Avoiding Rude Awakenings

By Dean Gail Stuart, PhD, APRN, BC, FAAN

Did you know that giraffes get dropped six feet to the ground at birth? It is clear that they can’t avoid rude awakenings but we can.

I say this because May is a month of transitions. Our graduates are being launched into a new world of career challenges and opportunities. We here in the College have tried to prepare them for as smooth a transition as possible, but the future still holds much that is not anticipated. Our wish for them is that the ground they land on will be both soft and supportive.

Meanwhile this month our College begins our yearly intensive evaluation process as we examine our strategic goals and objectives against the actions we have taken and the outcomes we have or have not achieved. The idea here is that the more we can plan with clarity and strength, the fewer rude awakenings we should hopefully experience.

Much of all this is at least partially in our control. What is not under our immediate purview is the broader health care system and the environmental chaos, politics and special interests that characterize the present health care system. And yet we nurses know that, like in any birth canal, one has to progress forward and out to grow and develop.

So here’s to new emergence and ongoing growth for all of us in the days ahead. Our vision will remain bold. In confirming that I am reminded of a quote recently shared with me:

“If you don’t imagine your own future, someone else will.”

That won’t happen to us here in the College of Nursing...not now, not ever. - Gail

Mark your calendars!

Simulation Lab
Ribon Cutting
June 10th at 1 p.m.
I am pleased to share with you some very positive outcomes of the April Board of Trustee meeting. First, our CON video was very well received by the Education Committee. They were amazed that we produced it in-house.

Next Dr. Carolyn Jenkins gave an excellent presentation of her scope of work to the full Board. At the conclusion of it, Dr. Raymond Greenberg congratulated her on her amazing contributions and the bridges she has built over the years in the community.

The Board also approved Dr. Janet Grossman’s promotion in rank to Professor and Dr. Robin Bissinger’s promotion to Associate Professor.

Finally, after some discussion by Board of Trustee members, they voted to approve our DNP proposal. We are now planning to submit the full proposal to the CHE in May.

So we have much to be proud of here in the College and the path ahead awaits our chariots.

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**Getting to Know...Carlos**

**Name:** Carlos Andres Lopez  
**Position:** Grants Administrator  
**How long at CON?** One year, five months  
**How many years at MUSC?** Five years  
**If applicable, first position at MUSC?** Grants coordinator - CDM  
**Most rewarding thing about your job?** Being able to help faculty and the College increase federal funding.  
**Hometown:** Bucaramange, Colombia  
**Describe your hometown:** Energetic, clean, fun  
**Family:** Wife, Lisa; dog, Tipsy; parents, sister, cousin, aunts, uncles...just like a normal Latin family.  
**Astrological sign:** Scorpio  
**If you could invite four guests (living or deceased) to dinner, who would they be?** My deceased grandfather (Carlos E. Lopez), Alvaro Uribe (Colombian President), Juanes (Colombian singer), and Mother Theresa. I would like to learn more about them and get some of their good energy and desire to have a better place for future generations.  
**What book are you currently reading?** “Continuum of Care & Epidemiology” (part of my studies)  
**Last movie you saw?** The Guardian  
**First concert you ever attended?** Shakira in Bogota  
**Favorite place you’ve traveled to?** I can’t pick one...Cartagena (Colombia) and Punta Cana (Dominican Republic)  
**If you could attend any sporting event what would it be?** Wimbledon, The Masters, and the World Cup (soccer)  
**One thing you’ve never done, but hope to accomplish one day?** Skydiving...and to retire at age 50.  
**In which store would you like to win a $3,000 shopping spree?** This is an excellent question for my wife, but I also like to shop so I’d say Banana Republic.  
**What do you enjoy most doing in your spare time?** Golfing, tennis, running, and salsa dancing.  
**Favorite flower:** Orchid  
**Favorite fruit:** Pineapple & papaya  
**Favorite sport to play:** Tennis & golf  
**Favorite sports team:** Colombian Soccer Team & the Pittsburgh Steelers  
**Favorite outdoor activities:** Biking & paragliding  
**Favorite movie:** Life is Beautiful  
**Favorite magazine:** Golf magazine  
**Favorite snack:** Cape Cod potato chips  
**Favorite thing about living in the Charleston area?** The beach, weather and all my friends. The least favorite is not having my parents close enough.

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**Board of Trustees Update**

Take a mental health moment with deep breathing. It changes your brain’s chemical balance and helps restore a sense of peace and relaxation. Here’s how to do it:

1. Sit in a chair or on the floor or lie down.
2. Rest your hands on your stomach.
3. Slowly count to four and inhale through your nose. Feel your stomach rise. Hold your breath for a second.
4. Slowly count to four while you exhale through your mouth. To control how fast you exhale, purse your lips like you’re going to whistle. Your stomach will slowly fall.
5. Do this 5 - 10 times.
6. Appreciate the sense of calm you experience.

**May is Mental Health Month**

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**Briefs**

**Board of Trustees Update**

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**Briefs**

**Board of Trustees Update**
NURSESTRONG Sighting

If you see Dr. Raymond anywhere on campus look closely at his right wrist. You will see a NURSESTRONG wristband peeking out from his sleeve!!

May is Nurse’s month and a time to celebrate the contributions of nurses everywhere. Are you wearing your wristband?

A special thanks to
Summerville Medical Center and Palmetto Health for their support of the CON’s NURSESTRONG Wristband campaign.

EndNote Classes Offered

Monday, June 2
9 - 10 a.m. in CON 322
An introduction to EndNote, with everything you need to know to get started.

Monday, June 9
9 - 10 a.m. in CON 322
For this follow-up session, bring your questions, any problems you’ve encountered along the way, and we’ll figure out how to solve them.

RSVP to Suzanne Gresle by e-mail to gresles@musc.edu so she will have a handout ready for you.

Nurses Week • May 5 - 10

Convocation and Graduation Information

Congratulations to the Class of May 2008! Convocation is scheduled for Thursday, May 15 at St. Matthew’s Lutheran Church, 405 King Street. The program will begin promptly at 3 p.m., however graduates are asked to arrive by 2 p.m. so that you may be assisted with robing and line-up for the processional. There will be a rehearsal for this special event on Wednesday, May 14 at 3 p.m.

Convocation generally lasts an hour and a half and includes the pinning of the undergraduate students and the hooding of the master’s and doctoral students. Several awards and recognitions are part of the ceremony as well. Family and friends are invited to attend. There will be a light reception in the St. Matthew’s Fellowship Hall following Convocation.

Parking is available in the area, specifically at the garage adjacent to the Francis Marion Hotel (corner of King and Calhoun Streets) and the Charleston Visitor’s Center located on Meeting Street. Car-pooling is advised.

Graduates will wear their graduation robes and hoods. Caps are not worn at Convocation. There will be a photographer at the event.

The following morning, Friday, May 16 is Graduation. This event begins at 9 a.m., but graduates are asked to arrive at the Institute of Psychiatry Auditorium Lobby by 7:30 a.m. so that you may be assisted with robing and line-up for the processional. Graduates will wear their graduation robes, hoods, and caps. Comfortable shoes are recommended.

The Web site for Commencement is: http://www.musc.edu/academics/grad/index.html. This site has information for candidates’ guests (including disability accommodation), as well as information about news releases, photos and videos, and adverse weather plans. There is also a map for candidate and audience seating.

Please contact Mardi Long, longm@musc.edu, for additional information or answers to any questions.
Social Factors Can Influence Health

Report from the Robert Wood Johnson Foundation (RWJF) to the Commission to Build a Healthier America

Despite what many believe, a person’s health is not only a product of good medical care and genes. In fact, in many cases, these may only be small pieces of a much larger puzzle.

Social and economic factors are keeping some Americans from being as healthy as they should be. Based on work conducted by researchers at the University of California, San Francisco (UCSF), this report outlines in stark detail how a person’s health and the likelihood of becoming sick and dying prematurely are greatly influenced by powerful social factors such as levels of education, income and the quality of neighborhood environments.

This RWJF report describes the current health profile of Americans, looking specifically at how education, income, race and ethnicity play a role in Americans’ health. This report:

• Examines the roles of personal and societal responsibilities for health within the contexts in which people live, work and learn which influence both the choices people have and their ability to make healthy choices.
• Reviews evidence of the lasting impact that physical and social environments have on a child’s health and on his or her chances of becoming a healthy adult.
• Reveals new national evidence of differences in health across income and education groups, and how they relate to differences in health by race or ethnicity.
• Provides new evidence of the economic and human costs of differences in health, including the life stories of three American families who are trying to make healthy choices but face major obstacles.
• Offers a framework for finding solutions by applying current knowledge about the underlying causes of social disparities in health.

Visit http://www.rwjf.org/pr/product.jsp?id=26673=EMC-CA144 to view the full report.
National Video Filmed at CON

On April 18 the American Journal of Nursing (AJN), in conjunction with the Hartford Geriatric Nursing Institute, filmed a video at the College of Nursing and the Medical University Hospital (6 West unit) concerning assessment of mealtime problems in persons with late-stage dementia entitled “Assessments and Best Practices in Care of Older Adults.” This video will be part of a series entitled “How to Try This” and is expected to be available this summer. When the entire project is completed, the series will contain over 30 videos on a nationally accessible Web site.

The Web site will feature videos and companion articles that will teach nursing faculty and students ways to assess older adults using appropriate instruments. Building on an AJN article, this video features the use of the Edinburgh Feeding in Dementia Scale that was developed by Ruth Stockdell and Elaine Amella – both of whom are featured in the film along with fourth-semester students Kristie S. Quarles and M. Eli Sollie, third semester student and Registered Dietician, Jennifer Reynolds, and College of Nursing 2008 Alumni of the Year, Shirley Hendrix.

Visit http://www.nursingcenter.com/library/static.asp?pageid=730390#videos for the current “How to Try This” video and article collection.

Congratulations to... 

Congratulations to Drs. John Welton and Laurie Zone-Smith who had a proposal entitled, “Using Nursing Intensity to Predict Intermediate Care Inpatient Billing” that was funded by the Gamma Omicron Chapter-at-Large of Sigma Theta Tau International for $600. The study will investigate the relationship between a nursing intensity measure and a medical intensity measure (InterQual) in the ability to determine how nursing resources (time and costs) are expended for routine and intermediate care of adults at an academic medical center.

Dr. Lisa Vandemark submitted a proposal to the Center for Public Service Communications entitled “Using the interactive Health Equity Atlas (iHEA) for research, teaching, and interventions in the South Carolina low country” for $31,000. This award would add a Geographic Information System (GIS) component to our doctoral program and teach students to use GIS in their research.

Doctoral Students Make CON Proud

Susan Newman, doctoral student, had a poster accepted for the American Association of Spinal Cord Injury Nurses National Conference in August 2008 entitled, “Photovoice: A Participatory Research Method to Explore Community Integration after SCI.” Way to go, Susan!

Christy Smith, doctoral student, had an article published entitled, “Mandating HPV Vaccination: What Are the Arguments?” in the April-June issue of the Journal of Christian Nursing, Volume 25(2), pages 74-80. Not only is Christy a PhD student, but she is an online faculty member at Indiana Wesleyan University and Regis University. Congratulations to Christy!
Hispanic Health Initiative News

The Hispanic Health Initiative (HHI) had received 19 applicants for nine Cohort 5 scholars slots. All the applications were reviewed by Dr. Sheila Smith and four undergraduate faculty members. The applicants were judged on their academic progress in the accelerated BSN program and their submitted letter of interest. The students were also evaluated by their clinical faculty for positive communication styles, professionalism, nursing process capability, and cultural sensitivity.

Continuing Education Programs

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Contact Carol Whelan in the Office of Continuing Education at (843) 792-2651 or whelanc@musc.edu for more information.

KUDOS to Jenkins and her REACH Team

The following was excerpted from Decades of Work to Reduce Disparities in Health Care Produce Limited Success by R. Voelker, JAMA, March 26, 2008—Vol 299, No. 12, 1411.

“One of the few studies in the review that showed a reduction in racial disparities was part of the Racial and Ethnic Approaches to Community Health (REACH 2010) program, sponsored by the US Centers for Disease Control and Prevention in Atlanta, Ga. The demonstration program, which took place in Charleston and Georgetown counties in South Carolina, brought together 28 community partners, from health professionals to college sororities and local media, that set goals to improve diabetes care for blacks as well as eliminate health care disparities between black and white patients with diabetes.

The partners documented disparities in care for 12,000 black patients with diabetes in the two-county community. The intervention included such community activities as health fairs, support groups, grocery store tours, community clinics, and church-based educational programs. After 24 months, the partners audited medical charts for 158 black patients and 112 patients who were white or of other racial or ethnic groups. They found that differences between black and white patients in rates of hemoglobin A1c testing, lipid and kidney testing, eye examinations, and blood pressure control that had ranged from 11% to 28% at baseline had been eliminated (Jenkins C et al. Public Health Rep. 2004;119[3]:322-330).”
Publications & Presentations

PUBLICATIONS:


(Erin Wilson is a PNP student who helped with the research and publication. Way to go, Erin!)

PRESENTATIONS:
On April 10th, Margaret Spain presented a poster entitled: “Benefits of an Employee Health Setting for Novice Practitioner Students” at the annual meeting of the National Organization of Nurse Practitioner faculties in Louisville, Kentucky.

Sonya Smalls has joined the College of Nursing and our REACH US program. Sonya will be coordinating our administrative efforts for REACH. Smalls brings a wealth of experience working with programs addressing health care and racial disparities at the Association of American Medical College’s (AAMC) Division of Diversity Policy and Programs.

Smalls received a Bachelor of Science degree from the University of South Carolina in Finance and Real Estate and a Master of Business Administration degree in Financial Analysis from Keller Graduate School of Management of DeVry University. Her office is in room 426 and her phone is 792-5872.

Henry Guion, a student and Regimental Commander at the Military Magnet Academy, and the son of Stephanie Brown-Guion, received the Governors Citizenship Award for outstanding service, leadership, responsibility, character and discipline on April 21st. Congratulations!

125th Anniversary Fund

Total raised to date: $39,745
CON Students Give Back

On April 16th, MUSC Gives Back celebrated student volunteerism during the inaugural Student Leadership and Service Banquet held at the Harper Student Center.

The following student and student group were recognized for their voluntary contributions given to our community during this academic year (2007-2008).

Congratulations are extended to:

Cathy Mulloy
“Most Outstanding Student Volunteer for College of Nursing”

Student Nurses Association
“Most Outstanding Student Group for College of Nursing”

Award plaques, gifts, and a Catalyst feature article will compliment these honorees. Congratulations!

Relay for Life

On Friday, April 11, a number of CON students (see below) raised over $2,000 for the Colleges for Charleston Relay for Life. The all-night event was held at Stoney Field and was supported by teams from The Citadel, the College of Charleston and MUSC to raise money and awareness about cancer. Claire Vernon, co-captain of the College of Nursing team, walked in honor of her father in the survivor’s lap and raised $1,000 on

Ashley Regan
Elsa Edwards
Cathy Mulloy
Kiften Stephens
Noel Walker
Alan Lopez
Jennifer Pisano
David Fulmer
Megan Kenyon
Nicole Arnette Shelley
Harriet Shuler, co-captain
Claire Vernon, co-captain

New SGA Officers Elected

Over 100 students participated in the election of the new officers of the CON-SGA:

PRESIDENT
Amanda Baxley

VICE PRESIDENT
Ryan Law

SECRETARY
Liz Mastrimonico

TREASURER
Karen White

Policy Writer
Beth Magee

Social Chair
Maureen Maginnis

SGA/SNA Liaison
Noel Walker

MUHA Scholarship Recipient Selected

Lauren Harris, a graduate of Clemson University, has been selected as the second MUHA Patron Scholarship recipient. Lauren is a stellar student, having completed a major in Marketing with a 3.98 GPA. During her interview, she commented she would like to use her marketing background to attract others to the MUSC College of Nursing and the nursing profession.

On Friday, April 11, four other students who have been admitted for the fall 2008 semester interviewed for this $25,000 scholarship. Special thanks to faculty interviewers Jane Anderson, Marilyn King, Carol McDougall, Kathy Simon, and Ruth Stockdell. Gail Stuart and Marilyn Schaffner also met with each of the scholarship candidates.

Second semester ACC BSN students, Charlotte Gettys and Amanda Swingle enjoyed the SNA-sponsored Career Day. Recruiters from various hospitals in SC discussed career opportunities with students at the April 4 event. Jennifer Brown, SNA Vice President, coordinated the event.
The Student Nurses Association (SNA) had a busy semester. We started off the year with a new program of trivia and dinner nights for first semester students. These evenings were full of study tips, practice questions, and snacks – prior to their first test in each class. These sessions received good feedback, so we hope to keep the program going. Sticking with the trivia theme, we also initiated a monthly “Trivia Night” at Burns Alley Neighborhood Bar. Attendance has steadily increased (and it’s nice to have a little Q&A time that has nothing whatsoever to do with nursing). Occasionally, photos from these events make an appearance on the SNA’s new Facebook page, so you will have to check it out!

Helen Haskell (Lewis Blackman’s mother) gave an unforgettable speech to the nursing students. We hosted a recruitment fair, with most of the major hospitals in SC represented. This was an outstanding fundraiser, as well as an excellent information-gathering opportunity for College of Nursing students.

Speaking of fundraisers, we held two bake sales that were unbelievably successful. We had fantastic participation from the student body, with regard to donated items - including snacks appropriate for diabetic patients/staff. Believe it or not, all items were sold, for both sales! Last but not least, we will host our first “book swap” on Wednesday, May 30, from 3:30-5:00pm at the CON. This will give students the opportunity to buy and sell their textbooks, without the hassle of listing them on bulletin boards or the internet.

We were also very active in the community. A tutoring session was held at the P.I.N.K. house, and an array of school supplies were donated to the program. SNA members were present at an invitation-only legislative breakfast in Columbia. Dinner was served (twice!) at the Senior Center, downtown. (Side note: with these, it is difficult to tell who is having more fun – the seniors or the students. They have been an absolute blast!) We paid Burns Elementary a visit…armed with four “lanes” of optometry equipment at the school, provided vision screenings and exams for eyeglasses, regardless of insurance status. We also worked in conjunction with the nursing outreach coordinator and visited several local schools (as well as one in Greenville) to provide first-hand information on the nursing profession.

Looking back over this semester, I can hardly believe all the things we accomplished…and we were rewarded with the “MUSC Gives-Back” award for student groups! These officers – Jennifer Brown, Amanda Baxley, Jane Dobbins, Melissa Palmer, Julia Perry, Caitlin Tabler-Bishop, and Lucy Wessinger – were just unbelievably motivated and hard-working. Along with Carol McDougall and Mardi Long, I think we made an incredible team; the results speak for themselves!
Voted
Best Play of 2007
&
Best Local Actress
by the Charleston City Paper - Best of Charleston

The Mammologues
performed by Gene Glave, RN

This one woman show will take you on a touching journey through breast cancer with wit, anger and laughter. This a survival story.

June 9
4:30 p.m.
IOP Auditorium

Tickets are free. (First come, first served.)

A donation to the College of Nursing’s 125th Anniversary Scholarship Fund would be appreciated.

Brought to you by the MUSC College of Nursing