I know that if I had to choose between a good status quo and a questionable but potentially better risk, I would choose the risk every time. While I appreciate the importance and the need for stability and solid maintenance, I also believe that only by taking risks do things really move forward.

Sometimes I think that nurses are particularly risk-adverse and it holds us back in fulfilling our potential. Or maybe the environments in which we work discourage or even penalize us for taking risks. But now is the time to change that dynamic whether students, staff or faculty. Let’s risk it!

I challenge you to reframe your thinking by replacing each of your risk adverse statements with a risk favorable one.

<table>
<thead>
<tr>
<th>INSTEAD OF…</th>
<th>THINK…</th>
</tr>
</thead>
<tbody>
<tr>
<td>“The timing isn’t right.”</td>
<td>“The timing will never be perfect.”</td>
</tr>
<tr>
<td>“My ideas aren’t good enough.”</td>
<td>“My ideas can be a good start.”</td>
</tr>
<tr>
<td>“I don’t know what I’m doing.”</td>
<td>“The only way I can figure this out is by starting to do it.”</td>
</tr>
<tr>
<td>“I’m afraid of making mistakes.”</td>
<td>“I will learn and grow from my mistakes.”</td>
</tr>
<tr>
<td>“I can’t do this because I may fail.”</td>
<td>“I’ll regret it if I don’t even try.”</td>
</tr>
<tr>
<td>“I’ll be embarrassed if things go wrong.”</td>
<td>“I’ll feel good about myself in that I gave it a try.”</td>
</tr>
</tbody>
</table>

So the next time you have a choice between playing it safe and sitting on the bench or getting up to bat and taking a swing, stand up, square your shoulders and let it rip!...Gail
Saluting CON veterans
Veterans Day was originally set as a U.S. legal holiday to honor Armistice Day, the end of World War I, which officially took place on November 11, 1918.

In 1954, November 11 became a day to honor American veterans of all wars who have bravely served our nation.

The College of Nursing would like to honor all of America’s veterans, especially our faculty, staff, and students for their patriotism, love of country, and willingness to serve and sacrifice for all Americans.

This month we salute those who currently serve or have served in the U.S. Armed Forces. Thank you for your courage and your sacrifice to ensure our freedom.

**Army**
- Sgt. Vanessa Gant (faculty)
- Sgt. Margie Prentice (staff)
- Sgt. Suzanne Sutton (student)
- Maj. Nikki Bailey (student)
- Maj. Caroline Scruggs (faculty)
- 2nd Lt. Shakira Lynn (student)
- Spc. Billy Hall (student)
- Spc. Bree Maddray (student)

**Navy**
- Cmdr. Cathy Durham (faculty)
- Cmdr. Beth Jensen (faculty)
- Petty Officer 1st Class Leonel Bersamina (student)
- Petty Officer 1st Class Joseph Stocking (student)
- Petty Officer 2nd Class Melissa Martelly (student)
- Petty Officer 3rd Class Nicola Martin (student)
- Seaman Jennifer Frazer (faculty)

**Air Force**
- Capt. Patrick Coyne (faculty)
- Capt. Maureen Chapman (faculty)
- 1st Lt. Janice (Lipe) Skipper (faculty)
- Staff Sgt. Mathew Garuccio (student)
- Senior Airman Crystal Graham (student)
- Senior Airman Melissa Silvis (student)
- Senior Airman Victoria Lyons (student)
- Senior Airman Monica Moore (student)

**Marine Corps**
- Cpl. Kim Pickett (student)
- Pvt. George Smith (student)

**SC National Guard**
- 1st Lt. Peter Gibbons (student)

Winter Convocation - Dec. 10
The College of Nursing Convocation (hooding ceremony for MSN, DNP and PhD students, and pinning ceremony for ABSN students) will be held Dec. 10 at 10 a.m., in the Charleston Music Hall (37 John St.).

Students completing degree requirements should plan to arrive by 9 a.m. Graduates will wear their graduation gown and hood, no caps. Faculty should dress in full regalia.

Carpooling is recommended. Parking is available in adjacent lots, but is limited.

This year’s speaker will be Carolyn V. Donohue, MSN, vice president of nursing and senior nurse executive at Roper Hospital.

The latest issue of *Lifelines* will be arriving in your mailbox soon!
Inside the Fall/Winter issue: The Road Ahead: Expanding Community Health Coverage in SC and Beyond.
## Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRI 6</td>
<td>ABSN ’17 Mini Orientation</td>
</tr>
<tr>
<td></td>
<td>1 - 5 p.m.</td>
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<tr>
<td>WED 11</td>
<td>Veterans Day</td>
</tr>
<tr>
<td></td>
<td>CON open</td>
</tr>
<tr>
<td>SAT 14</td>
<td>7th Annual SCNF Nurses Walk</td>
</tr>
<tr>
<td></td>
<td>9 a.m.</td>
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<tr>
<td>MON 16</td>
<td>Faculty Assembly</td>
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<tr>
<td></td>
<td>1 - 4 p.m.</td>
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<tr>
<td>TUE 17</td>
<td>Staff Meeting</td>
</tr>
<tr>
<td></td>
<td>10 a.m.</td>
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<tr>
<td>THU-FRI 26-27</td>
<td>Thanksgiving Holiday</td>
</tr>
<tr>
<td></td>
<td>CON closed</td>
</tr>
</tbody>
</table>

**Mini-Orientations for ABSN Class of May 2017**

A mini-orientation will be held November 6, 1 - 5 p.m. for students admitted to the ABSN Class of May 2017. Eighty students were recently admitted and invited to attend this workshop to help prepare them for their January 2016 start date. For details, contact Mardi Long at longm@musc.edu.

## December

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRI 4</td>
<td>Faculty &amp; Staff Holiday Lunch</td>
</tr>
<tr>
<td></td>
<td>Noon</td>
</tr>
<tr>
<td>THU 10</td>
<td>Winter Convocation</td>
</tr>
<tr>
<td></td>
<td>10 a.m.</td>
</tr>
<tr>
<td>THU-FRI 10-11</td>
<td>MUSC Board of Trustees Meeting</td>
</tr>
<tr>
<td></td>
<td>Colcock Hall</td>
</tr>
</tbody>
</table>

**Check out the new CON events calendar**

Use it to track all of our goings on [http://academicdepartments.musc.edu/nursing/administration/studentservices/events_calendar.htm](http://academicdepartments.musc.edu/nursing/administration/studentservices/events_calendar.htm)

**“Our heritage is composed of all the voices that can answer our questions.”**

- André Malraux

## College Holiday Closings

The College of Nursing will officially close at the end of business Tuesday, December 22 and will re-open Monday, January 4, 2016.

The way the state holidays fall this year, this will equate to four days of annual leave:

- 12/23 = Annual Leave
- 12/24 = Holiday (Christmas Eve)
- 12/25 = Holiday (Christmas Day)
- 12/28 = Holiday (Day after Christmas)
- 12/29 = Annual Leave
- 12/30 = Annual Leave
- 12/31 = Annual Leave
- 01/01 = Holiday (New Year’s Day)

If you plan to take additional time off during this time, please get approval to do so from your supervisor.

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**KEEP CALM AND GOBBLE ON**
MUSC Medical Center interview blitz
The MUSC Medical Center hosted an “Interview Blitz” on Oct. 20 and Oct. 26 for ABSN students graduating in December. Fifty-one students registered for the event that was coordinated by Tammy Rapp, Katie Richey, and Mardi Long. Students had an opportunity to complete an application and interview for RN1 positions. Feedback was positive from participating nurse managers and students. Students may be asked to tour units, shadow nurses, and interview with nurse peers as a follow-up to the “blitz.”

Out of the Darkness community walk fundraiser
The 9th Annual Out of the Darkness Community walk was held on Oct. 18 to raise awareness and funds for suicide prevention and support survivors of a loss due to suicide. The walk was held in Hampton Park in perfect weather conditions. Over 300 participants have raised nearly $19,000 to date. Proceeds will go to the American Foundation for Suicide Prevention and will be used for research into causes for suicide. In addition, money raised will help develop programs focused on suicide prevention such as videos for middle and high schools and web-based assessment tools for depression in college students.

Several MUSC employees are involved with the Out of Darkness organization, including Martina Mueller (CON), Deb Cody and Tom Robinson (Institute of Psychiatry) and Regina Creech (MUSC Trauma Program). Joy Lauerer organized a team of 13 ABSN students along with their families and friends who walked in support of suicide prevention and mental health.

Donations are still being accepted. Anyone who would like to contribute to the CON team and support the cause please click here and type “Joy Lauerer” in the search bar.

SNA convention rescheduled
Due to the SC floods in early October the SC Student Nurses Association’s State Convention was cancelled. However, before the call was made to cancel the event Sarah Jordan Andrews, Leonel Bersamina, Carleigh Fox, Kelsey van den Heuvel, Martha Lee, Swati Patel and Amanda Torres made their way to Myrtle Beach where the event was to be held.

In lieu of the original two-day convention, the SNA has created a one-day convention event on Nov. 21 in Columbia that is free to all constituents, however you must register.
Funded projects

Congratulations to Deborah Williamson, DHA, MSN, CNM, for receiving additional funds ($57,936) from the Center for Public Service Communications for the Teen Health Advocate Leadership Program Planning Grant. This project aims to increase health information literacy among students and community residents on Johns Island, as well as help students develop leadership skills and increase their engagement in the community. This grant will also fund the promotion of health careers among minority students, and expand the Teen Health Leadership Program.

Ron Acierno, PhD, has received $30,000 from the SC Department of Public Safety for his project, Innovative Treatment for Female Victims of Military Sexual Trauma. This grant will aid female veterans who report sexual assaults while serving in the military with evidence-based counseling services tailored to female victims of military sexual trauma in an innovative context.

Grants submitted

INVESTIGATOR: Elaine J. Amella, PhD, FAAN
SPONSOR: National Institute of Health / National Institute of Nursing Research
TITLE: Mealtime Partnerships for People with Dementia at Respite Centers and at Home
GOALS: To assess the ability of volunteers who partner with caregivers of people with dementia who attend social model respite centers to effect change in individual level outcomes for the caregiver and the person with dementia, interpersonal outcomes of the caregiver and volunteer, and system level outcomes related to the respite center director’s willingness to sustain the program.

INVESTIGATOR: Kenneth J. Ruggiero, PhD
SPONSOR: National Institute of Health / National Institute of Mental Health
TITLE: Improving Quality of Care in Child Mental Health Service Settings
GOALS: Nearly 9 million U.S. children meet criteria for at least one mental health disorder at any point in time. Effective treatments exist for these disorders, but children and families who seek services rarely receive them. Mental health providers need more support in the delivery of these interventions to ensure that children and families receive the best quality care. This project will take an important step toward addressing these challenges by testing a novel, technology-based solution designed to improve the delivery of child mental health interventions in real-world community settings.

INVESTIGATOR: Tracy Stecker, PhD
SPONSOR: National Institute of Health / National Institute of Mental Health
TITLE: An Online Tool to Improve Service Use Among Suicidal Military Personnel
GOAL: To refine and assess the effectiveness of a cognitive-behavioral online intervention designed to improve mental health treatment seeking among military personnel at-risk for suicide who are not in the treatment system.

INVESTIGATORS: Lynne S. Nemeth, PhD, FAAN and Chanita Hughes-Halbert, PhD (Psychiatry and Behavioral Science)
SPONSOR: National Institute of Health / National Institute of Nursing Research
TITLE: Health Promotion Education and Self-Management Behavior Among African American Men
GOALS: To develop and evaluate an innovative men’s health promotion and self-management intervention which will integrate mobile health components (mHealth) for navigation and motivation. African-American men will be recruited from the community to address healthy lifestyle behaviors that can be used to promote health and wellness. Adapting a previously evaluated health education intervention for self-management of African-American men and women in an urban setting, we will iteratively design a navigation program to promote health lifestyle in African-American men.

INVESTIGATORS: (PI) Leslie A. Parker, PhD, ARNP and (co-PI) Martina Mueller, PhD
SPONSOR: University of Florida – National Institute of Health
TITLE: Optimizing Breast Milk Production in Mothers of Extremely Premature Infants to Improve Infant Health
GOAL: Mueller will oversee all data management and statistical analysis activities, including oversight of data management personnel, design and implementation of the statistical methods for analyzing trial results, and preparation/presentation of trial reports.

INVESTIGATORS: Marvella E. Ford, PhD (Public Health Sciences); Gayenell Magwood, PhD, RN; David P. Turner, PhD (Pathology & Laboratory Medicine)
SPONSOR: Department of Defense / Prostate Cancer Research Program Impact Award
TITLE: Survivorship Care Physical Activity Initiative to Improve Disparities in HRQOL for Prostate Cancer Survivors
GOAL: To test the hypothesis of a supervised PA intervention followed by a phased step-down approach will lead to sustained levels of unsupervised PA in prostate cancer survivors leading to the beneficial regulation of bio-behavioral pathways and improved health-related quality of life (HRQOL).
Publications & presentations

> PUBLICATIONS


> PRESENTATIONS


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**Join us in the MUSC Ann Edwards Garden for a special**

**Imagine MUSC 2020 celebrating Patients First**

**Tuesday, November 3rd | 12:00 PM**

**Ann Edwards Garden by Main Hospital Entrance**

Formal program starts at Noon.

Come early to enjoy music and light refreshments.

For more info: Caroline DeLongchamps, Manager of Patient and Family-Centered Care

Mary Catherine Dubois, MSW, Social Worker
Eliminating health care disparities, increasing cultural competence and eliminating unconscious bias in nursing care

by Amy Williams, DNP, APRN, CPNP-PC

The MUSC College of Nursing is committed to providing nursing education with emphasis on cultural effectiveness that seeks to eliminate racial, ethnic and gender disparities. Tiffany Williams, DNP, APRN, diversity officer for the College of Nursing, audits all of the undergraduate and graduate coursework, and provides useful information on how to increase cultural competence within our courses and programs. As nurse educators, we believe this is key in providing equitable care within our health care system. We are within one year of a presidential election in which immigration and health care are two pivotal issues for both parties. In a 2010 brief from the American Nurses Association (ANA) titled “Nursing Beyond Borders: Access to Health Care for Documented and Undocumented Immigrants Living in the U.S.”, the ANA discusses the roles nurses can provide to a growing number of immigrants in this country.

The ANA and several other international nursing organizations take the position that all individuals should have access to health care. The ANA asserts that the Affordable Care Act of 2010 does not provide adequate access to health care for documented or undocumented immigrants living in the U.S. The ANA recognizes the differing socioeconomic factors of foreigners such as the increased likelihood that immigrants are more likely to live in poverty and not have health insurance. The ANA has called upon all nurses to advocate for health care for immigrants, to be attentive to the needs of their families, to provide culturally competent care, and advocate for equitable distribution of care globally.

> FACTS RELATED TO HEALTH CARE FOR IMMIGRANTS:

- Most foreigners come to the U.S. healthier than their American counterparts but their health status deteriorates over time because of multiple factors including poor access to care
- Many immigrants work for employers who do not provide health insurance
- Most are in low-paying jobs and cannot afford private insurance or out-of-pocket expenses
- Myths and confusion exist around government-funded programs (Medicaid, Medicare and CHIP)
- Documented immigrants must wait for five years to become eligible for Medicaid, though states have the option to provide Medicaid to children and pregnant women sooner
- Undocumented immigrants are never eligible for any government-funded program, like Medicaid
- Both documented and undocumented immigrants are significantly less likely to use the emergency room
- Due to lack of health insurance, immigrants working in occupations with high fatality rates and increased likelihood of workplace injury are more vulnerable to health and financial crises or the need for extended medical care
- The fiscal and public health risks of not having proper levels of well being to all people living in the U.S. can result in greater health care costs to taxpayers over time

> ANA URGES NURSES AND NURSING ORGANIZATIONS TO:

- Advocate that all immigrants have access to affordable health care without threat of deportation
- Reach out to immigrant communities and assess their health care needs
- Assist all immigrant families to access available community resources within the community for health care
- Ensure that health facilities are providing culturally competent care
- Work together to ask for “equitable distribution” and availability of health care services nationally

REFERENCE:
SCNF Nurses Walk - Nov. 14

The South Carolina Nurses Foundation (SCNF) is gearing up for their annual fundraising event — The Nurses Walk. The walk will be held Nov. 14 at 9 a.m. at Wannamker County Park in N. Charleston and Earlewood Park in Columbia. The SCNF is committed to continuing to advance nursing through scholarships and programs of excellence and the walk provides the means to continue their mission. Click here to register for the walk.

Faculty wins!

Congratulations to Deborah Williamson, DHA, MSN, RN, for being selected as a 2015 SCLN Excellence in Nursing honoree for her contributions to the nursing profession. Additionally, Stephanie Armstrong, MSN, RN, has been selected as a graduate faculty scholarship recipient. Both will be honored at the annual SCLN Awards Banquet on Nov. 6 in Columbia.

On October 17, Jane Zapka, ScC, was honored by her alma mater, the UMass Amherst School of Public Health and Sciences during their Annual Fall Celebration. A former UMass Amherst Health Policy and Management faculty member and director of Health Education at University Health Services, Zapka was presented with the SPHHS Award for Significant Contributions to the field of public health and the health sciences. She was recognized for her work as an intervention and prevention program specialist; as an innovative user of telemedicine and e-health programs to guide patient-centered care; and for her pivotal work in promoting the use of an interdisciplinary team-approach to medicine, among many other achievements.
SAVE THE DATE

HOMECOMING 2016
MARCH 11 - 12
CHARLESTON, SC