll be taking the best of what we learned in the pilot study and bringing it into a more advanced and stable computer platform that will be able to accommodate a lot more participants,” Johnson says. “We want to know if this really changes behavior over time and if people will sustain those positive behavioral changes.”

The new project is called Diabetes LIVE (Learning in Virtual Environments) and will enroll 300 diabetes patients. One-hundred-fifty of the participants will have access to the interactive virtual environment and be able to have online conversations with each

other and the educators. The other 150 will have the same support information presented to them but through a standard website instead. It will take just under a year to build the more advanced virtual environment using a robust gaming engine, with July 2014 targeted as the launch date.

VIRTUAL REALITY CHECK

Vorderstrasse, who specializes in chronic diseases, says studies are showing that virtual environments can be successful teaching tools for educating adults.

“The participants in the pilot study told us they got so much out of being able to talk with each other from their homes,” Vorderstrasse says. “They not only learned from the diabetes educators in the classes but from each other as well. This was a very positive finding that really gave us justification and evidence to move it forward.”

Participants created their own avatars—or computer-generated likenesses—that they moved throughout the fictitious island. It included a pharmacy, health club, community center, restaurant, book and grocery stores, and more. Twice a week, from the comfort of their own homes, participants would meet online for a 45-minute class given by a diabetes educator from the Duke Department of Endocrinology. Participants were able to ask questions, tell their personal stories, and offer tips, advice, and support to fellow participants while having their discussions moderated by a diabetes expert.

All lectures were recorded and could be listened to any time in the virtual community center.

“They could come 24-7, any time they wanted to and catch up or explore all of the resources on the site,” Johnson says.

For instance, the grocery store contained more than 200 items that participants could click on to learn their nutritional value and even get recommendations for more healthy options if they chose, say, potato chips. The bookstore contained books and website links to diabetes information. And the restaurant menu offered detailed nutrition information from popular chain and fast-food restaurants.

“So they learned how to eat fast food in a more healthy way,” Johnson adds. “For example, they can have a Whopper, but they may want to remove one of the buns and hold the cheese and mayonnaise.”

HIGH PRAISE FROM PARTICIPANTS

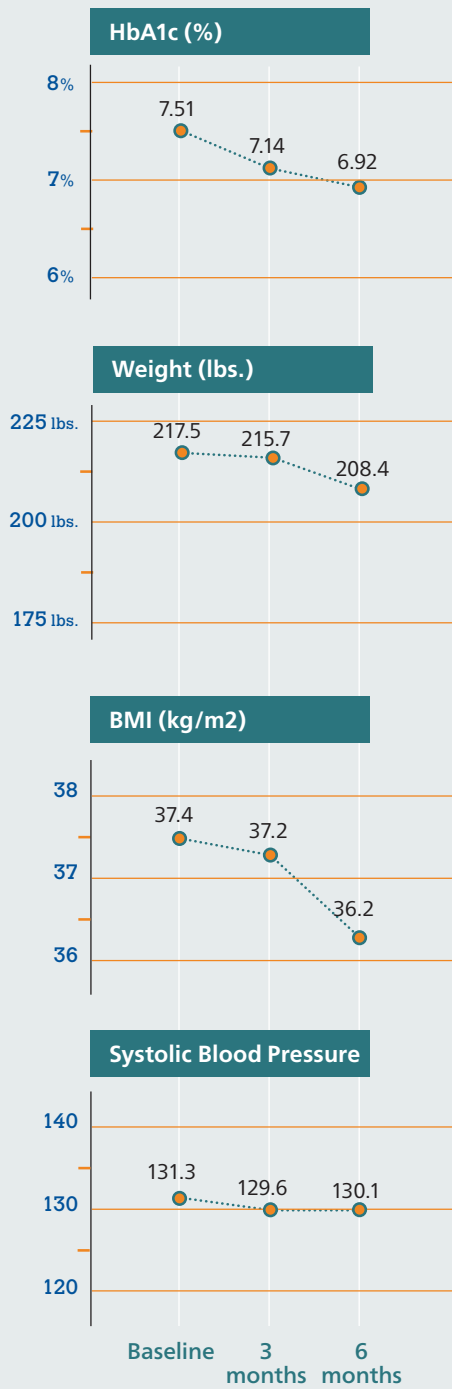
Aside from some minor audio and video issues with the SLIDES Program that will be corrected in the advanced version, participants found the experience valuable and enjoyable.

“I feel like I’m learning about my diabetes for the first time,” said one participant in a survey. “I am so grateful for how the SLIDES Program has helped me.”

Added another: “A change in my medication and diet that I learned in the SLIDES Program are the main reasons for the dramatic change in my HbA1c. And my cholesterol number has gone down from 213 to 173.”

Clinical Outcomes

The results show the average changes in several physiological markers of the patients who participated in the SLIDES Virtual Environment pilot study.



That type of feedback is golden for the School of Nursing researchers.

“Yes, they could just go to the web for this information, but there are so many options out there it can be daunting,”

Johnson says. “All of the content in this program was curated by us. And the social networking aspect of it was extremely valuable to them.”

GOING LIVE IN 2014

The new iteration of the program—Diabetes LIVE—will be built upon a high-tech video gaming platform that will be more stable, accommodate many more participants, and be far more realistic.

“The avatars will be absolutely realistic, right down to the pores of their skin,” Johnson said.

That’s not an insignificant detail. Vorderstrasse said the more realistic the environment is, the more engaged its users will be. She said participants in the pilot study took great care in creating their avatars and even visited the virtual clothing store occasionally to put on new outfits when they knew they would be going to class or visiting the virtual restaurant.

The Diabetes LIVE study also will provide participants with small, electronic monitoring gadgets called FitBits that track steps taken, distance covered, calories burned, stairs climbed, and intensity level.

“We’ll be able to track how much exercise the participants are getting in real life and upload their data to a computer for later analysis,” Johnson said.

Because the social bonding element was so strong in the pilot study, Diabetes LIVE will include small-group assignments like going to the virtual grocery store or restaurant together.

The food might not be real, but the friendships generated and the increased confidence levels are.

“We have to find better ways to reach people and be able to provide them with the ongoing education and support that they need,” Vorderstrasse said. “We can’t keep functioning on the old model of just offering classes at clinics that people can attend if they’re newly diagnosed. This project really seemed to impact them.”

The researchers said data from Diabetes LIVE will begin to be analyzed in 2015. 🌟



Dorothy L. Powell

Global Health Seminar Named to Honor Powell

The School of Nursing's annual Global Health Seminar, now in its seventh year, has been named to honor Dorothy L. Powell, EdD, RN, FAAN, who will retire in June as director of the Office of Global and Community Health Initiatives (OGACHI).

Powell was recruited to Duke in 2006 to expand the school's presence in community and global activities.

"She is a pioneer and innovator whose vision for OGACHI, both in Durham and around the world, has helped shape the school's strategic agenda."

DEAN CATHERINE GILLISS

She was founding director of OGACHI and crafted its mission, "to address health disparities locally and abroad through education, research, and service."

In announcing her retirement, Dean Catherine Gilliss called her a "pioneer and innovator whose vision for OGACHI, both in Durham and around the world, has helped shape the school's strategic agenda." Powell is

credited with creating educational opportunities for Duke nursing students, including Raising Health, Raising Hope, an outreach community health practicum experience; Nursing Bridge to Doctorate, a partnership with Winston-Salem State University (WSSU) designed to encourage the competitive transition of WSSU graduates to the PhD programs at Duke; Making a Difference in Nursing, (MADIN) a workforce diversity program designed to expand the pipeline of academically successful applicants to the Accelerated Bachelor of Science in Nursing degree program; and the Health Equity Academy, which builds on the success of MADIN and integrates health equity concepts into the nursing curriculum.

1940s

Ernestine R. Chambers, N'43, of Whitehall, Md., is in her 61st year of volunteering at Franklin Square Hospital. She has two daughters, one granddaughter, and one grandson.

Louise V. Morgan, BSN'45, lives in Salisbury, Md. Before retiring she earned a master's degree in secondary education with a minor in psychology and taught nursing for 20 years at a local community college, where she established a nursing scholarship fund. Her husband, **William C. Morgan, MD'44**, is deceased. She has three grown children, five grandchildren, and two great-grandchildren, and her sister-in-law, **Evelyn Morgan, N'47**, still lives in Durham.

Martha Watkins Wilhoit, BSN'45, writes that her eyesight is nearly gone, but her big family, including her husband, **William Merrill Corry Wilhoit, MD'44, HS'52**, helps her. They have six children. One of her daughters, **Suzanne Wilhoit McKee, N'70**, is head of a spina bifida clinic in Orlando, Fla.

Miriam Atkinson Donovan, BSN'49, does volunteer work and cuts coupons to help servicemen and servicewomen save money at home and overseas. She and her husband John live in a retirement home in Silver Spring, Md. They have two sons.

Patricia Sites Niswander, BSN'49, of Monterey, Va., is retired after working as a nurse at Duke, Presbyterian Hospital in New York City, and the University of Maryland Hospital in Baltimore. She also taught second grade and

remedial reading for 20 years. A member of *Sigma Theta Tau* International Honor Society of Nursing, she has six great-grandchildren.

1950s

Mary Nicholson Allen, N'51, has been a volunteer with hospice for 25 years. She lives in Greensboro, N.C., and has six children, four stepchildren, and 17 grandchildren.

Mar Jo Tate Herron, N'51, lives in Largo, Fla. She serves on the board of directors at her homeowners association and is active in her church. Her husband, **John Herron, T'52**, suffers from dementia and resides in a nursing home.

Joyce Coble McLean, N'52, lives in North Augusta, S.C., and has been retired for 20 years. She enjoys reading and staying in touch with friends, especially classmates **Vera Jarvis Westhall, Nora Mahaffey Martin**, and **Millie Evans**.

Patricia Massey Weidlich, BSN'52, lives with her husband, **William Weidlich, T'52**, at Willamette View Retirement Community in Portland, Ore. They have six children and 14 grandchildren. She worked with Wycliffe Bible Translators in Jungle Aviation and Radio Services in Waxhaw, N.C., until 1995 and then with their regional office in Portland. She has also volunteered at the clinic in her retirement home.

Phyllis Mertz Punshon, N'52, BSN'53, of Denver, Colo., is long retired but still belongs to the Non-practicing and Part-time



Nurses Association. She plays bridge, walks with friends, and sings in her church choir. She has two grown children and four grandchildren.

Olga Hinderer McNamara, BSN'53, of Toledo, Ohio, has been retired for 20 years. She works with the Toledo Botanical Gardens outreach program, "Toledo Grows," providing education and jobs for selected teenagers.

Shirley Ezzell Owen, N'53, and her husband Charles have moved to Virginia Beach, Va., where they work with a homeless mission through their church. They have eight daughters and 14 grandchildren, scattered from Virginia to Washington state.

Mary Edwards Snyder, BSN'53, and her husband live in a retirement center in Asheville, N.C. She is involved in church activities and volunteers at Billy Graham's training center. She has three children and seven grandchildren.

Margaret L.M. Payne, BSN'56, resides in West Columbia, S.C. She has made a gift to fund a scholarship at Duke University School of Nursing. She has a son, a daughter, three stepsons, and 12 grandchildren.

Sylvia Pierce Reaves, BSN'56, is retired and volunteers at a Florida hospital, performing hearing tests on newborns, among other volunteer activities. She and her husband, **W. Shelby Reaves, CE'55**, have three sons and nine grandchildren.

Celia Carr Craft, N'56, and her husband Bill are retired and living in The Villages in Florida. She volunteers at the local food pantry and with Love, Inc. She has two daughters, two granddaughters, and one great-granddaughter.

Barbara Dunleavy Burrus, BSN'57, of Reynoldsburg, Ohio, graduated from Princeton Theological School in 1988. She left nursing a number of years ago and was ordained as a United Methodist Minister.

Now retired from public health nursing and hospital nursing, **Marcella Goldsmith Johnston, BSN'57**, volunteers at St. Anthony Hospital in Pendleton, Ore., and serves as a board member for the hospital hospice department. Her three children and grandchildren also live in Pendleton.

Mary K. Gregory Ratchford, BSN'57, of Rocky Mount, N.C., lost her husband, **Rufus Ratchford, MD'56**, in 2009. She has cancer but is "fighting the good fight." She has four children, and her grandchildren range in age from 5 to 22.

Judith Anthony Gybowski, BSN'59, lives on St. Thomas in the Virgin Islands. She volunteers with Partners for Health, raising money for the local hospital, and she raises money for the local university. She has two sons and three grandsons.

1960s

Sally Bender Addison, BSN'60, serves on the Nursing Alumni Council and is a member of the Campus Club. She and her husband, **Winnifred Allen Addison, T'56, MD'60, HS'60-'65, '71-'72**, live in Hillsborough, N.C. They have three daughters and eight grandchildren. Their oldest daughter, **Rebecca Addison Jordan, BSN'83**, has a daughter attending Duke University School of Nursing.

Florence Wilson Boothby, BSN'60, of Durham, is working part time for Duke University Athletic Department. She enjoys sporting events, especially lacrosse, as well as gardening and traveling. Her oldest daughter was tragically killed in a car accident in 2013. Wilson has another daughter and a total of six grandchildren.

Judith B. Meyer, BSN'60, is retired and living in Downingtown, Pa., where she delivers Meals on Wheels, plays golf, and enjoys gardening. She has two grown children and seven grandchildren.

Kay Neve Keogh, BSN'61, is working part time as a nurse in a pediatrics office, as she has for the past 23 years, and she volunteers in her community in Pittsford, N.Y. Her husband, Thomas, is retired. They have two children and eight grandchildren.

Carol Kreps Sackett, BSN'61, of Durham, is retired after 50 years singing with the Choral Society of Durham and is learning to play the cello. Her husband Jim is also retired. They have a daughter and a grandson.

Betty (Shore) Shackelford, BSN'61, of King, N.C., is proud to still be working at age 74. She teaches at Forsyth Technical Community College part time and works part time at Pioneer Community Hospital of Stokes County, N.C. She has three children. Her daughter, Amy Shackelford, and family own a cafe, Leaping Lizards, in Virginia Beach, Va., that was featured on the television show *Diners, Drive-ins, and Dives*.

Ellis Quinn Youngkin, BSN'61, PhD, has retired and is painting again after many years. She continues to participate in a nurses club and in May 2013 was honored as one of 120 nursing leaders from the Virginia Commonwealth School of Nursing. She is thankful to have recovered from acute renal failure and major spinal surgery. She and her husband, **Carroll Youngkin, T'62**, live in Florida and have two children and seven grandchildren ages 9 to 18 years.

Marianna Sherman Jaeger, BSN'62, of Durham, is retired and spends much of her time at her cottage in the mountains and playing in duplicate bridge tournaments. She has three grown children and five grandchildren.

Keep in Touch with Your Duke Nursing Family!

Send your personal and professional news—photographs are strongly encouraged—to *Duke Nursing Magazine*, 710 W. Main St., Suite 200, Durham, N.C., 27710. Or, e-mail your news to ann.salina@dm.duke.edu.

We love to publish your photographs; note that electronic images need to be at least 300 dpi for printing.

Margaret P. Richardson, BSN'62, recently retired and moved to Tennessee to be closer to her children and granddaughter. She worked as a U.S. Navy nurse, a teacher of LPN students, a store health nurse, a hospital nurse, and, for 20 years, in home health. She has two grown children and one granddaughter.

Bette Buder Buffington, BSN'63, and her husband, Joe Buffington, MD, operate two Remax Realty offices and a Bennigan's Restaurant in Clarksburg, Md. They were named the Remax Central Atlantic Region's Outstanding Brokerage of the Year for 2012. They have 11 grandchildren.

Nancy Hooper Gwynn, BSN'63, and her husband, Paul Gwynn, MD, were honored in May 2013 as Giannini Society Award recipients for meritorious service to the University of North Carolina School of the Arts. Paul was a longtime plastic surgeon in Winston-Salem, N.C. Nancy returned to school and received a bachelor of music in organ performance degree from Salem College in 1988, after which she worked for 20 years as a church organist.

Martha Clark Sullivan, BSN'63, and her daughters and daughter-in-law are raising money for Duke Cancer Institute through the Todd M. Sullivan Endowment, which is named for her son Todd, who died at Duke in 2011 of malignant melanoma.

Judith Anne Oelschlegel Richards, BSN'64, recently became licensed as a pharmacy technician after being laid off from a position as director of immunization and HIV testing and referral at the local health department. She most recently served as a staff nurse at a psychiatric hospital. She volunteers with several historical activities, including participating as part of a living history troupe portraying everyday life during the War of 1812. She lives in Easton, Md., and has five grown children.

Melinda Free Smyth, BSN'65, volunteers at a community clinic and as a national volunteer for the American Heart Association's Get With the Guidelines-Resuscitation Program. She and her husband **Doug, E'63**, have two sons and four grandchildren and live in Pompano Beach, Fla.

Grace "Jace" Tilton Cuttino, BSN'67, of Carlisle, Mass, is a geriatric care manager and licensed independent clinical social worker in private practice. She is past president of the New England Chapter of Geriatric Care Managers and served on the national board for four years. She has three grown children and two grandchildren.

Joann Wardle Surles, BSN'68, is a Medicare review specialist for The Carolinas Center for Medical Excellence, a Medicare Quality Improvement Organization in Columbia, S.C. She has a daughter and a granddaughter and lives in Irmo, S.C.

1970s

Joy Forsythe Reed, BSN'70, recently was appointed president of the Association of Public Health Nurses. She is head of Public Health Nursing for the North Carolina Division of Public Health. She also was appointed to the American Association of Critical Care Nurses' Expert Panel to oversee its cooperative agreement with the Centers for Disease Control and Prevention and the National Advisory Committee on integrating public health and primary care. She and her husband William live in Raleigh.



Joan S. Rice, BSN'70, is the author of *Parenting Solutions: Encouragement for Everyday Parenting Concerns* (Paragon House, 2009). She teaches parenting classes for Warner Bros. Studios, the Burbank Preschool Education Program, the Parent Participation

Programs of Arroyo Grande and San Luis Obispo, and Allan Hancock College. She lives in Santa Maria, Calif., and has four grandsons and a new granddaughter.

Jean Spurlock Watkins, BSN'70, of Fullerton, Calif., is director of social services for the Salvation Army in Orange County, Calif. She is married and has two adult sons who are married. She and her husband are active in the Anaheim Vineyard Church, where their younger son is the young adult pastor.

Deborah Crum Starnes, BSN'72, has retired but is keeping her license so she can continue to do volunteer work in nursing. She and her husband E. Stanley live in Okemos, Mich. They have two grown sons who are married.

Kathi Hurst Stertzbach, BSN'72, has been working part-time and been involved in community, schools, and church since retiring from nursing in 1992. She and her husband Herb live in Goshen, Ky. They have three grown children and six grandchildren.

Judith Gordon Heimann, BSN'73, is senior director for EmblemHealth HMO in New York City. She is certified in healthcare privacy compliance and healthcare compliance. She and her husband Roger have two daughters and live in New Rochelle, N.Y.



Jane Dilliard Scott, BSN'73, is director of the Office of Research Training and Career Development within the Division of Cardiovascular Sciences at the National Heart, Lung, and Blood Institute at the NIH in Bethesda, Md. She has seven nieces and nephews and two "honorary nieces." One of her nephews, **Peter Scott Manno, T'04**, is a Duke graduate.

Alice May Burger Succop, BSN'73, is an advanced practice nurse and home care case manager at the University of Pennsylvania Medical Center in Pittsburgh. She also is the volunteer director of a local food pantry. She and her husband Elmer B. Burger II have been married for 30 years. They have two adult daughters and live in Pittsburgh.

Dolly Grant Ballard, BSN'75, is working as a middle school nurse in New Bern, N.C. She and her husband Harry have four grown children and several grandchildren.

Roberta Kaplan Schwane, BSN'75, is a part-time nurse care manager at Windham Hospital in Willimantic, Conn. She and her husband **Steve, L'75**, have two children, **Jeff, T'08**, and Matt, and live in Mansfield, Conn.

Leslie Ireland Prodonovich, BSN'76, is a clinical nurse manager for an inpatient acute clinical care unit at Porter Adventist Hospital. She recently climbed one of Colorado's 14,000-foot mountains. She and her husband John have been married 25 years and live in Fairplay, Colo.



Elizabeth McManus Watson, BSN'76, of Southern Pines, N.C., is a psychiatric nurse practitioner for FirstHealth of the Carolinas. She is also an adjunct professor at UNC-Chapel Hill School of Nursing and focuses on trauma-focused cognitive behavioral therapy and family systems therapy. She and her husband Michael have three children and three grandchildren.

Patricia Rieser, BSN'77, of Durham, is teaching fitness classes in Ageless Grace and Nia, which is a combination of dance, martial arts, and yoga, at her home studio, the Durham YMCA, and other locations. Her husband **Joe Woolley, T'72, PhD**, is mostly retired but still does consulting work. They have a grown son.

Margaret Smith Duda, BSN'78, is volunteering in a pediatric emergency department and with a group called Backpack Beginners that provides children in need with nutritious food and basic necessities. She and her husband Marcus Duda, MD, have three grown children and live in Greensboro.

1980s

Elizabeth Robinson Adams, BSN'80, presented aspects of her research as a podium presenter at the 12th annual International Nursing Simulation/Resource Centers Conference in June 2013. She completed a PhD in education at the University of West Florida and serves as a professor of nursing at Northwest Florida State College. She and her husband have two grown daughters.

Kay Holbook, BSN'80, is working as an associate administrator for Nemours/A.I. DuPont Hospital for Children in Wilmington, Del. She oversees pharmacy, respiratory, trauma, and transport, as well as a 450,000-square-foot new inpatient tower construction project due to open in late 2014. She enjoys time with her two sons and a new granddaughter, as well as worldwide travel with her husband, Chris.

Ellen Welliver Nicodemus, BSN'80, of Walkersville, Md., is a staff nurse/relief charge nurse in the pediatric emergency department/pediatric inpatient unit at Frederick Memorial Hospital. Her recent achievements include attaining

clinical nurse IV level at the hospital. Her husband **John, T'78**, was diagnosed with young onset Parkinson's disease 10 years ago and can no longer work full time but is "doing amazingly well overall." They have three children and two grandchildren.

Cynthia Elliott, BSN'81, of Santa Cruz, Calif., is starting a local chapter of the Hospice and Palliative Nurses Association and will be its president. She has worked at Hospice of Santa Cruz County for 14 years. She lives with her menagerie, which includes 4 dogs, 4 cats, 15 chickens, koi, goldfish, mosquito fish, and a bullfrog.

Wendy Lamp Potter, BSN'81, works in laboratory information systems program management for Merck & Co. She lives in Mendham, N.J.



Karen Schramm Saylor, BSN'81, is a family nurse practitioner at Triangle ENT and Allergy in Durham. She teaches yoga and is certified in hatha and prenatal yoga. She and her husband, Kevin Saylor, live in Durham and have four grown children and one grandchild.

Susan Funking D'Alessandro, BSN'82, works in cardiopulmonary rehab at Henrico Doctors' Hospital in Virginia, where she is the shared

governance representative for her unit and serves on the patient focus cabinet. She and her husband live in Glen Allen, Va., and have two children in college.



Margaret McCuiston Gall, BSN'83, of Kingsport, Tenn., works part time with a local health system, where she performs health and wellness screenings and health coaching. Last year, she climbed Mt. Hood in Oregon with her husband **Stan Gall, T'83, MD'87, HS'87-'96**, and brother-in-law Tom (pictured). The couple has three children.

Lori Tyler Spisak, BSN'83, earned an MSN in nurse midwifery and attended medical school and completed her residency in OB/GYN. She was assistant program director of a residency program in Saginaw, Mich. and ran an inner-city OB/GYN clinic for four years before opening her current OB/GYN private practice in Alganac, Mich. She also trains and rides her horse Valor. She and her husband, Ken, have three daughters, a son, two stepdaughters, two stepsons, and four step-grandchildren.

1990s



Leslie Hagenstein Rozier, MSN'93, of Pinedale, Wyo., was honored by the College of Nursing at the University of Utah for excellence in clinical practice with the Outstanding Post-Master's to Doctor of Nursing Practice Award in May 2013. Her dissertation has clinical implications for high mountain travelers worldwide. Rozier has been a family nurse practitioner since 1979 and provides primary and emergency locum tenens services to rural clinics worldwide. She retains a clinical faculty appointment at Yale University.

Michelle Taylor Skipper, MSN'96, completed a doctor of nursing practice degree at Gardner-Webb University School of Nursing in May 2013. She works as assistant director of the adult-gerontology nurse practitioner and family nurse practitioner programs at East Carolina University College of Nursing. She and husband Rev. Bruce Skipper live in St. Pauls, N.C. They have three sons and three grandchildren and another grandchild on the way.



Hope Sylvain, GNC'96, of Wilmington, N.C., is a retired dermatology nurse practitioner and a member of the editorial board of the journal of the Dermatology Nurse's Association. She has a passion for training dogs, and her French bulldog Joy is having the French Bulldog Club of America's new Lifetime Achievement Award named after her.

Jennifer Brest, MSN'97, is manager of the North Carolina Department of Health and Human Services' Community Alternatives Program for Children. She performs private duty nursing, home health hospice, and home infusion therapy programs for North Carolina Medicaid patients. She and her daughter live in Cary.

2000s

Janis Panzenhagen Puglisi, MSN'00, is working as a family nurse practitioner in primary and urgent care in Greensboro and Sparta, N.C. She is working on a PhD dissertation at UNC-Greensboro. She and her husband Ernest have a 16-year-old daughter and live in Lewisville, N.C.

Michelle Anderson, MSN'01, received the 2013 Clinical Excellence Award for the state of Idaho. She is a nurse practitioner who runs her own practice in Sandpoint, Idaho. She also is president of a local non-profit called Community Cancer Services and is in her fifth year as medical coordinator for the Sandpoint Scenic Half-Marathon. She and her husband Will have two children ages 5 and 4 and live in Sandpoint.

Carrie L. Lewis, MSN'02, is a pediatric nurse practitioner at the UNC Hospital's Division of Pediatric Hematology/Oncology. This year she became a certified pediatric oncology nurse (CPON). She lives in Raleigh.



Remote Alaska Clinic Offers Rewarding Life for Burke and Family

Located in the far Southeast Alaskan panhandle, off the coast of Ketchikan—a cruise ship haven—Prince of Wales Island doesn't immediately conjure images of the wild Alaskan frontier of Jack London lore.

Until you consider this: the island comprises 2,577 square miles — slightly larger than Delaware—yet has a dispersed population of just over 3,000 people who are among the poorest in Southeast Alaska. The nearest movie theater is in Ketchikan, a four-hour drive and ferry ride from the island's largest town, Craig, population 1,000. The nearest hospital is in Ketchikan, and the closest large trauma hospital is in Seattle, a nearly two-hour-long medevac Learjet ride away.

For **Joseph R. Burke, MSN'10**, who was raised in the more accessorized states of Pennsylvania and Massachusetts, this place is Shangri-la.

"Right now," Burke said by phone from his clinic office in Craig, "I'm looking out the window at a black bear eating salmon in Crab Creek, with several bald eagles flying over him. Every day I'm amazed at how beautiful this place is."

Don't get him started on the Northern Lights, windsurfing with whales, the amazing fishing and mountain biking, and the breathtaking views from atop the island's many mountains—you could get lost in reverie.

Burke, his wife Brenda, and their two sons Quinlin, 11, and Aidan, 10, moved to Prince of Wales Island in 2010 after Burke graduated from the Duke University School of Nursing's nurse practitioner program. He is an acute care nurse practitioner at a two-provider clinic in Craig, serving a population that is nearly half native



Joseph R. Burke

"Right now, I'm looking out the window at a black bear eating salmon in Crab Creek, with several bald eagles flying over him. Every day I'm amazed at how beautiful this place is."

JOSEPH R. BURKE



Alaskan. The other provider is a doctor of osteopathic medicine. Along with a registered nurse and two certified phlebotomists, the clinic sees an average of 25 to 30 patients per day.

"We treat just about everything you can imagine, from colds, fishing hooks in hands, chainsaw accidents, chest pains, and chronic diseases like diabetes, COPD, and depression," Burke said.

Logging and commercial fishing are the major occupations on the island. Some remote folks travel several hours by small boat in summer and winter to reach the clinic, which is run by the PeaceHealth Medical Group out of Ketchikan. The most seriously injured patients are triaged and stabilized at the clinic, and evacuated to either Ketchikan or Seattle—a roughly twice-a-month affair.

"They're pretty resilient folks up here," Burke said. "I have 70-year-old patients who are hiking up mountains and cutting down trees like 20-year-olds. We give a lot of joint injections to get loggers through the season."

He and his family are pretty resilient as well, living a life of partial subsistence off the land. Each year they freeze and can nearly 100 pounds of

salmon and halibut that they catch themselves. His clinic partner hunts moose and black-tailed deer and shares his successes with the Burkes. Joseph said he likely will take up hunting himself.

The Burkes didn't one day simply decide to pick up and move to remote Alaska. The family had lived in Ketchikan for two years while he was performing a travel assignment as part of earning a bachelor of science in nursing degree from the Medical University of South Carolina (MUSC) in Charleston.

"We absolutely loved it," he said. In Ketchikan, he worked as a flight nurse. After graduating from MUSC he knew he wanted to advance his knowledge of critical care nursing and chose Duke "because everything I read said Duke was the best place for it." The family lived in Durham for two years while Joseph earned a master's



degree and worked in the Duke University Hospital Emergency Department.

The intensive Duke education was tough, he said, and it instilled in him the importance of having compassion and personal interaction with people. "I wasn't expecting that from such a big university," he said. "Compassion for patients was a big focus, and the people there are brilliant."

After graduation, he eschewed an offer to

work in nephrology in Charleston in favor of moving to Craig. "When we got off the plane for the interview we just knew this was the place," he said.

But you'll have to forgive the locals for not fully warming up to him for a while. You see, several physicians had worked at the clinic for a year then moved on. One of the most common questions his patients asked him was, "So, how long before you leave?"

Well, it's been three years, and recently Burke was watching some people fish along the side of a road when an old-timer from Craig approached him and said, "You know, word's getting around town that people really think highly of you."

It seems the town folk are finally warming to the idea that this guy is a keeper.

– JIM ROGALSKI



Kelly Thompson-Brazil, MSN'02, received the 2013 Presidential Citation for Outstanding Contributions from the Society of Critical Care Medicine. She is a cardiothoracic surgery nurse practitioner at WakeMed in Raleigh. She has been appointed as a contributing editor for pharmacology for the journal *Critical Care Nurse*. She recently began Duke University School of Nursing's doctor of nursing practice degree program. She and her husband Marty have an 8-year-old daughter and live in Raleigh.



Emily Lauren McClung, MSN'02, teaches BSN students at Hiram College in Ohio, and her study abroad course to Zambia has helped convert a few science majors to public health. She is pursuing a PhD in nursing degree at Saint Louis University, where she is a Jonas Scholar. McClung and her husband adopted two children, Lauren Pilar, 7, from Costa Rica and Daniel Gedion, 3, from Ethiopia. They live in Ravenna, Ohio.



Scarlet Brammer Dial, BSN'03, MSN'07, works at Integrative Physicians, a small private family practice in Durham, N.C. In 2012, she took her first short-term medical mission trip to Southeast Asia, where she spent 10 days as one of three medical providers serving rural communities. She and her husband have two children and live in Durham.

Caryn Bowden Kubelka, MSN'03, is in her eighth year at Wilmington Health Pediatrics in Wilmington, N.C. She also serves as a preceptor for Duke, UNC-Wilmington, UNC-Chapel Hill, George Washington University, and the Medical University of South Carolina. She and her husband have three children.

Amanda Winslow Yopp, BSN'05, MSN'08, helped start the STEP Center at College of the Albemarle in Elizabeth City, N.C., promoting the transition of RNs to BSNs or MSNs and encouraging nurses at all levels to continue their education. She teaches nursing at the college and is a nurse practitioner at Albemarle Nephrology. She and her husband Everette Douglass Yopp Jr. have two children.

Bridgette Helms Vest, MSN'05, of Salem, Va., works as a nurse practitioner in mental health, primarily in the area of substance abuse. She also is a tobacco cessation program coordinator. In 2013, she earned a doctor of nursing practice degree from the University of Virginia and presented her research at multiple conferences. She and her husband, Robert Stuart Vest, have three sons.

Elizabeth G. Berkowitz, MSN'07, is a senior analyst on the clinical documentation team at Children's Hospital of Wisconsin. She has helped two major pediatrics hospitals go live on electronic health record systems. She lives in Milwaukee.

Dee B. Eadie, MSN'08, and her husband plan to move to Abu Dhabi, UAE, where she will be director of operations at Corniche Hospital, part of Johns Hopkins Medicine International. She writes, "I am sure I will encounter cultural differences in nursing practice and look forward to expanding my skills—all on the foundation of a great education at Duke!"

Monica McKitterick, MSN'08, works at a family medicine and internal medicine office for a large health system in Albuquerque, N.M., where she lives. She is pursuing a nursing faculty and education role at Drexel University. She is engaged to be married in June 2014.

Tara Ringer Cronlund, BSN'08, is a registered nurse and an international board-certified lactation consultant at the Newborn Critical Care Center at UNC Children's Hospital. She and her husband Michael have a daughter, almost 2, and live in Raleigh.

Lena Greene Capps, MSN'08, is a senior nursing faculty member at Caldwell Community College in Hudson, N.C. She currently is under contract with a publisher to write a pharmacology textbook for CPN and ADN nursing students. She has two daughters.

Pamela Moore, MSN'08, has been leading core measure initiatives in pneumonia and VTE and is now training as a surgical clinical reviewer for the American College of Surgeons National Surgical Quality Improvement Program. She lives in Wilmington, N.C., and is working as an outcomes manager overseeing quality and patient safety.

Peggy Nicholson, BSN'08, recently graduated from UNC-Chapel Hill's master's degree program as a family nurse practitioner. She lives in Durham and is conducting a job search.

D. Mark Waters, C'09, works as a palliative care nurse practitioner for the inpatient programs at Duke University Hospital and Duke Regional Hospital and at the palliative care clinic in the Duke Cancer Institute. He enjoys spending time with his three dogs and three cats, cooking, reading, and making art.

2010s

Wendy Martin Fields, BSN'10, is finishing her master's degree studies at UNC-Chapel Hill in the family nurse practitioner program. Her article, "Reproductive Loss in Lesbian Couples," is to be published in *The American Journal of Maternal Child Nursing*. She and her partner April welcomed their third child last December. They live in Durham.

Lauren Jackson, BSN'10, will be wrapping up her MSN degree at Duke in December 2013. She works in the Pediatric Intensive Care Unit at Duke University Hospital.

Clay Ditty, MSN'11, is a critical care nurse practitioner with East Carolina Heart Institute's Intensivist Group. He lives in Saxapahaw, N.C.

Courtney P. Fletcher, BSN'08, MSN'11, is a family nurse practitioner in Cary, N.C. She is training to run a marathon. She and her husband have two dogs and two cats and live in Apex.

Hayley Henderson, BSN'11, is working as a nurse in the Neurosurgical Intensive Care Unit at Georgetown University Hospital. She lives in Bethesda, Md.

Christine Kosel Lund, MSN'11, is working part time as a pediatric nurse practitioner in an outpatient pediatric clinic, where she helps people with obesity and asthma adopt healthy behaviors. Her endodontist husband serves in the U.S. Army. They have a young daughter and live in Savannah, Ga. Lund had planned to run her fourth half-marathon in November.



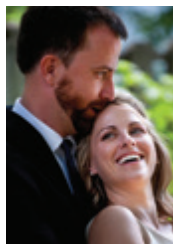
Jill Kerr, DNP'11, is pausing after 30 years as a family nurse practitioner to co-author a chapter for the *American Academy of Pediatrics Textbook of Pediatric Care*, with her husband David Steffen, PhD, and Jonathan Kotch, MD, both of the UNC School of Public Health. Kerr and her husband have four grown daughters and live in Carrboro.

Geneva Marie Baxley, BSN'11, was presented with the Daisy Award for Excellence in Nursing at Beaufort Memorial Hospital in Beaufort, S.C. She serves on the Nursing Peer Review Committee there. She also operates a photography business specializing in small Southern weddings. In April 2012, she married Luke Baxley, MD. They live in Beaufort with their dog, Sydney.

Susan Chambers, BSN'11, is engaged to Rob Hamilton with plans to be married in September 2014. She works as a clinical nurse II on the Pediatric Medical Surgical Floor at Duke University Hospital and serves on hospital and pediatric clinical practice committees. She is precepting PNAs and senior nursing students. She lives in Raleigh.

Amanda Romani, BSN'11, is working on the medical/oncology floor at Duke Raleigh Hospital. She is chemotherapy-certified and is studying to take the oncology certification test. She recently completed her seventh marathon. She and her rescue dog live in Raleigh.

Faith Selchik, BSN'11, is working as an RN in the oncology multispecialty infusion clinic at Yale-New Haven Hospital (Smilow Cancer Hospital) in New Haven, Conn. She is in the final year of the MSN degree program at Yale University, where she is studying to be an adult oncology APRN. She is the recipient of an American Cancer Society Graduate Nurse Scholarship, and she spends her free time as a long-distance runner.



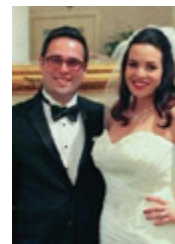
Ellen Byars, BSN'12, a nurse in the mother-baby gynecology unit at Duke Regional Hospital, married Scott Sellers on August

10, 2013. Ellen also is the women's service line blog writer for the hospital. The couple lives in Durham.

Vanessa Etheridge, BSN'12, is precepting a new graduate RN and fellow Duke alumna at Johnston Memorial Hospital in Smithfield, N.C., where she works as a fulltime staff RN on a medical-surgical unit. She and her husband John live in Raleigh with "a geriatric cat and dog."

Michelle Greenspan, BSN'12, is a staff nurse at Nemours/A.I. duPont Children's Hospital in Wilmington, Del. She works primarily in the surgical unit but also sees a good mix of medical patients. She lives in Bala Cynwyd, Pa.

Randall L. Morris, MSN'12, has been promoted to compliance officer with the U.S. Food and Drug Administration's Office of Regulatory Affairs, Florida District Office. He and his wife Tracie have two daughters and live in Oviedo, Fla.



Kristin Whitcomb Shtulberg, PMC'12, and Semyon Shtulberg were married on New Year's Eve 2012 and are expecting their first child in January 2014. Kristin is a stroke program coordinator at Rush University Medical Center, where she works



Alumna Gets 'Engage'd in Building Health Clinic, Hope in Uganda

Katie Clark, MSN '11, spent two months participating in a DukeEngage project in Uganda, helping to staff one health clinic and build another. Clark traveled to the small Ugandan village of Kaihura along with her husband, **Stephen, E'08, G'10, PhD'13**, who recently graduated with a PhD in mechanical engineering from Duke; 15 Duke undergraduates; and program coordinator **David Schaad, PhD'98**, a professor of the practice of civil and environmental engineering at Duke.

The mission of Duke Engage is to empower students to address critical human needs through immersive service, providing meaningful assistance to communities in the U.S. and abroad.

The Duke students worked alongside members of a non-governmental organization and assisted with a variety of projects, including teaching different subjects in a K-8 school and assisting in an orphanage and in a community health clinic. Clark, who studied primary care pediatrics at Duke University School of Nursing, spent a lot of time helping out at the village health clinic. The nearest major medical center is four hours away in Kampala, the capital of Uganda.

"The clinic was quite challenging in that they had very few resources. It is hard to diagnose a patient with a fever when really there are only three tests they can do—rapid HIV screen, typhoid, and malaria tests. Truly



"This was really rewarding. We started with a field, and after eight weeks we had all of the walls completely constructed up to the roof."

KATIE CLARK



that is all. Almost every patient gets antibiotics regardless but only if they can pay for them, which many cannot, so they go home without anything at all," Clark says. "It's difficult to know what and how simply things can be treated in the U.S. and to watch people suffer and even die from preventable causes."

The group also helped build a six-room schoolhouse that was designed by Duke students as part of a spring semester civil engineering course.

"This was really rewarding. We started with a field, and after eight weeks we had all of the walls completely constructed up to the roof," Clark says. "It was physically really hard work. We dug trenches, mixed concrete by hand, and laid lots of bricks. It was awesome, though, to see it progress!"

The group shared a house with separate bedrooms for males and females. There was no electricity in the village, but they had running water, which is uncommon in the village.

This is not the first time Clark has been to Uganda. She was in the country for two weeks in 2008 as part of a joint program between the UNC School of Nursing and Duke Medicine. As a student nurse, she joined a group of neurosurgeons, anesthesiologists, and nurses who volunteered at the main hospital in Kampala to perform neurosurgeries.

— ELLEN JAMES

with the Joint Commission to ensure the hospital maintains standards for stroke patients. The couple lives in Chicago.



Ariella Singer, BSN'12, at left in photo, is working as a registered nurse in the In-patient Bone Marrow Transplant Unit at Presbyterian/St. Luke's Medical Center in Denver, Colo. Earlier this year she ran her first half-marathon and was scheduled to

run her second this fall. She lives in Denver.

Kristin Brooks, MSN'13, is a certified registered nurse anesthetist at UNC Health Care. She and her fiancé Christopher Lee Carver will be married in June 2014 in St. John, Virgin Islands. They are building a new home and live in Cary, N.C.

Ebonitta Boykin, BSN'13, is working at Strategic Behavior Center psychiatric treatment facility in Raleigh. She helps to ensure the health and safety of adolescents diagnosed with mental health disorders in the acute and residential units. She lives in Fayetteville, N.C.

Mika Glines, BSN'13, is working as a registered nurse in the Children's Emergency Department at WakeMed Hospital in Raleigh, N.C., where she lives.

Crystal Hambley, MSN'13, is a nurse practitioner at the Target clinic in Durham. She is on course to graduate next year with a Doctor of Nursing Practice degree from Duke University School of Nursing. She and her husband also work with the local homeless community.

Virginia Berry, BSN'13, started work in the Neuro ICU Unit at Duke University Hospital, just three months after graduating.

Rachel Faight, BSN'13, is doing an emergency department residency at Cape Fear Valley Medical Center. Her husband Jeremiah is on active duty in the U.S. Army, stationed at Fort Bragg. They have two sons.

obituaries

Frances "Betsy" Babb Andrews, BSN'41, of Lake Junaluska, N.C., died June 20, 2013. She was 93. After nursing school, she taught nursing students at Duke, where she met and married **Joseph Russell Andrews, D'42**, a divinity student. He went on to become an Army chaplain, and as a chaplain's wife and mother, Betsy was actively involved in the various communities in which they lived. Joseph preceded her in death in 2007. She is survived by three daughters, six grandchildren, and six great-grandchildren.

Jessie Marion Wall McCoy, BSN'43, of Atlanta, Ga., died October 29, 2013. She was 92. She served as a missionary in China and Brazil. Her final mission before retiring was as a public health nurse in Montclair, N.J. While in that position in the 1970s and 1980s, she was a pioneer in hospice nursing, having gone to patients' homes to support families throughout the death of their loved ones. She was preceded in death by her husband, **Rev. Lewistine Martin "Mac" McCoy, D'44**, and a son. She is survived by four children, 10 grandchildren, and eight great-grandchildren.

Marian Meeks Macek, BSN'43, died July 17, 2013, in Atlanta, Ga. She was 91. A native of Nicholls, Ga., she served as a flight nurse in the 830th Air Evacuation Squadron in the Pacific Theater, leaving the U.S.

Army with the rank of captain. She and her husband Col. Kenneth T. Macek lived both stateside and overseas throughout his Army career. She spent her later retirement years in Franklin, N.C. Macek was preceded in death by her husband and is survived by her four children.

Lucille Hildreth Garvin, N'44, of Easley, S.C., died June 26, 2013. She was 90. Her early career included serving in the U.S. Army. An active member of her church, she served on the board for the Salvation Army and volunteered with Meals on Wheels. She is survived by a son, a daughter, four grandchildren, and six great-grandchildren.

Mary Elizabeth "Bettye" Bates Milliken, N'46, EdD, died September 8, 2013, in Athens, Ga. She was 90. Her career included working briefly at the N.C. Department of Public Instruction before taking a post at Marshall University in Huntington, W.Va. In Raleigh, she led a campaign to require licensing for practical nurses, and at Marshall, she established a graduate program in health occupations teacher education. She later established a similar program at the University of Georgia in Athens. She retired from the university as a full professor in 1987. Dr. Milliken was preceded in death by a daughter. She is survived by her other four children, nine grandchildren, and four great-grandchildren.

Sarah Bond Tompson, N'45, BSN'47, died October 9, 2013, at her home in Hockessin, Del. She was 90. After nursing school, she remained at Duke for two years, teaching anatomy and physiology. After marriage, she moved to Wilmington, Del., where she became an active volunteer in many areas of the community. She is survived by her husband of 64 years, **Reade Y. Tompson, PhD'45**; three daughters; four grandchildren; and two great-grandchildren.

Virginia Davis Warlick, N'45, of Kingston, Tenn., died May 17, 2013. She was 90. She was a homemaker, neighborhood nurse, and homeroom mother at Kingston public schools until she resumed her professional nursing career in 1968. She held various administrative positions at Harriman Hospital until retiring in 1985. She is survived by her husband of 67 years, **George Warlick, G'50**; three children; seven grandchildren; and one great-grandson.

Betsy Johnson Wicker, N'47, of Chapin, S.C., died September 26, 2013. She was 88. She was a nurse at Rex Hospital in Raleigh for many years and completed her nursing career at the infirmary at St. Mary's College. She was predeceased by her husband of 58 years, Carl Elbert Wicker Sr., she is survived by two sons, a daughter, seven grandchildren, and one great-grandchild.

Ruth Guenther Anderson, N'52, died October 18, 2013, in Fort Myers, Fla. She was 90. She worked in St. Petersburg for many years as a registered nurse before joining Pinellas County Health Department. She retired in 1983 and remained active as a volunteer at Citrus Memorial Hospital. She was preceded in death by her husband Donald "Andy" Anderson. She is survived by a daughter and a son.

Neva Webb Larson, N'55, of Saline, Mich., died August 26, 2013, after a long struggle with Parkinson's disease. She was 84. Over the years, she worked in nursing and nursing education in Ann Arbor, Mich. She also was active in her church, public school events, and Cub Scouts. She is survived by her husband Richard W. Larson and her son Scott.

Nancy Gray Powell, BSN'62, died April 25, 2013, at Croasdaile Village Retirement Community in Durham. She was 71. She worked as a registered nurse at Duke University Medical Center. She is survived by her husband, **Earl Powell, G'67**; three daughters; three grandchildren; and numerous nieces and nephews.

Alice Betts Slater, BSN'63, of New Market, Md., died July 7, 2013, at home. She was 72. She was an assistant professor of psychiatric nursing in the graduate program of nursing at the University of Maryland in Baltimore. In later years, she was an antiques dealer, specializing in 18th- and 19th-century American painted furniture, primitives, and accessories. She is survived by her husband of 49 years, **Mark, T'61**.

Holly Skodol Wilson, BSN'64, of Boulder, Colo., died September 4, 2013. She was 70. She was a professor and associate dean in the School of Nursing at the University of California, San Francisco. Wilson was recognized for her award-winning textbooks in psychiatric diagnostic systems and her advances in educational strategies and theories. For more than 30 years, she lived in Mill Valley, Calif., until moving to Boulder in 2010. She is survived by three daughters and five grandchildren.

Joan Marie Logan, BSN'71, of Belmont, Calif., died November 17, 2013. She was 64.

Jacqueline Fowler Byers, BSN'78, of Oviedo, Fla., died June 18, 2013, from complications associated with chronic illness. She was 56. Byers held a variety of nursing positions throughout her career. She spent seven years at Orlando Health in leadership roles, including education specialist, and director of research. She served as a professor at the University of Central Florida College of Nursing from 1998-2012. She also held clinical positions at Duke University Hospital. She is survived by her husband Rob, two sons, two sisters, a brother, and her mother.

Martha H. Cox, MSN'96, of Creedmoor, N.C., died October 2, 2013, after battling ovarian cancer for 15 years. She was 67. She was an intensive care unit nurse at Duke University Medical Center for 36 years. During her battle with cancer, she counseled many other cancer patients, encouraging them to face their own illness. She is survived by her husband of 33 years, Joseph B. Cox Sr.; a daughter; a son; and two grandchildren.



Scholarships Put Duke Within Her Reach

Shedeline Charles faced challenges growing up.

The daughter of Haitian immigrant parents who didn't have the opportunity for an education beyond second grade, she lived in a low-income neighborhood and experienced frequent hospitalizations due to sickle cell disease.

But Charles always set high goals for herself and they paid off. She received a full-tuition scholarship to the University of Florida. Later, she attended a summer program at Duke University School of Nursing aimed at increasing diversity.

"I knew a great education at a stellar school was well within my reach, regardless of cost," says Charles.

She applied and was accepted at Duke, with two scholarships—a source of pride and relief. She will graduate in 2014 and plans to work as a professional nurse, become an advocate for sickle cell patients, and one day earn an advanced degree.

"I am only one of many Duke nursing students whose dreams of becoming the best providers and leaders possible are bolstered by scholarships," says Charles.

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Leave Your Mark

Alumni and friends have the opportunity to leave a unique and lasting mark on the Christine Siegler Pearson Building's new addition in the form of personalized engraved benches and pavers.

Stone pavers and cherry benches will be installed in and around the new addition, which is scheduled for completion in February. With a gift of \$5,000 (or \$6,000 after June 1), you can have your name and a brief message engraved on a bronze nameplate affixed to one of the benches. Gifts of \$500 will be recognized with the donor's name and message on a paver. With a \$250 gift, you can also dedicate a chair in the existing auditorium, located in the main wing of the school.



Whether you choose to show your support with a paver, bench, or auditorium chair, making such a gift is a great way to have a permanent impact on our rapidly growing school and the nursing leaders of tomorrow.

ENGRAVED NAMEPLATE – BENCH:

\$5,000 gift (\$6,000 after June 1)
Your name and brief message on one of 10 available benches

ENGRAVED STONE PAVER:

\$500 gift
Your name and a brief message on one of 15 available stone pavers

ENGRAVED NAMEPLATE – AUDITORIUM CHAIR:

\$250 gift
Your name on one of 40 chairs available in the Peter and Ginny Nicholas Auditorium

To learn more about these and other naming opportunities in the school, please contact Fran Mauney at 919-385-3149 or frances.mauney@duke.edu.

