

VILLANOVA NURSING

FALL 2004

A PUBLICATION OF THE VILLANOVA UNIVERSITY COLLEGE OF NURSING



**A Center of Excellence:
An Environment
for Learning**

Mark your calendar!

For more information on these upcoming events, call (610) 519-4900 or visit www.nursing.villanova.edu.

Fall 2004

- October 24** Alpha Nu Chapter of Sigma Theta Tau International induction brunch
- October 31** Undergraduate information session for prospective high school students
- November 9** Nursing Alumni Reception and 27th Annual Distinguished Lectureship "Waltzing the Reaper," a play performed by Judith Gantly (see box).
- December 9** Health and Human Values Lecture Series: Dr. Sarah Kagan, Ph.D., R.N. "Disease and Disability in an Aging Society"

Spring 2005

- February 24** Health and Human Values Lecture Series: Carol Taylor, Ph.D., R.N., CSFN, "Bioethical Concerns of Chronically or Critically Ill Patients"
- March 15** Graduate Open House for prospective students
- March 31** College of Nursing-Alpha Nu Chapter Research Symposium
- April 3** Nursing Alumni Society Graduation Tea
- April 9** College of Nursing Annual Mass and Awards Ceremony
- April 24** Undergraduate information session for prospective high school juniors
- May 21** College of Nursing Convocation, Villanova University Baccalaureate Mass
- May 22** Villanova University Commencement

An Invitation to Our Annual Distinguished Lecture in Nursing

You are cordially invited to the 27th Annual Distinguished Lecture in Nursing, co-sponsored by the College of Nursing and Alpha Nu Chapter, Sigma Theta Tau International. This year, the lecture is a one-woman play by P. Paulette MacDougal. In *Waltzing the Reaper*, actress Judith Gantly presents a powerfully moving and humorous look at the patient and caregiver journey through the dying process and the last opportunities to mend relationships. Gantly, trained at the American Academy of Dramatic Arts in both acting and voice, has performed around the country. Join us for this unique experience, which is sure to stimulate conversation.

Tuesday, November 9

7:30 p.m.

Villanova Room, Connelly Center

Connect with faculty and alumni during a reception preceding the play, in the President's Lounge, Connelly Center at 6 p.m. This event is supported by a grant from the Johnson & Johnson Family of Companies.

For more information, call (610) 519-4900.



Actress **Judith Gantly** on November 9 will present a one-woman play, *Waltzing the Reaper*, which examines the patient/caregiver journey.

VILLANOVA NURSING

Vol. 24, No. 1 Fall 2004

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On the Cover:

(From left) Scenes from the College of Nursing's excellent programs that have earned it a national honor: Maria Angelo, M.S.N., R.N. has changed clinical paths to study in the Nurse Anesthetist Program. The first class of Ph.D. students began in June with an intensive summer session. And during her sophomore year, Kristen Doctor '05 B.S.N. (left) practiced her clinical skills using the state-of-the-art SimMan™ patient simulator, with guidance from instructor Mary Gallagher '69 B.S.N., M.S.N., R.N.

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Editorial Board:

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Vital Signs at the College

Dear Alumni and Friends of the College of Nursing:

Our news is all good! The College of Nursing has received a special national recognition. Applications are robust from highly qualified students. New programs are thriving. Faculty scholarship has increased. And the Connelly Endowment is having a significant positive effect on our ability to advance programs and develop faculty, students and resources crucial to supporting learning and teaching quality. And there are more scholarship funds available for our students in all programs.

The special national recognition we were delighted to learn about is that the College has been named a Center of Excellence in Nursing Education. This new designation by the National League for Nursing (NLN) recognizes schools of exceptional quality.

Among the other stories we are highlighting in this issue is how the College of Nursing is responding to the continuing acute national shortage of well-qualified nurses. Our year-old accelerated 14-month program (*BSNExpress*) for degree holders in other disciplines in August graduated its first cohort of 23 students, and enrolled 35 more last May. Enrollment in our master's degree program continues to increase. The College also is responding to the diminishing number of prepared faculty for schools of nursing. At the inauguration of our Ph.D. program in June, we enrolled 12 well-qualified candidates, three of whom are African-American.

Our traditional undergraduate program welcomed 103 freshmen in August. Our target, given the available resources, was 80 students. The criteria for admission—and the applicants who qualify—continue to increase in quality, and more applicants than we anticipated accepted our invitation. In addition, more well-qualified transfer students, from within and outside the University, are enrolling in our College and are viewing nursing as an attractive career path.

International students comprise the largest group of college graduate nurses returning to complete the B.S.N., and a steady stream of international students populates our master's program. Our relationship with the Oman Ministry of Health has just marked its 10th anniversary, and the Ministry of Health continues to support both undergraduate and graduate students in our programs for full-time study.

Our faculty are increasingly involved in scholarly activities, particularly in research. This complements all our programs, especially the Ph.D.

The academic year 2003-04 was the first in which we had the benefit of the Connelly Endowment for Nursing. Already, this gift has made a huge difference in our ability to advance our Strategic Plan. We made use of the resources to help develop the doctoral program, to support faculty and student development activities, to launch the use of PDAs in the clinical setting, and



(through the Connelly–Delouvrier International Scholarship Program for Nursing Students) to help support multicultural and international experiences for more than 30 Nursing students. These Connelly–Delouvrier Scholars undertook clinical practica in Peru, Nicaragua and at a family birth center on the Texas-Mexico border, and took part in clinical visits in Ireland. We are most grateful to have the Connelly Endowment, which permits us to move forward and to increase the quality of our endeavors.

Student financial aid is of great importance in all schools of nursing. This year, in addition to the assistance available through the University, our students are benefiting from special awards provided by the Pennsylvania Higher Education Foundation Nurse Education Grant Program. Grants to Pennsylvania's schools of nursing will assist undergraduate and some graduate students.

Independence Blue Cross of Philadelphia has made \$3 million in grants available to local schools of nursing (on a competitive basis) over a three-year period to assist in preparing faculty members in nursing. The timing could not be better for us, because all of our doctoral students and some of our master's degree candidates are preparing for careers in higher education. As a result, a number of our doctoral students are receiving funding that will permit them to move through the program more quickly.

To build on these strengths, the College needs your support. We now have a development officer assigned to the College: Lauren Harrar is a capable and energetic young woman who is getting to know us well and is eager to get to know you. I hope you will welcome her and seriously consider what might be possible for you to do to strengthen your support for the College and include it in your family's charitable giving.

Most of all, we ask for your continued interest in us, and we thank you for your loyalty, your assistance in recruiting new students and your participation in alumni activities. We look forward to the day when we can announce that arrangements are in motion to improve facilities for the College. Hopefully, it will be soon. In the meantime, rest assured that our programs are thriving.

Sincerely,

A handwritten signature in blue ink that reads "M. Louise Fitzpatrick". The signature is written in a cursive style.

M. Louise Fitzpatrick, Ed.D., R.N., FAAN
Connelly Endowed Dean and Professor

New Ph.D. Program Will Address Shortage of Nurse Educators

By Nancy C. Sharts-Hopko, Ph.D., R.N., FAAN



The Ph.D. students who took part in the program's intensive summer session brought a diversity of life and nursing experiences that led to lively class discussions. The students use distance learning technology as a tool in their education.



Members of the inaugural class of the College of Nursing's doctoral program gather with several faculty members. (Front row, l-r): Janet E. Fogg, M.S.N., R.N.C.; Bonnie Baloga-Altieri, M.S.N., R.N., CNAA; Nancy C. Sharts-Hopko, Ph.D., R.N., FAAN, director of the Doctoral Program; Marguerite K. Schlag '68 B.S.N., Ed.D., R.N., assistant dean and director of the Graduate Nursing Program; Amy E. McKeever, M.S.N., R.N., CRNP; and Michele L. Damas '93 B.S.N., M.S.N., CRNP. (Back row, l-r): Ruth McDermott-Levy '96 M.S.N., R.N.; Joanne Schwartz, M.S.N., CRNP; Kisha M. Lawson '93 B.S.N., M.S.N., CPNP; Cathy Poillon Lovecchio '85 B.S.N., M.S.N., R.N., director of Villanova's Center for Health and Wellness Education; Amy R. Wishner, M.S.N., R.N.; Deatrah DuBose, M.S.N., R.N., ACNP-C; Anne M. Fink, M.S.N., R.N.; and Ruth Crothers, M.S.N., APRN-BC, CNOR.

The College of Nursing started the summer with plenty of excitement as it inaugurated its doctoral program with the first class of 12 students, who arrived on campus June 1. This innovative Ph.D. program to prepare nurse educators includes an intensive summer session, followed by distance learning education during the fall and spring semesters.

Joining me in warmly welcoming the doctoral students were Connelly Endowed Dean and Professor M. Louise Fitzpatrick, Ed.D., R.N., FAAN and Marguerite K. Schlag '68 B.S.N., Ed.D., R.N., assistant dean and director, Graduate Program. The administrators and faculty look forward to interacting with the students and using distance learning technology as part of their education.

Distance learning is still an unconventional tool in graduate nursing education, though it is no longer a radical departure. Duquesne University, the pioneer, celebrates its online nursing doctoral program's 10th anniversary this year. For nearly that long, the Big Ten's Indiana University has offered the M.S.N. using a distance learning format.

One feature that makes Villanova University's program unique is the use of LearnLink® technology, which places Web cameras and microphones at the computer of each seminar participant to enable faculty and students to engage face-to-face electronically as needed. The group can access documents or PowerPoint® presentations while communicating together.

Faculty involved in planning this program have been attentive to issues of quality, innovation, socialization and the "personal touch" for which Villanova is recognized. Assistant Professor Marcia Costello, Ph.D., R.D. was one of the first faculty members at Villanova to offer an online course, and other Nursing colleagues quickly followed.

The College is building on a 25-year heritage of preparing nurses as educators at the graduate level and 51 years of preparing nurses at the undergraduate level. Dean Fitzpatrick has been a national leader in this aspect of nursing education, serving on the boards of both the National League for Nursing (NLN) and the American Association of Colleges of Nursing (AACN). Ever since the inception of the

Pennsylvania Higher Education Nursing Schools Association (PHENSA), she has been an active member. She recently served as president of this organization, which promotes the interests of nursing education.

Given the College's strengths and experience, it was a logical step for Villanova to address the national shortage of R.N. educators. Two-thirds of the 25,000 in this faculty pool will be eligible to retire in the next six to eight years. Despite a severe shortage of nurses available to provide health care, U.S. nursing schools had to deny admission to 11,000 potential nursing students because of the lack of faculty to teach them, AACN reported in the past year. And just 40 percent of current new doctorally prepared nurses seek positions in higher education.

Moreover, AACN has noted that the cadre of nurses with graduate degrees who have preparation for teaching has shrunk in recent years as graduate programs have had to emphasize the need for advanced clinical practitioners, such as nurse practitioners and nurse anesthetists. Four years ago, to address this challenge, NLN partnered with Villanova to begin its program of summer faculty development institutes to help nurses in educational settings develop skill sets related to teaching.

The 12 Ph.D. students who began their studies in June at Villanova were selected from among more than 40 applicants. They bring a wealth of expertise to their studies. Most are already teaching in higher educational settings, while the others come from clinical practice or administrative positions. This initial group happened to come from within a two-hour radius of Villanova, enabling faculty and staff to perfect their distance learning methods before working with students located in different time zones. While this group of students was strongly attracted to the convenience of a distance program, they are also pleased to be residing near the campus and the faculty. Living nearby "will make it possible to supplement the online courses with seminars and related opportunities for these students to come together, in addition to the brief, required residency period in the summer," Fitzpatrick pointed out.

The first class ranges in age from 29 to 51, and one-fourth represent diverse populations. Several had earned their M.S.N. degrees at the University of Pennsylvania. The doctoral faculty are excited that the vast, diverse professional and life experiences represented among these students will generate lively discussions throughout their courses.

One strong commonality among the



students is their commitment to providing quality educational preparation to the next generation of nurses. Kisha M. Lawson '93 B.S.N., M.S.N., CPNP is a pediatric nurse practitioner who most recently worked with ventilator- and tracheotomy-dependent patients at The Children's Hospital of Philadelphia. Lawson notes, "I have always valued education, and recognize the impact it has had on my personal life and professional career... Moreover, I am confident that my undergraduate and potential graduate experience with Villanova's

educational role, 24 credits provide the program's research backbone and nine credits cover broad issues in health care. These include quality concerns, staff shortages across the health professions, the impact of globalization, social justice concerns, and health-care access barriers related to socioeconomic status and cultural diversity.

The doctoral program "gives equal emphasis to scholarship and advanced preparation in the profession," according to Fitzpatrick. "The program's content covers higher education, curriculum

The doctoral program "gives equal emphasis to scholarship and advanced preparation in the profession."

— Connelly Endowed Dean and Professor
M. Louise Fitzpatrick, Ed.D., R.N., FAAN

approachable faculty and the supportive sense of family will enable me to guide underrepresented minority and male nurses in their professional development and career advancement."

Lawson's classmate, Janet E. Fogg, M.S.N., R.N.C., teaches at the Penn State University School of Nursing and is a certified neonatal nurse who cares for young patients at the Penn State Milton S. Hershey Medical Center. Fogg observes, "When I completed my master's degree in nursing in 1988, I thought that I would never go back to school...[but] I love teaching and working with students. During the past eight years of working in an academic setting, I have come to appreciate the immense value of doctoral study." She adds, "The Ph.D. program in Nursing at Villanova University is ideally suited to my career goals. I believe that this program's focus on both research and education would best help me to achieve my goals for a career in the academic setting."

The 51-credit doctoral program, which culminates in a dissertation, provides opportunities for all students to develop expertise in two areas: nursing education and research. Eighteen credits focus on development of the

development, outcomes evaluation and teaching/learning strategies."

The varied research interests of these Ph.D. students are centered on teaching-learning processes as they relate to health or educational outcomes. These graduates will be well-positioned to assume tenure-track positions in higher education, to design rigorous studies of educational strategies to meet the needs of an increasingly diverse student population and to design clinical studies. Such studies are especially important as the health-care system relies increasingly on home- and community-based care with heavy dependence on patients and their families as integral members of the team providing interventions.

Nancy C. Sharts-Hopko, Ph.D., R.N., FAAN is a professor in the College of Nursing and director of the Doctoral Program.

For more information about the Ph.D. program, visit www.nursing.villanova.edu/PhD or call (610) 519-4900.

College Earns Center of Excellence Designation from National League for Nursing

The College of Nursing proudly announces its designation as a Center of Excellence in Nursing Education by



the National League for Nursing (NLN). The College was granted the designation for “creating environments that enhance student learning and professional development.” College representatives accepted the honor at the NLN Education Summit in Orlando, Fla., on October 1.

Inaugurated this year, Center of Excellence is a new designation from the NLN, which is the oldest professional nursing organization in the country that has nursing education as its primary concern. The designation is separate from accreditation and identi-

fies schools of exceptional quality. Each school’s application undergoes peer review. Designation is approved by the Executive Committee of NLN’s Nursing Education Advisory Council.

“This designation validates the quality of a Villanova Nursing education and the importance of scholarly teaching by our faculty,” explains Connelly Endowed Dean and Professor M. Louise Fitzpatrick, Ed.D., R.N., FAAN.

In pursuing distinction as a Center of Excellence, the College successfully met six criteria:

- Research is used to develop innovative program designs that meet each student’s learning needs and the health-care needs of the surrounding community.
- Dynamic, flexible curricula provide students with the opportunity to pursue individual interests as they learn the practice of nursing.
- Faculty and students collaborate to ensure creative, individualized and evidence-based practice education.
- Mutual respect and trust are evident between and among faculty and students.
- Faculty and students are involved in their community and in the profession through local, regional and national forums.
- Faculty are helped to develop new pedagogies that create and sustain dynamic learning environments.

The College of Nursing demonstrated high standards and commitment to these ideals across its bachelor’s, master’s and doctoral degree programs.

Villanova Nursing’s core values, strong advising system, faculty practice, research, student leadership cultivation, innovative programs, local and international community involvement and service learning, as well as its distinguished alumni, faculty and students, all reflect the College’s more than 50-year commitment to nurturing a creative environment for student development.

For more information about the College of Nursing and its fully accredited programs, visit www.nursing.villanova.edu.



Nursing administrators take pride in the College’s new designation as an National League for Nursing Center of Excellence. With Connelly Endowed Dean and Professor M. Louise Fitzpatrick, Ed.D., R.N., FAAN (center) are (from left) Marguerite Stuhler Schlag ’68 B.S.N., Ed.D., R.N., assistant dean and director of Graduate Nursing; Rose O’Driscoll ’64 B.S.N., M.S.N., R.N., assistant dean for administration; M. Frances Keen, D.N.Sc., R.N., assistant dean and director of Undergraduate Nursing; and Lynore DeSilets, Ed.D., R.N., BC, assistant dean and director of Continuing Education in Nursing and Health Care.

Seniors Present Scholarly Papers on Health Issues

BY CAROL TOUSSIE WEINGARTEN, PH.D., R.N.

Seven senior Nursing students presented three papers at the March 24 Elizabeth Cady Stanton Research Conference, sponsored by Villanova University's Women's Studies Program. The annual conference, open to all undergraduate and graduate students, encourages scholarship and research in women's and gender studies.

Instead of a traditional course assignment, the nursing students elected to develop their papers in a format that would qualify for this major scholarly conference on campus.

The students based their papers on health promotion projects that they had helped design and implement during their six-week rotation at Villanova's Center for Health and Wellness Education. The rotation was part of their senior Health Promotion and Community Health clinical practicum. Joining me in guiding the students in this clinical practicum were Cathy Poillon Lovecchio '85 B.S.N., M.S.N., R.N., the Center's director, and Stacy Andes, assistant director.

The paper presented by Cristin Famularo '04 B.S.N., Robin Kaminski '04 B.S.N., Kelly Ryan '04 B.S.N. and Lauren Salvucci '04 B.S.N. dealt with date rape drugs and Spring Break safety issues for young adult

college women. Erin Brand '04 B.S.N. and Katie O'Connor '04 B.S.N. focused on calcium intake and caffeine consumption in young adult college women. And Maria McCann '04 B.S.N. wrote about fad and extreme dieting in young adult female athletes.

The experience of researching a topic, writing and then presenting a scholarly paper at an interdisciplinary student conference is great preparation for continued scholarship and professional involvement after graduation. Non-nurses at interdisciplinary conferences also have the opportunity to learn more about nursing scholarship. The College is proud of these Class of 2004 graduates and their accomplishments.

Carol Toussie Weingarten, Ph.D., R.N. is an associate professor in the College of Nursing. She teaches the Health Promotion and Community Health clinical practicum.



The experience of researching a topic, writing and then presenting a scholarly paper at an interdisciplinary student conference is great preparation for continued scholarship.

32 Nursing Students Benefit from Connelly-Delouvrier Program

During the College of Nursing's 50th Anniversary gala on April 26, 2003, a \$4 million endowment from the Connelly Foundation was announced to support initiatives in the College. Part of that funding was directed toward establishing the Connelly-Delouvrier International Scholars Program for Nursing Students.

The College is pleased to announce that because of this program, 32 undergraduates were able to undertake travel to pursue international and multicultural study opportunities. They traveled to Galway, Ireland; Weslaco, Texas; Waslala, Nicaragua; and Chulucanas, Peru.

In Nicaragua, four Nursing seniors and two faculty members on a Spring Break service learning trip made home visits and taught community health workers in an agricultural area with no plumbing, running water or electricity. To reach a natural medicine clinic in a remote village, they ventured by truck and then for four hours on foot.

In Galway this past summer, 16 Nursing undergraduates received a three-week introduction to Irish health care. The special elective included classroom instruction and clinical visits and the chance to be paired with nurses there, as well as observations at the National University, Galway.

The College looks forward to a future with even more exciting opportunities for students to broaden their education and understanding of nursing. In 2004-05, two students will be studying nursing at the University of Manchester. "We are developing additional opportunities on a Native American reservation in Nevada and at Aomori University in northern Japan," notes Connelly Endowed Dean and Professor M. Louise Fitzpatrick, Ed.D., R.N., FAAN. "And in May, we hope to send student representatives to the International Council of Nurses meeting in Taiwan."

WELCOME CLASS OF 2008!

This fall, the College of Nursing welcomed 103 freshmen representing 19 states and spanning the country from Cape Cod to California.

As the College continues to meet the demands of the nursing shortage, it has exceeded its targeted quota for incoming students while seeing an increase in the quantity and quality of applicants.

The Class of 2008 has an outstanding academic profile. Among its members are a Presidential Scholar and three recipients of Naval ROTC full scholarships.

It has been another banner year for the College, and this exceptional Class of 2008 will continue the 51-year tradition of excellence at the College of Nursing.

Continuing Education Celebrates a Milestone



The College of Nursing commemorated the 25th anniversary of its Continuing Education (CE) in Nursing and Health Care Program during its 15th Annual Mass and Alumni Awards ceremony on April 17. Among those present were Lynore DeSilets, Ed.D., R.N.,BC (center), assistant dean and director of CE; the Rev. Edmund J. Dobbin, O.S.A., Villanova University president; and Connelly Endowed Dean and Professor M. Louise Fitzpatrick, Ed.D., R.N., FAAN.

The College of Nursing happily celebrates yet another milestone: Its Continuing Education (CE) in Health Care and Nursing Program is 25 years old. Since 1979, the program has served 15,000 nurses and related health-care professionals. The College commemorated the anniversary in April at the 15th Annual Alumni Mass and Awards ceremony, where Connelly Endowed Dean and Professor M. Louise Fitzpatrick, Ed.D., R.N., FAAN presented a plaque to Lynore DeSilets, Ed.D., R.N.,BC, assistant dean and director of CE.

Both the plaque and the dean's remarks honored the distinct contributions of DeSilets, who has developed this model program into one that is nationally regarded. DeSilets is recognized as one of the leading experts on continuing education and adult education in nursing and health care. Under her leadership for the last 24 years, the CE program has been accredited as a provider of continuing nursing education by the American Nurses Credentialing Center (ANCC) Commission on Accreditation. And it has evolved with the changes in health care and health-care practice to enhance the professional development of thousands of nurses from across the country and around the world.

The CE program was established in 1979 under the direction of Barbara Heller, Ed.D., R.N., FAAN, then the assistant dean (and

later dean of the School of Nursing at the University of Maryland). Highlighted below are just some of CE's many achievements during the past quarter-century:

- In 1997, CE developed a Congregational Parish Nurse Program as an interfaith model recognizing and incorporating a variety of belief systems.
- The American Association for the History of Nursing held its annual conference at Villanova in September 2000.
- In October 1999 and again in 2000, CE hosted an educator conference in cooperation with The American Nurses Association. It was sponsored by Villanova and The State University of New Jersey Rutgers College of Nursing.
- September 2000 brought to Philadelphia the conference titled Women with Disabilities: Quality of Care/Quality of Life. Villanova sponsored the conference.
- The highly regarded Faculty Development Institute, launched in June 2001, co-sponsored by CE and the National League for Nursing, serves to strengthen the educator's role through learning and networking.
- The Palliative Care Certificate Course has been offered annually since 2002. It is an essential program for those who deal with end of life care or total care of patients whose disease is not responsive to curative treatment.
- Role Excellence: The Post-Master's Certificate in Nursing Administration, now in its 21st year, has served more than 750 nurses.
- The Clinical Research Course has educated more than 500 participants in its seven years.
- Many area employers recognize the value of the Nurse Manager Certificate Course. It has been offered on-site for the Catholic Health Initiatives, Fitzgerald Mercy Hospital, Robert Wood Johnson University Hospital, Temple University Hospital and other organizations. More than 800 managers have taken the course.
- The College partnered with Bristol-Myers Squibb to present a Home Care Case Management Institute, a certificate program for experienced home care nurses to develop advanced case management skills.

25th
Continuing Education in
Nursing & Health Care
ANNIVERSARY



The Class of 2004 BSNEExpress students took a break from their fast-paced program to gather for a photo. (Front row, l-r): Marina Fergus, Stephanie Beamer, Kim Donnelly, Susan Rill, Laarni Ermilio, Vienna Tomesheski, Joana Taylor and Gina Giazzoni. (Middle row, l-r): Vince King, Andrea Christensen, Kathryn Candelore, Elijah Yakpasuo, Jenifer Dempsey, Bernadine MacNeal, Kathleen Heim and Molly Studdy. (Back row, l-r): Michelle DeSilets, Katy Franklin, Donna Savarese, Bob Davis, Lisa Lordan, Christy Welch, Sarah Bissell and Lindsey Brown.

First BSNEExpress Class Graduates

BY MARYANNE LIEB '85 M.S.N., R.N.

“**A**wesome classmates,” “enthusiastic and supportive faculty,” “interesting classroom dialogue” and “diverse clinical experiences” are a sample of the phrases used by students in the BSNEExpress program to describe their experience. The program enables a student who has a bachelor’s degree in another discipline, who has fulfilled prerequisites and who has met admission requirements to earn a B.S.N. degree in 14 months.

The first BSNEExpress class entered in May 2003 and graduated this August. These students have worked very hard, made lasting friendships and will be well-prepared to enter the nursing profession.

Elijah Yakpasuo '04 B.S.N., a computer science major from Liberia, remarked that the students, faculty and the Villanova University family in general inspired him in preparing for his career. “I would like to inform students interested in the BSNEExpress Program at Villanova that you have made the best decision of your life,” he noted.

Donna Savarese '04 B.S.N., a physician assistant from King’s College, found the program’s fast pace “exciting.”

Vienna Tomesheski '04 B.S.N., who earned a psychology degree at Mount Holyoke College, appreciates the job security afforded not only by the field of nursing but by Villanova’s wonderful reputation. “When applying for a job, the moment I said that I was a Villanova Nursing student, the employer’s face lit up,” Tomesheski explained. “So far I have been offered a position at every place that I have applied to—on the spot.”

The second BSNEExpress group of 35 students includes men and women with undergraduate degrees in such disciplines as medicine, business, biology, industrial arts, health administration, law and psychology. Their varied experiences add to the richness of an already progressive curriculum.

Adult learners, particularly those working toward a second degree, may experience a significant amount of anxiety or may fear failure in the classroom. The incoming class is no exception. Having lived through this, members of the first class offered to “mentor” the incoming class. The two groups met for dinner and conversation. This informal gathering turned into a valuable information session as the graduating group shared its time, experience and encouragement.

Although their time at Villanova was short, members of the first BSNEExpress class know that their connection to and support of the College will be lifelong. As Connelly Endowed Dean and Professor M. Louise Fitzpatrick, Ed.D., R.N., FAAN observed, “These students are mature and clear about their career goals. The program is a rigorous one, but the outcome is a more rapid preparation of individuals ready to assume nursing positions at the bedside. We have no doubt that these graduates, like all our alumni, will distinguish themselves through their nursing careers and become loyal supporters of Villanova University and the College of Nursing.”

“We have no doubt that these graduates, like all our alumni, will distinguish themselves through their nursing careers...”

*—Connelly Endowed Dean and Professor
M. Louise Fitzpatrick, Ed.D., R.N., FAAN*

Maryanne Lieb '85 M.S.N., R.N., a clinical assistant professor in the College of Nursing, is coordinator of BSNEExpress.

Studies Address Adolescents' Coping Strategies and Health Risks

Quality of life issues among adolescents is the focus of two separate studies being conducted by College of Nursing faculty members.

Associate Professor Mary Ann Cantrell '89 M.S.N., Ph.D., R.N. has been studying the impact of cancer on children and adolescents at The Children's Hospital of Philadelphia. Her initial research, a comparative analysis that stemmed from her doctoral work, demonstrated that a moderate, significant correlation existed between self-esteem and hopefulness among a sample of adolescents diagnosed with cancer. She then extended her study to include a sample of healthy adolescents matched for age and gender to those of the original sample. For female adolescents, both healthy and ill, Cantrell found that hopefulness is a coping strategy that is closely related to their perceived sense of self-esteem.

Cantrell's research will be published in the *Journal of Adolescent Health*. According to Cantrell, "If oncology nurses can provide care



Being hopeful helps adolescents cope with their cancer, Mary Ann Cantrell '89 M.S.N., Ph.D., R.N. has found in her research.

that supports growth, development and coping responses of children, the experience of cancer and its treatment will have fewer longterm negative effects on the psychosocial development. In addition, the overall treatment responses will be improved, enhancing quality of life."

In her current research, Cantrell examines physical health status, psychological wellness and social functioning of adolescent cancer survivors. To make it easier for the 250 subjects to participate, she is collecting data online via an Internet survey. "The results from this study will assist in providing valuable information in the development of psychological nursing interventions for children with cancer," Cantrell explains.

Health Risks for Inner-city Middle School Students

A pediatric specialist, Assistant Professor Elizabeth Dowdell, Ph.D., R.N., CRNP, has long focused her research on quality-of-life issues for urban adolescents. She developed an interest in health risk behaviors of inner-city youth after working as an emergency room nurse and a trauma nurse in large medical centers.

To help identify determinants of health risk behaviors and therefore potential intervention variables, Dowdell studied the health risk factors of 328 seventh graders in inner-city Philadelphia. These middle school students live in racially mixed neighborhoods where crime



"All children should have the opportunity to thrive in an environment that is healthy and safe," notes Elizabeth Dowdell, Ph.D., R.N., CRNP.

rates and drug abuse are notoriously high. Dowdell's survey identified health threats such as alcohol use, poor diet, carrying of weapons, tobacco use and truancy from school. Further analysis revealed an association between smoking and alcohol use, and smoking and truancy.

Dowdell describes middle school as "a critical community resource for access to adolescent students." She adds, "Using these resources to promote healthy living choices is essential for the wellness of our children. The rates of obesity and diet-related diseases such as diabetes and hypertension are rising among urban children and adolescents. By assessing the risky behaviors of children, positive health promotion strategies can be developed and implemented. All children should have the opportunity to thrive in an environment that is healthy and safe."

With that goal in mind, Dowdell is working on a research proposal to examine if nursing interventions can reduce the practice of negative health behaviors in adolescents.

Four Distinguished Faculty Members Celebrate 25 Years

The College of Nursing honored four of its distinguished faculty for reaching their 25th anniversaries at the College. During the 15th Annual Mass and Alumni Awards ceremony on April 17, Connelly Endowed Dean and Professor M. Louise Fitzpatrick, Ed.D., R.N., FAAN gave special recognition to four assistant professors. Pictured with the Rev. Edmund J. Dobbin, O.S.A., University president (left), and Fitzpatrick (right) are the honorees (l-r): Isabella "Belle" Erickson, Ph.D., R.N.; Maureen Sullivan, Ph.D., R.N., CRNP; Elizabeth Keech '66 B.S.N., Ph.D., R.N.; and Catherine Todd Magel, Ed.D., R.N.

Dean Fitzpatrick applauded the four educators for the impact they have had on the College and its graduates over the years. She also thanked them for their dedication to students,



service to the College and advancement of quality nursing education. Each of the four received a token of appreciation as well as a standing ovation for reaching this milestone. Father Dobbin,

who celebrated the Mass, observed that their collective 100 years of service illustrates that they are "continuing and intensifying the legacy of excellence" at Villanova University.



Exercise and Disease Prevention: Toward Better Outcomes for African-American Women

The rising prevalence of overweight adults in the United States, particularly African-American and lower social status Euro-American women, continues to be a focus of research in the College of Nursing. Faculty members are identifying strategies that address this health-care issue.

Fewer than 30 percent of minority women in the United States perform physical activity at a level that is sufficient to provide health benefits, according to research from the Centers for Disease Control and Prevention. Reasons for the increase in weight among women, particularly African-American women, have not been thoroughly investigated.

In one pilot study, two Nursing faculty members examined factors that influence exercise behaviors of African-American women. Assistant Professor Sara Reeder, Ph.D., R.N. and Associate Professor Mary Pickett, Ph.D., R.N. designed and conducted a cross-sectional survey of 75 African-American women recruited from church-related and social groups. The study examined variables including selected demographic information, co-morbid conditions, perceived barriers to exercise, exercise self-efficacy, diet self-efficacy, depression, self-esteem, social support and quality of life.

The average age of women in the sample was 47 (range 26 to 79 years) with a mean body weight of 169 lbs. Preliminary data-analysis revealed that two-thirds of the women had body mass index (BMI = $25 \leq 30$) or obese (BMI = ≥ 30). Sixty per cent were married, 68 percent were employed full-time, 91 percent had an associate degree or higher education and 99 percent had an annual combined income

More health promotion education is needed to help African-American women find strategies to schedule time for exercise, according to preliminary research by Sara Reeder, Ph.D., R.N. (below, left) and Mary Pickett, Ph.D., R.N. (below, right).



level above \$20,000. Overall, the subjects reported few co-morbid conditions.

The majority of these women reported “no problem” or “little problem” with finding time, facilities, family support and weather conditions related to personal exercise behaviors. In addition, the majority indicated they were knowledgeable about the importance of exercise for maintaining health. While the sample reported a low level of barriers to exercise, only 19 percent reported being “very confident” that they could fit exercise into their daily routines.

Results of the diet self-efficacy analysis revealed that the sample reported moderately low to very low levels of confidence related to reaching ideal weight by eating healthy food (52 percent), staying on a healthy diet when in a rush (61 percent), cutting out unhealthy snacks (54 percent) and maintaining a healthy weight (64 percent).

From their preliminary results, Reeder and Pickett find evidence of a need to provide health promotion education on strategies for scheduling exercise into busy lives, as well as influencing the dietary habits of African-American women to help them maintain a healthy body weight. Now analyzing their data further, they plan to use the pilot data to support future intervention studies related to exercise and diet in African-American women who have been diagnosed with breast cancer and cardiovascular disease. Reeder will also continue with her research into other cardiovascular issues relating to myocardial infarction.

Recently, Reeder received \$15,000 from the Christian R. and Mary F. Lindback Foundation to study physiological and psychosocial predictors of myocardial reinfarction in women. Heart disease kills approximately twice as many women each year compared to all types of cancer and is the leading cause of disability in American women over 40 years of age. Despite better post-infarction left ventricular ejection fraction and higher incidence of non-Q-wave myocardial infarction (MI), women have poorer outcomes than men. The purpose of Reeder’s study is to identify factors that may increase risk of reinfarction among women who have survived an initial MI. This longitudinal study may provide information to enhance our understanding of factors that contribute to poorer outcomes experienced by women who have had an MI. Data from this project will provide information that can be used for secondary prevention in women who experienced an initial MI.

Where Hearts and Minds Connect to Aid Philadelphia’s Poor

For Villanova nurses, “service activities among students and faculty remain central to our mission,” noted Connelly Endowed Dean and Professor M. Louise Fitzpatrick, Ed.D., R.N., FAAN.

One of the newest service endeavors comes in conjunction with a project of the Augustinian Province, under the direction of the Very Rev. John E. Deegan, O.S.A., Prior Provincial. Called ADROP (Augustinian Defenders of the Rights of the Poor), the project has among its concerns the health of immigrant groups within Philadelphia.

A Villanova nurse practitioner faculty member, Karen McGinn ’73 B.S.N., M.S.N., CRNP, practices at a free clinic on a weekly basis in addition to her teaching. “Our objective,” Fitzpatrick emphasized, “is to help develop this health service while providing care to a group that is truly needy and at the same time developing a practice site for our students.”

At St. Rita’s Clinic in Philadelphia, Karen McGinn ’73 B.S.N., M.S.N., CRNP, clinical assistant professor, provides guidance to Kate Garrison, a Villanova Nurse Practitioner student (right).



France Awards Its Highest Honor to Julia Paparella

The following article is based on a piece written by Julia Boland Paparella, B.S.N.Ed., M.S.Ed., M.S.L.S., R.N., associate professor emerita of the College of Nursing, and her husband, Dr. Benedict "Ben" A. Paparella, professor emeritus and a longtime faculty member of Villanova University's philosophy department. The College gratefully acknowledges the Paparellas' assistance with providing information and photographs for this article.

Army Nurse Corps Col. Julia Boland Paparella (Ret.), B.S.N.Ed., M.S.Ed., M.S.L.S., R.N., associate professor emerita of Nursing, displays the medal of the French Legion of Honor, France's highest military award.



Paparella is congratulated by five-star Gen. Bernard Thorette, chief of staff of the French Army, just after being made a Knight of the Legion of Honor in Paris on June 5.

Thirty days after the Allied D-Day landing on June 6, 1944, in France, a young Army nurse arrived at Omaha Beach to help establish a 1,000-bed hospital in St. Lô. But the crates containing the building materials had been destroyed in transit across the English Channel.

From that challenging beginning, Julia Boland Paparella, B.S.N.Ed., M.S.Ed., M.S.L.S., R.N. began what she thought would be a once-in-a-lifetime venture in France. But 60 years later, she was invited back to France to receive its highest honor, the Legion of Honor. An associate professor emerita of the College of Nursing, Paparella is a retired Reserve colonel in the U.S. Army Nurse Corps. During the war, she served as a member of the Harvard University 5th General Hospital Medical Unit in England and France.

Last spring, Paparella was selected as one of 100 World War II veterans to represent American servicemen and women at the French 60th anniversary of D-Day Celebrations in Paris and Normandy. The invitation came from the U.S. Department of Veterans Affairs and the French



In 1802, Napoleon Bonaparte founded the Legion of Honor. The Chevalier (Knight) Insignia awarded to Paparella honors her eminent service to France as a American nurse during World War II.

government. The 100 veterans so honored, who served from all branches of the military, participated in the liberation of France during the D-Day invasion and days following. Among the 100 were six women, all members of the U.S. Army Nurse Corps.

In 1944, after Paparella's hospital group landed in Carentan on the Cotentin Peninsula, engineers attached to the group set out to replace the lost supplies. They found the needed materials nearby at Utah Beach and began construction of the 1,000-bed hospital. St. Lô was still occupied by German soldiers, though they soon began their retreat, leading to the end of the war in Europe. The 5th General later expanded to a 1,500-bed hospital, a true "tent city" with 10 operating rooms functioning 24/7. In December 1944, her group moved into a hospital in Toul that had been occupied by the Germans. During its European tour of duty, the Harvard Medical team cared for over 35,000 sick and wounded.

Following her wartime service in England and France, Paparella continued her distinguished

Publications

Linda Carmen Copel, Ph.D., R.N., CS, DAPA, associate professor, "Confronting Violence against Women: Community and Faith-based Strategies," in *Proceedings of the 37th Theology Institute on Feminism in the Twenty-First Century: Vol. 36*, edited by F.A. Eigo (2004, Villanova University Press).

- "Mental Health Problems in Medical-surgical Patients," *Mosby-Assess Test: A Practice Exam for RN Licensure*, edited by P. K. Pelikan, P.M. Nugent and S.R. Needleman (2004, Mosby).
- "Nursing Care of Clients with Substance Abuse Disorders," *Medical-Surgical Nursing: Clinical Management for Continuity of Care* (6th ed.), edited by J.M. Black and E. Matassarini-Jacobs (2004, Saunders).
- Contributed Part 5 psychiatric-mental health questions for the book *NCLEX-RN 250*

New-Format Questions: Preparing for the Revised NCLEX-RN, (2004, Springhouse).

- Contributed psychiatric-mental-health questions, learning hints and memory joggers for the book *NCLEX-RN Questions and Answers Made Incredibly Easy!*, edited by C. Babson, B. Tscheshlog, C. Hendler, L. Schoner and T.L. Yeomans (2004, Springhouse).

Janice Hinkle, Ph.D., R.N., CNRN, assistant professor, "Early Predictors of Long-term Disability after Injury," with T. Richmond, D. Kauder and J. Shults, *American Journal of Critical Care*, 12 (3), 197-205.

Maureen Sullivan, Ph.D., R.N., CRNP, assistant professor, and Nancy Sharts-Hopko, Ph.D., R.N., FAAN, professor, "Obesity as a Confounding Health Factor among Women with Mobility Impairment," *Journal of the American Academy of Nurse Practitioners*, 15 (10), 438-443.

Awards and Leadership Achievements

Patricia K. Bradley, Ph.D., R.N., C.S., assistant professor, received the first-ever Founder's Award from Living Beyond Breast Cancer (LBCC) at its 10th annual black tie gala on September 18 in Philadelphia. Bradley was recognized for her educational and advocacy efforts in improving women's lives after breast cancer. She is co-author of LBCC's *Getting Connected: African Americans Living Beyond Breast Cancer*.

Mary Ann Cantrell '89 M.S.N., Ph.D., R.N. has been promoted to associate professor with tenure. She joined the faculty in 1990.

Theresa Capriotti '95 M.S.N., D.O., CRNP has been promoted to clinical associate professor. She joined the faculty in 1995.

Linda Carmen Copel, Ph.D., R.N., CS, DAPA, associate professor, presented a research poster on "The Lived Experience of Partner Abuse

military career. She dedicated 28 years of both active and Reserve service to the U.S. Army Nurse Corps.

However, it was Paparella's "service and sacrifices in France and her extraordinary participation in Reserve assignments that were recognized by the French and U.S. government officials," notes Dr. Benedict "Ben" A. Paparella of his wife. A professor emeritus and longtime faculty member of Villanova University's philosophy department, he accompanied his wife to the 60th D-Day commemoration as her official escort.

Julia Paparella's second once-in-a-lifetime adventure began on June 3, when the select 100 American veterans and their escorts gathered at the French Embassy in Washington, D.C. The press and the French diplomatic corps joined them at the gala reception in their honor. The reception was sponsored by the French-American Chamber of Commerce, the American Society of the French Legion of Honor and numerous French companies that would launch the extensive activities in France over the following days.

In France, three full days of tributes, ceremonies, receptions and dinners were held for the veterans, escorts and other guests. "The theme chosen by the French was a simple but sincere 'Thank you America,'" notes Ben Paparella.

Arriving in Paris at Charles de Gaulle International Airport on June 4, the honorees and their escorts were welcomed by French tourism representatives, with airport officials and other guests in attendance. The following day at Les Invalides, in a military ceremony of great precision and dignity, French President Jacques Chirac awarded Paparella and 98 of the veterans the Chevalier of the French Legion of Honor. The award ceremony took place in the stately cobblestone courtyard



Paparella and her husband, Dr. Benedict A. Paparella, with Maj. Marc-Antoine Fouré (left), who escorted them and provided security for their trip to France.

known as the "court of honor," near the tomb of Napoleon Bonaparte.

In praising the veterans, Chirac noted, "The true meaning of this heroic event is more than ever topical. When faced with injustice, trials and shame, one should never give in. After 60 years, your heroism remains an example. It is a message for young people, should they be American, French or from anywhere in the world. Refusing to give in to fate and act for a just cause is precisely what makes the nobleness of man."

Michèle Alliot-Marie, the French minister of Defense and Veterans Affairs, joined other officials in thanking the veterans. The ceremony was followed by a reception in the exquisite Pershing Hall, hosted by the American Embassy.

On June 6, the veterans and escorts took a special train to Caen in Normandy. There they boarded buses, accompanied by police motorcycle escorts, to the French-American ceremony, held at the American Cemetery in Colleville-sur-Mer. President Chirac was joined by President George W. Bush.

Later, in Arromanches, at the international ceremony, 14 heads of state bore witness to another special presentation. The 100th American of this select group of veterans was awarded the Legion of Honor, as were one veteran from each of the other 14 nations represented. Also seated in the official grandstand were Paparella and the other 98 American veterans who had been presented with the Legion of Honor the day before in Paris. Among the heads of state witnessing the ceremony were President Bush and Great Britain's Queen Elizabeth II. For the first time, as a symbol of reconciliation and friendship, Germany and Russia were invited to be part of these commemorations of the liberation of France. German President Gerhard Schröder and Russian President Vladimir Putin represented their countries.

What is Paparella's impressions of the events? "The ceremonies at Arromanches would be impossible to describe for their pageantry, beauty and expression of gratitude of France and its people," she noted. "The whole experience was a display of thanks, which truly came from the heart of France."

in Physically Disabled Women" at the 100th Annual Summit and Centennial Celebration of the Pennsylvania State Nurses Association, held in Valley Forge, Pa., in October 2003.

Lynore DeSilets, Ed.D., R.N., BC assistant dean and director of Continuing Education in Nursing and Health Care, was interviewed in February by CN8 for a "Comcast Newsmakers" segment on "The Nursing Shortage—Attracting and Retaining Nurses."

M. Louise Fitzpatrick, Ed.D., R.N., FAAN, Connelly Endowed Dean and Professor, received the National League for Nursing (NLN) Award for Outstanding Leadership in Nursing Education at the NLN Education Summit in Orlando, Fla., in October. The award is presented every other year to a nurse educator "who is nationally or internationally known for shaping and influencing leadership in nursing education with individuals, students, faculty and patients."

Claire M. Manfredi, Ed.D., R.N., retired assistant dean and director of the Graduate Nursing Program, was granted professor emerita status.

Gale Robinson-Smith, Ph.D., R.N., CS published "Verbal Indicators of Depression in Conversations with Stroke Survivors" in the April-June issue of *Perspectives in Psychiatric Care*. Two former graduate students, Yasser al-Khatib '01 M.S.N. and Saada al-Barwani '98 B.S.N., '02 M.S.N., helped with transcribing her field notes and are acknowledged at the end of the article.

Nancy Sharts-Hopko, Ph.D., R.N., FAAN, professor, was honored as the 2004 Distinguished Alumna of the Indiana University School of Nursing.

Suzanne C. Smeltzer, Ed.D., R.N., FAAN, professor, published "Accessible Online Health Promotion Information for Persons with Disabilities," with Vanessa Zimmerman '98 M.S.N., R.N.; **Marita E. Frain '69 B.S.N., Ed.M., R.N.**; **Lynore DeSilets, Ed.D., R.N., BC**; and

Janice M. Duffin '01 M.S.N., R.N. in *Online Journal of Issues in Nursing* (nursingworld.org/ojin/topic16/tpc16_5.htm).

Carol Weingarten Ph.D., R.N., associate professor, was a panelist at the plenary session of the National Student Nurses' Association annual convention, which took place in April in Nashville, Tenn. She received a service learning grant from the Wachovia Foundation for health promotion activities with nursing students at the James Alcorn School in Philadelphia. She was selected as one of 31 "Women to Watch" by *Main Line Today* magazine. And she is one of four nursing faculty members from across the country featured in a national print media campaign to recruit nursing faculty, an area of great shortage. The campaign is sponsored by Nurses for a Healthier Tomorrow, a coalition of more than 40 nursing organizations and sponsors.

Pilot Project Uses Pocket PCs

The College of Nursing has embarked on a new direction in technology usage for a pilot group of undergraduate and graduate students, funded by the Connelly Foundation Endowment to the College. The project is directed by Assistant Professor Marita E. Frain '69 B.S.N., Ed.M., R.N., chairperson of the College's Learning Resource Committee and a member of several Villanova University committees on technology.



An Interview with Assistant Professor Marita E. Frain '69 B.S.N., Ed.M., R.N.

How is handheld technology impacting nursing environments?

Electronic tools will become commonplace in health care as clinical data and digital images outpace paper-based materials. Tools that are easily carried in clinical settings will be important to quality health/nursing care practice and the implementation of the best practices in clinical settings.

What type of handheld technology is the College using in its pilot program?

Dell Axim Pocket PCs have been purchased for use by faculty and students. This tool is a battery-operated, handheld device with a Windows CE operating system. It can easily be carried in a pocket. Data is input via a stylus on the screen, by tapping or writing or via an external keyboard. The hardware has wireless capability

and can be used not only for health-care referencing but also for evolving small documents, e-mailing and accessing library resources.

Would you describe the current trial project?

Students and faculty tested these pocket PCs for a few weeks in two undergraduate practica. In June, more than 30 undergraduates and faculty in the Adult Health Practicum started using the devices with the goal of continued use through succeeding nursing practica. The software provides references to nursing procedures, and drug and lab values. Graduate students in the Nurse Practitioner concentration practica will also be part of the project, using software selected by the faculty. Graduate students will be focusing on pharmaceuticals and a clinical consultation tool specific to a practice area, with the possibility of a log-type tool being added soon.

What's in our future?

Using these handheld PCs in the coming year should provide students and faculty with technology experiences that lead to increasing ease of use and help us evolve nursing education and clinical settings. As with any technology, this is a work in progress, and we look forward to our anticipated successes.

Editor's note: Special thanks to Patricia K. Bradley, Ph.D., R.N., GS, assistant professor, for her assistance with this article.

Clinician, Educator, Researcher—

By ANN M. BARROW '86 B.S.N., '91 M.S.N., R.N.

Why would a talented, well-established critical care nurse push herself into new territory? Just ask Maria Angelo, M.S.N., R.N., a junior in the Nurse Anesthesia Program. After deciding to pursue an additional advanced practice certificate, Angelo analyzed various career choices. Wanting to remain hospital-based, she found Nurse Anesthesia an appealing option because, as she puts it, it is an "incredibly challenging career path with great responsibility attached to it. Technical, intellectual and personal relationship skills are all needed to accomplish a satisfying day's work. The challenge of working with individuals engaged in various stages and experiences of life—from childbirth to trauma resuscitation—excited me."

Angelo set her sights on the College of Nursing's joint program with Crozer-Chester Medical Center because of Villanova University's reputation as well as the convenience. Her home in the Hummelstown area (suburban Harrisburg) is near two of the clinical sites—the Penn State Milton S. Hershey Medical Center and Lancaster General Hospital. Having returned to school in September 2003, she is on the road to earning a Post-Master's Certificate in Nurse Anesthesia in November



(Above) Two of the first three Omani M.S.N. graduates are deans. Abdullah Al-Rubaiey '96 M.S.N. (left) is dean of the Oman Specialized Nursing Institute and Mohammed Al-Riyami '96 M.S.N. is dean of the Muscat Nursing Institute.

and Now a Nurse Anesthesia Student

2005. Ultimately she wants to be a certified registered nurse anesthetist (CRNA).

In 1992, Angelo's career began when she earned her B.S.N. from Bloomsburg University. In 1999 she received her M.S.N. in adult health from Penn State University. Her practice included various settings and roles. While she is now committed full-time to her Nurse Anesthesia studies, she previously was a staff nurse in the medical intensive care unit of the Hershey Medical Center. Her professional experience also included practicing as a surgical trauma research nurse at Hershey, a critical care staff relief agency nurse and a nursing instructor at Hershey. Angelo is an active member of Sigma Theta Tau International's Theta Zeta Chapter and is an associate student member of the American Association of Nurse Anesthetists.

Since she has always loved school, going back to the classroom was fun. However, the transition into an unfamiliar clinical area—the perioperative environment—was difficult. Angelo says she found it “a humbling experience” to leave her 11-year comfort zone in the ICU and once again feel like a new nurse. She immediately realized that, despite her strong nursing foundation, “the world of anesthesia would be a great challenge.” Angelo admits to

feeling overwhelmed at times, especially when combining physically and emotionally draining clinical days with writing papers and studying for tests.

Luckily her “big sister,” Aurora Schatzberg, B.S.N., R.N., a senior, shared some words of wisdom. Each junior in the program is paired with a senior “buddy” as a support system. Schatzberg encouraged Angelo, telling her “When you feel like you cannot push any more, just push a little more. Before you know it, it will ease up.” This rang true for Angelo, who is now feeling more comfortable in her role. She is amazed at the volume of knowledge she has absorbed over the last year.

Angelo encourages those considering a career in anesthesia to learn more by talking with CRNAs. She sees this exciting career option as “the best-kept secret in nursing.” Angelo suggests to prospective students that they investigate financial assistance to avoid working during their intense years of study and also to lighten their course load by taking as many classes as possible ahead of time. She tells them that, while full-time study can be stressful to both student and family, the time commitment is well worth the effort to achieve their goals.



After leaving ICU nursing, Maria Angelo, M.S.N., R.N. experienced some trepidation beginning in a new clinical area. But she's amazed at how much she's learned already in the Nurse Anesthesia track.

Even though her schedule is tight these days, Angelo makes time for her vegetable garden and some short vacations with her husband, Joe.

Angelo plans to work as a CRNA in a hospital setting in the Harrisburg area. She points out that a career in nurse anesthesia has a rich history and a bright future. Her goal? “I hope I can contribute to the proud successes that have come to the current CRNA professionals,” she says. She is well on her way.

For more information about the Nurse Anesthesia Program, call (610) 519-4934 or visit www.nursing.villanova.edu/Anesthesia

Nursing's Decade of Partnership with Oman Helps Shape Health Care in the Middle East

In 1994, the Sultanate of Oman sent three experienced nurses to Villanova University's College of Nursing to pursue their advanced degrees. That was the beginning of a flourishing 10-year partnership between Villanova and Oman's Ministry of Health. Through this collaboration, the basic and advanced education of Omani nurses has expanded, with the ultimate goal of improving health care within the Sultanate and then beyond.

The partnership was developed by Connelly Endowed Dean and Professor M. Louise Fitzpatrick, Ed.D., R.N., FAAN and Omani Minister of Health Dr. Ali Al-Moosa. Oman's first three students in 1994 were soon followed by a cohort of Omani high school graduates who came to Villanova to earn their B.S.N. degrees and by young Omani nurses who arrived on campus to complete their B.S.N. degrees. Many of these B.S.N. alumni have since returned to the College for their graduate education.

Approximately 100 Omani nurses are Villanova Nursing alumni. As students, they enriched the academic experiences for other students in the College and as alumni they have maintained contact with many of the faculty.

At a December 2003 Convocation ceremony for the Omani candidates for bachelor's and master's degrees in nursing, Fitzpatrick commented on their future impact on their region. “You will be among the pioneers who lay the foundations for health care's future in Oman, the Gulf and the Middle East,” the dean observed. “You will teach in your country's nursing programs, you will establish staff development programs in the hospitals and you will be the administrators of those hospitals and clinics.”

In fall 2003, the College entered a new era of educating Omani nurse health-care leaders by holding classes on-site in Muscat, Oman's capital. This venture, the Post-Basic Diploma Certificate in Nursing Administration, was



During a visit to Oman last February, Connelly Endowed Dean and Professor M. Louise Fitzpatrick, Ed.D., R.N., FAAN met with Dr. Ali Al-Moosa, Oman's Minister of Health (center), and Mohammed Al-Ajfi, director general of Education and Training, Ministry of Health.

created through a collaborative agreement between the College of Nursing, represented by the dean, and the Ministry of Health, led by Dr. Al-Moosa. The program was planned with Associate Professor Patricia Haynor, D.N.Sc., R.N. and an Omani task force.

In Muscat, the College offered six graduate-level courses that addressed ethics, leadership, health administration, finance, health-care organizations and nursing care delivery systems. The theory classes complemented extensive practica in administration throughout the 12-month program. Having 18 graduate credits offered on-site in Oman “makes completing the master’s degree even more reasonable for Omani students who choose to come to Villanova,” noted Fitzpatrick.

Haynor taught five of the courses offered in Muscat. William Warfel, Ph.D., R.N., CNAA, former vice president of Patient Care Services for the Albert Einstein Healthcare Network, guided the Omani managers and principle nursing officers in their practica. Associate Professor Barbara Ott, Ph.D., R.N. pioneered the program’s first online course, Clinical Ethics.

Within the next few years, the College hopes to co-sponsor, in conjunction with the Ministry of Health Department of Nursing Affairs, an international nursing conference in Muscat.

College Co-Sponsors Nursing Conference in Beirut, Lebanon

The School of Nursing at the American University of Beirut (AUB)—the first nursing school in the Middle East—celebrates its centennial in 2005. Villanova University’s

College of Nursing is proud to be an official partner and co-sponsor of this special milestone in the history of nursing education in that region and internationally.

AUB and Villanova—along with the nursing schools of the University of Pennsylvania, the University of Michigan and the University of California, San

Francisco—are co-sponsoring an international nursing conference from June 30 to July 2, 2005. The theme is “100 years of Nursing Education at AUB: Pioneering Achievements and Global Vision.”

Connelly Endowed Dean and Professor M. Louise Fitzpatrick, Ed.D., R.N., FAAN will be a keynote speaker. She serves as a member of AUB’s Centennial International Advisory Board.

The College also co-sponsored a conference with AUB in 1999.

Villanova Nursing Students Continue to Impress

- Junior **Kathryn Mawn** of Marietta, Ga., is the first recipient of the Eileen Shea Lupton Memorial Scholarship. Eileen Shea Lupton ’03 B.S.N., of Lake Forest, Ill., was killed in a tragic accident shortly after graduation, just before beginning her career as a pediatric nurse. Her family and friends established a scholarship in her memory to be awarded to a junior or senior Nursing student in good academic standing who demonstrates involvement in College and University activities and reflects the values and attributes that were characteristic of Eileen: her concern for others, especially the less fortunate; her friendliness; her positive attitude toward her work; and her spirited enthusiasm for Villanova. Donations may be made to the Eileen Shea Lupton Memorial Scholarship Fund, Lake Forest Bank and Trust, P.O. Box 5010, Lake Forest, Ill. 60045.
- Senior **Colleen Gruffi** has been selected to receive the Pauline Thompson Nursing Education Scholarship by the Nursing Foundation of Pennsylvania Awards Committee. She received her award at the Pennsylvania State Nurses Association Awards Banquet on October 23 in Hershey, Pa.
- Senior **Jennifer Fedele** was awarded the McLean Scholarship for Physician Assistant and Nursing majors, directed through the Association of Independent Colleges and Universities of Pennsylvania.
- The Nursing Foundation of Pennsylvania and the Veterans of Foreign Wars (VFW) recently named junior **Donna Fitzgerald** as a recipient of the 2004 Annual Jack E. Barger, Sr. Scholarship. She will receive the award at the annual VFW convention later this year.

Scholarship and Awards Recipients Honored

The College of Nursing held an afternoon tea for its 2004 undergraduate and graduate scholarship recipients and invited guests. Those honored on April 22 at the Villanova Conference Center were:

John P. Boudwin ’94 B.S.N., R.N.
Nursing Alumni Society Graduate Scholarship

Julie A. Boyden
Class of 2005
Undergraduate Nursing Senate Award

Jennifer M. Fedele
Class of 2005
The Robert and Frances Capone Alumni Award

Eileen E. Feehan
Class of 2005
Nursing Alumni Society Undergraduate Scholarship

Catherine M. Garrison, B.S.N., R.N.
Jannetti Publications MedSurg Nursing Scholarship

Kelly L. Meyer
Class of 2005
Mary Alice Holland Scholarship

Kristin M. Schaffner
Class of 2006
Julia B. Paparella Scholarship



College Presents Awards at Convocation

On May 15, the College of Nursing held its annual Convocation for B.S.N. and M.S.N. candidates. The following awards were presented in the St. Thomas of Villanova Church:

College of Nursing Medallion for Distinguished Academic Achievement
Austin T. O’Connor
B.S.N. candidate
Barbara E. Felder
M.S.N. candidate

H. Elaine McCaully Award for Clinical Excellence
Joy M. Welch
B.S.N. candidate

Villanova University Alumni Association Award
Jessica Cerami
B.S.N. candidate

The Joseph and Helen Yura Petro Nursing Theory Award
Alyssa A. Milligan
B.S.N. candidate

Claire M. Manfredi Graduate Nursing Leadership Award
Jessica Wetzel Staschak
M.S.N. candidate



A Holistic Year as “an Instrument of God’s Grace”

A young alumna reflects on volunteering as a staff nurse at the Holy Family birth center near the Mexican border.

BY AMY GARDNER '03 B.S.N., R.N.

There is a place where the ideals of nursing still exist. It's a kind of sacred place, a small corner of the world where a family-centered approach is the rule, patient empowerment is a major focus and high-quality care is provided regardless of insurance status or ability to pay. Providers are volunteers, bringing perspectives and experiences from all over the country and world for the betterment of the clients. The caseload includes many families with very little if any resources to pay for such care, and yet they are welcomed with open arms. The clients' knowledge, education and participation in their own health decisions become and remain a foundational priority throughout the course of their care. The opportunity for a new graduate nurse to plant his or her feet in this kind of place is the stuff that dreams are made of, and I have been blessed with such an opportunity.

With my Villanova University diploma and hard-earned R.N. license in hand, I set out for Holy Family Services Birth Center in Weslaco, Texas, to begin a one-year volunteer contract as a staff nurse. Holy Family is a freestanding birth center located in a small town in the Rio Grande Valley, 11 miles from the border with Mexico. The clinic and birth center provide all aspects of maternity care, caring for mothers and babies from pregnancy tests through the child's first birthday. All care is provided by certified nurse midwives and registered nurses, each working on volunteer contracts spanning from six months to four years. I began my one-year stay at Holy Family on July 1, 2003. This past June brought the end of my contract and a bittersweet farewell.

The strongest influences on my professional perspective have been both the way clients are treated from the first time they walk through the center's doors and how the providers forge relationships with client families in a way that makes holistic care a daily reality. The mission and philosophy of Holy Family is built upon the midwifery model of care, with a mantra of “low tech, high touch” and the empowerment of women to both understand and marvel at their inherent strength.

All services are provided with the highest levels of respect. I was taught early on that when you care for a client, you care for her entire family. We are an active food bank pantry for our clients. Those who cannot afford care are not turned away but instead volunteer time at the clinic to work toward paying their bill. A full-time social worker makes home visits and referrals to meet all needs.

Since its inception 20 years ago, Holy Family Services has become a prototype birth center emulated and applauded nationwide. Sister Angela Murdaugh, C.N.M., a Franciscan Sister of Mary who in 1983 became one of the four founding sisters of the clinic, continues to serve as its backbone, as services director and senior midwife. Sister Angela not only has become a living legend but also sets a daily example of the value of infusing faith with work.

We were taught from day one that we are instruments of God's grace, and in so many cases I have



“The lessons I have learned...have made this a year of unprecedented growth as a spiritual being, as a person, as a woman and as a nurse.”

been humbled by what I have learned from my patients. I have been continually inspired by the faith of these women, many of whom are incredibly poor. They live in *colonias*, rural neighborhoods often consisting of rows of small trailer homes without utilities or road access. As is the case for so many of the world's poor (and this a lesson I remember from mission trips at Villanova), it is possible to hear of their worries about feeding their children, and yet later in the same sentence how thankful they are for the blessings in their life. The faith of these women and families never ceases to inspire me.

Many times this year, I have reflected upon addresses I remember hearing at Villanova regarding our Augustinian heritage: “Let me live and learn with my friends.” One of the biggest adjustments I had to make when I moved to Texas, besides the summer weather and language difference, was living in community. Although at times having 15 sisters of all ages and backgrounds makes things difficult, the unique power that community has to nurture and support each of its members astounded me. So many of the Augustinian community values instilled upon me at Villanova have sprung to life this year: We live, work, learn, suffer and rejoice together.

I have found my path

In Spanish, to give birth is *dar luz*, to literally “give light.” I cannot put into words how powerful and humbling it is to see a baby draw her first breath, open his eyes, recognize her family, or wrap his little hand around the finger of his incredulous father. It is this kind of intimate family involvement, whether attending a birth or visiting a home, that serves as the fuel that has kept my spirit awake and alive here. As a nurse, I have learned some of the art of assessing with my senses instead of relying on machines, and about caring for patients as not only bodies but minds, spirits and fellow children of God.

My experiences as a volunteer and a newly graduated nurse have shaped my values and priorities both personally and professionally in many

of the same ways that my experiences as a Villanova student did. The lessons that I have learned here—many of which are blossoms of seeds that were planted during my college years at Villanova—have made this a year of unprecedented growth as a spiritual being, as a person, as a woman and as a nurse.

As a Villanova College of Nursing alumna, I can say with complete confidence that following my heart to volunteer for one year was the best experience I could have asked for. Villanova prepared me not only to be a successful, confident and competent nurse, but also instilled in me the importance of service and the value of faith-inspired work. There were so many opportunities throughout my Villanova years to serve, connect and apply my health-care knowledge in a large variety of settings.

As I write this, new exciting plans are being made at the College of Nursing to broaden experiences for students by providing opportunities to live and study around the country and world. The first group of Villanova Nursing students came to Holy Family just this year! I would encourage all Nursing students not only to take advantage of these multiple opportunities in both the College and University, but also to consider putting their skills to truly meaningful and rewarding use by beginning their career with a year of service, even if it means stepping out of comfort zones. It has challenged and changed my perspectives in a way that will influence both my career and my life from this point forward.

Invite Students to Your Workplace for Service Learning...

For the first time, seniors in the College of Nursing volunteered their time at Holy Family Services Birth Center in Weslaco, Texas, where they benefited from a unique parent-child nursing experience last spring.

If your workplace would make an ideal service learning placement for our Nursing students, please contact Ann M. Barrow '86 B.S.N., '91 M.S.N., R.N., coordinator of college relations, at ann.barrow@villanova.edu or (610) 519-6814.

...or to Observe Clinical Settings

If you are willing to allow a freshman College of Nursing student to observe you for a shift in your clinical area during Fall Break, please contact Frances Keen, D.N.Sc., R.N., assistant dean and Undergraduate Program director, at (610) 519-4923 or frances.keen@villanova.edu. Include your name, area of expertise, clinical setting, geographic location and daytime phone.

College Celebrates Two Alumnae and Their Achievements

At its 15th Annual Mass and Alumni Awards ceremony on April 17, Connelly Endowed Dean and Professor M. Louise Fitzpatrick, Ed.D., R.N., FAAN bestowed the College of Nursing's Medallion for Distinguished Achievement on two alumnae.

■ **Terry Barker McGoldrick '74 B.S.N., M.S.N., R.N.** was awarded the Medallion for Leadership in Nursing Practice and Health Care Delivery. Her career reflects an unwavering commitment to advancing patient care through nursing practice and sound leadership strategies, as well as to values-oriented management in health care. McGoldrick was cited as "an exemplar and mentor for those who believe that competent, compassionate care can co-exist with the realities of today's cost-driven health-care industry."



A passionate leader, McGoldrick engages staff members and encourages them toward excellent performance. Her ability to move with ease from the boardroom to the bedside has helped make congruent the goals of her institution, the goals of patient care and the interests of the staff. She has shared and implemented her vision for the health-care environment through a staff that respects and admires her. McGoldrick is a risk-taker and an effective communicator. Her talent and commitment have distinguished her among health-care administrators.

■ **Michele L. Damas '93 B.S.N., M.S.N., CRNP**, treasurer of the Nursing Alumni Society and co-chair of the College's 50th anniversary celebration for Nursing students, was honored with the Medallion for Distinguished Service to the College of Nursing. Damas serves her alma mater with enthusiasm and boundless energy, always making time for activities on behalf of Villanova University. She



helps recruit new students to the College, attends alumni events and College lectures, and participates in the annual Alumni Mass. She also is an informal ambassador for Villanova at the Hospital of the University of Pennsylvania, where she is employed as a nurse practitioner.

It is impossible to count the number and kinds of activities that Damas continues to engage in that advance the College and its students. The medallion citation described her as an inspirational and loyal alumna "emblematic of Villanova's service ideal and its traditions." Damas is a member of the first class of students in the Ph.D. in Nursing Program (see page 2).

The College of Nursing is proud of each of its over 5,500 graduates and congratulates its two newest medallion recipients.

Lauren Harrar Named Development Officer for Nursing



In February, Lauren Harrar joined Villanova University's Office of Institutional Advancement as a development officer for the College of Nursing. The daughter of a public health nurse, Harrar is enthusiastic and knowledgeable about nursing and nursing education.

Harrar is one of several individuals who have been assigned to work directly with the individual colleges within the University as part of a new strategy that addresses constituency-based donations. She will work with the Office of Institutional Advancement and the Dean's Office in the College of Nursing.

If you have questions about opportunities for giving to the College, you may reach Harrar at (610) 519-8053 or lauren.harrar@villanova.edu.

News from Our Graduates

1950s

Rosalie Ghilardi Mirenda '59 B.S.N., D.N.Sc., R.N. was awarded the Pontifical Honor of the Cross, *Pro Ecclesia et Pontifice*, in September 2003 at the Cathedral Basilica of Saints Peter and Paul in Philadelphia. She is the president of Neumann College in Aston, Pa.

1970s

Gloria J. McNeal '70 B.S.N., Ph.D., APRN, BC, associate professor and assistant dean of the University of Medicine and Dentistry of New Jersey School of Nursing, in May was honored at the Annual Scholarship Luncheon of the National Black Nurses Association's Concerned Black Nurses of Newark Chapter. McNeal received the Research Award for her grant-funded studies of critical care nursing practice and the scholarly productivity of the African-American professoriate at U.S. schools of nursing. **Veronica Feeg '71 B.S.N., Ph.D., R.N., FAAN** has been selected to the 2004-05 American Academy of Nursing/American Nurses Foundation/Institute of Medicine Scholar-in-Residence Program, a yearlong leadership opportunity in health policy. **Mary Duffin Naylor '71 B.S.N., Ph.D., R.N., FAAN** was named a McCann Scholar by the Joy McCann Foundation. This is the only national award (by a private foundation) designed to recognize outstanding mentors in medicine, nursing and science. **Nancy E. Brown-Connelly '73 B.S.N.** co-authored the new book *The Mental Health Professional and the New Technologies* (Lawrence Erlbaum Associates, Inc.) **Adm. (Select)** **Christine M. Bruzek-Kohler (NC, USN) '74 B.S.N.** was selected last spring for promotion to admiral in the Navy Nurse Corps.

1980s

Ellen Cooper Linder '82 B.S.N., R.N., of Columbia, S.C., is a lactation nurse and a parish nurse. **Donna Sullivan Havens '83 M.S.N., Ph.D., R.N.** was named a Fellow of the American Academy of Nursing this year. She was also awarded a \$1-million, five-year federal grant from the Health Resources and Services Administration to enhance patient care and nursing practice in six Pennsylvania hospitals. **Patricia Shane Snyder '84 B.S.N., R.N.** in April received the 2004 Nursing Excellence Award from Bryn Mawr (Pa.) Hospital. A staff nurse in the PACU, she was recognized as the surgical nurse with the highest dedication to her field. Snyder is a new board member of the Nursing Alumni Society. **Cmdr. Steven J. Wyrsh (NC, USN) '86 B.S.N., R.N., M.H.A., FAHM, FACHE** is the officer in charge of the Branch Medical Clinic in Portsmouth, N.H. **Lisa Reilly '87 B.S.N.** joined Abiomed, Inc. in Danvers,

Mass., as marketing manager for the Abiocoar implantable replacement heart. For the past 10 years, she has worked with Medtronic in the heart failure/pacemaker and automatic implantable cardioverter defibrillator marketplace. **Renee H. Martin '88 M.S.N., R.N., '94 J.D.** has joined the health law firm of Tsoulos, Sweeney, Kepner & Martin, LLC, in Exton, Pa. Her law practice is in regulatory and transactional matters, centering on HIPAA compliance and informational privacy.

1990s

Adam Boroughs '92 B.S.N., R.N. was promoted to director of physician marketing for the University of Pennsylvania Health System in Philadelphia. **Mark C. Crider '93 M.S.N. R.N.** is a second-year Ph.D. student and project coordinator for the Nursing Health Policy Specialty Program at the University of California, San Francisco's Department of Social and Behavioral Sciences. His research involves nurses' political activity through professional organizations. **Army Capt. Marie Bridy-Casey '94 B.S.N.** was transferred to the U.S. Public Health Service Commissioned Corps. **Janice DeGiorno '96 B.S.N., M.S.N., R.N., APN** is the trauma program coordinator at the Regional Trauma Center at the Atlantic City Medical Center. She serves as regional chairperson of the Society of Trauma Nurses as well as state chair for its New Jersey Chapter. **Amanda Beth Klockars-McMullen '97 B.S.N., M.S.N.** in January was awarded an M.S.N. from the University of Delaware. **Kathleen M. Boyden '98 M.S.N., Ph.D., R.N.** is the drug safety manager for Data Spectrum Inc. **Susan Maratta, Esq., '98 B.S.N.**, a 2003 graduate of Duquesne University School of Law, has joined the Pittsburgh law firm of Dickie, McCamey & Chilcote, P.C. as an associate. Her practice is concentrated in the areas of insurance law and litigation, with an emphasis in medical malpractice and nursing home litigation defense. **Dimitra H. Georgelos Christoforatos '99 B.S.N., '03 M.S.N.** is a pediatric nurse practitioner with the Kids First Pediatric and Adolescent Practice of Delaware County, Pa. **Kawkab Dout Shishani '99 M.S.N., Ph.D.** teaches nursing at the Hashemite University in al-Zarkra, Jordan. The dean of Hashemite's Faculty of Nursing is also a Villanova alumna: **Salwa al-Obeisat '95 M.S.N.**

2000s

Lt.j.g. Tiffany Dodson (NC, USNR) '00 B.S.N. visited U.S. Army Signal Center, Fort Gordon, Ga., in May for field training with U. S. Navy Fleet Hospital Pensacola. The operational exercises included setting up a field hospital, a mass casualty drill, readiness training in nuclear-biological-chemical warfare gear, medical



At the College of Nursing's Convocation in May, three members of the Class of 2004 received their school pins from family members who are also Villanova Nursing alumnae. Jill Czekanski '04 B.S.N. (above) received her school pin from her mother, Kathleen Harrigan Czekanski '77 B.S.N. Alyssa Milligan '04 B.S.N. received her school pin from her sister, Jennifer Milligan '01 B.S.N. And Nina Tamanini '04 B.S.N. received her school pin from her sister, Tricia Tamanini DeMaio '99 B.S.N.

evacuation procedures and trauma care. **Lauren Kattany '00 B.S.N.**, published "Cases from the Harvard Ethics Consortium: The Nurses' Story about Mr. T" in the *Journal of Clinical Ethics* 14 (3). Kattany is a charge nurse in the Cardiac Surgical Step-down Unit at Massachusetts General Hospital in Boston. She is pursuing a master's degree in Boston College's Adult Clinical Nurse Specialist track. **Lt. Colleen Mahon (NC, USN) '00 B.S.N.**, recently promoted to her current rank, is stationed in Sigonella, Italy, as one of two NICU nurses at the U.S. Naval Hospital's Maternal Child Unit. She received two Navy and Marine Corps Achievement Medals, one for her work in the ICU while aboard the USNS Comfort during Operation Iraqi Freedom and the other for her work as transport/staff nurse in the NICU at the National Naval Medical Center in Bethesda, Md. **1st Lt. Kristy Porreca '00 B.S.N.** is with the Air Force at Aviano Air Force Base in Italy. **Lt. j.g. Rebecca Carmichael (NC, USN) '01 B.S.N.** and **Jennifer Sneeringer '02 B.S.N.** spoke at the College of Nursing's annual Candidates Day brunch last March about how well Villanova University had prepared them for their

challenging nursing careers. The families of potential students were impressed by these two poised and successful young women who represented the outstanding Villanova nurses everywhere. **Teresa Conte '03 M.S.N., CRNP** was a co-presenter in September at the Children's Hospice International 16th World Congress in Edinburgh, Scotland. The title of her presentation was "Communicating Comfort When You Are Uncomfortable." In October, she is co-presenting "Blood: Beyond the Basics" at the Association of Pediatric Oncology Nurses' National Conference in Kansas City, Mo. **Barbara E. Felder '03 M.S.N., CRNP, BC, OCN** authored "Hope and Coping in Patients with Cancer Diagnoses" in *Cancer Nursing* 27(4).

In Memoriam

Mary L. Delaney '60 B.S.N., died on August 18, 2003, in Egg Harbor Township, N.J.
Donna Zgrabik '87 B.S.N., of Bay Village, Ohio, died on September 8, 2003.

Greetings from the Nursing Alumni Society

Dear Fellow Graduates:

The Nursing Alumni Society continues to grow in membership and support. We have 185 active (dues-paying) members in addition to 125 B.S.N. and 40 M.S.N. graduates from 2004. With your support, we continue to award annual undergraduate and graduate scholarships, sponsor the tea for B.S.N. and M.S.N. candidates, and contribute to the College of Nursing Mass and Awards Ceremony. As members of the Nursing Alumni Society, we are always looking for meaningful ways to participate in student life. We attend "Welcome Back" picnics for new and returning students and represent the Society at open houses for prospective students.

One of our goals this year is to increase our membership and provide an electronic forum for Nursing alumni to reconnect with friends from their "Villanova years."

Take a minute to visit the Society's Web page at www.nursing.villanova.edu/alumni. Our membership is impressive and diverse. We would love to hear your comments, suggestions or recommendations for the Web site. Be sure to check the e-mentoring area. This program enables alumni to be available for mentoring via the Web.

Congratulations to our board member Michele L. Damas '93 B.S.N., M.S.N., CRNP, who was elected treasurer of the Nursing Alumni Society. We welcome Julie Daniels Reidlinger '79 B.S.N. as our newest board member.

Don't forget to mark your calendar for this year's events: the Annual Distinguished Lectureship on November 9; the Nursing Alumni Society Tea on April 3, 2005, for the degree candidates; and the 16th Annual College of Nursing Alumni Mass and Awards Ceremony on April 9, 2005.

We enjoy seeing you and appreciate your participation. If you have any questions or ideas or would like to volunteer your time and energy, please contact me at HannanMM@aol.com.

Best Wishes,

Margaret M. Hannan '84 B.S.N.
 President, Nursing Alumni Society

Call for Nominations to the Nursing Alumni Society — and Send Us Your News!

To nominate yourself for the following positions in the Nursing Alumni Society, please complete this form and mail for receipt by December 8, 2004.

I wish to be nominated for:

- Secretary
- Board member

Use this form as well to send us your news for the next *Villanova Nursing* magazine and to receive future College of Nursing e-mail newsletters.

Mail this form to:

Nursing Alumni Society
 College of Nursing
 800 Lancaster Ave.
 Villanova University
 Villanova PA 19085-1690

To update your alumni profile, please call the Villanova Alumni Association at 1-800-VILLANOVA or e-mail alumni@villanova.edu.

Please print

Name: _____

Home address: _____

Street: _____

City: _____ State: _____ Zip: _____

Home telephone: _____

Employer: _____

Position/title: _____

Work address: _____

Street: _____

City: _____ State: _____ Zip: _____

Work telephone: _____

Villanova University degree/s and year/s: _____

E-mail address: _____

Yes, please send me College of Nursing e-mail newsletters.

Here is my news for class notes: _____

A Dream Delivered

In assisting at a birth, a former teacher of math, science and health found added affirmation that **BSNExpress** was the perfect path to a new career.

BY MARYANNE LIEB '85 M.S.N., R.N.

Drastically changing careers is a dream many people contemplate, but one that only a small percentage take action and pursue. Students enrolled in the College of Nursing's *BSNExpress* Program are exactly those individuals who take the risks to achieve their dream. They leave their established careers, return to college to pursue a second degree and graduate with a Bachelor of Science in Nursing.

Stephanie Beamer '04 B.S.N., R.N., of Glenside, Pa., worked as a middle and high school teacher in a special program for pregnant teens and new mothers. With an undergraduate degree in biochemistry from Messiah College, Beamer taught math, science and health to the young moms and moms-to-be. While finishing up her undergraduate degree, she began to consider a career in nursing.

In 2003, Beamer decided to become a member of the first class of the 14-month *BSNExpress*. In August, she and 22 other *BSNExpress* students celebrated receiving their second undergraduate degree. This first graduating class was cohesive and supportive to each other. As adult learners, they brought a great deal of personal experience to the learning environment, which facilitated their learning and made the sum much greater than the parts.

Although each student arrived with very different education and skills, Beamer describes her own transition as having



"I count myself blessed in that my brain was used to being challenged with new information," noted Stephanie Beamer '04 B.S.N., R.N. In August, she graduated from Villanova University's accelerated program for college graduates who want to become nurses.

been not so difficult. "I was already learning new material in my job teaching math and science, so I count myself blessed in that my brain was used to being challenged with new information, even before the start of the program," she said. "The most difficult part was the amount of required time for studying and preparing for class."

This first class was especially close. You could see it in the study groups, or in the way they enjoyed each other's birthday. This supportive network contributed to the success of the class.

While this pioneering class had extensive classroom experience as undergraduates, for many of them, clinical nursing was a whole new world. During a clinical experience, when Beamer participated in a newborn delivery, she could experience the impact of pregnancy on a woman's life from a different perspective than when she was teaching moms-to-be.

"The most incredible clinical experience for me was watching a birth," Beamer recalled. "Only I wasn't just watching. I stepped in to support the patient's legs while the nurse stepped out of the room.

I stayed in that position until the baby was born. It was miraculous! The doctor turned the baby's face toward me during the delivery, and when the baby opened his eyes, I was the first person he saw. It was an amazing experience!"

The pursuit of further learning did not end for Beamer after graduating with a B.S.N. She is now enrolled in a master's degree program in women's health nursing, with plans to become a nurse practitioner and work in rural Pennsylvania. "I might even consider obtaining a midwife certificate at some point and provide care for home births for the Amish," Beamer remarked. "Perhaps I'll get my doctorate from Villanova and teach again. The great thing about nursing is that the opportunities are endless!"

Villanova University
College of Nursing
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