

eCONNECTIONS

MAY 2018

Celebrating Nurses Week

By Gail Stuart, PhD, RN, FAAN

May is such a fantastic month. It is finally warm, flowers are smiling, and Mother's Day reminds us of our roots and how much we are loved. It also is in May that we celebrate Nurses' Week in honor of Florence Nightingale's birthday on May 6.

Recently I have been reading a truly fascinating book written by Cecil Woodham-Smith titled [Florence Nightingale: 1820-1910](#) (now available in paperback on Amazon). It is an amazing biography of her life as a child, through young adulthood and of course, her dedicated career to nursing. I was very moved by some of the text and so this month I share those with you as a spring renewal to all of the nurses at MUSC. Here are some of my favorites:

Her calmness, her resource, her power to take action raised her to the position of goddess. The men adored her. The doctors came to be absolutely dependent on her, and Colonel Sterling wrote home: "Miss Nightingale now queens it with absolute power."

"If it was that of a dying man, the more certainly might her slight form be seen bending over him, administering to his easy by every means in her power and seldom quitting his side until death released him." It was her rule never to let any man who came under her observation die alone.

One of the nurses described accompanying her on her night rounds. "It seemed an endless walk...A dim light burned here and there, Miss Nightingale carried her lantern which she would set down before she bent over any of the patients. I much admired her manner to the men – it was so tender and kind."

The surgeons were amazed at her ability to strengthen men doomed to an operation. "The magic of her power over men was felt," wrote historian Alexander William Kinglake, "in the room – the dreaded, the bloodstained room – where operations took place.

There perhaps the maimed soldier if not yet resigned to his fate, might be craving death rather than meet the knife of the surgeon, but when such a one looked and saw that the honoured Lady in Chief was patiently standing beside him – and with lips closely set and hands folded – decreeing herself to go through the pain of witnessing pain, he used to fall into the mood of obeying her silent command and – finding strange support in her presence – bring himself to submit and endure."



The troops worshiped her. "What a comfort it was to see her pass even," wrote a soldier. "She would speak to one, and nod and smile to as many more; but she could not do it all you know. We lay there by hundreds; but we could kiss her shadow as it fell and lay our heads on the pillow again content."

May we all aspire to such acts of heroism, compassion and love of nursing. — Gail



Nurses Week: May 6–12

A note to all of our nurse graduates, students and friends

You change the lives of millions of patients and their families every day. Your work and impact extends far beyond the bedside and hallways of the hospital. You show up each day despite the stress and demanding hours to provide superb care to our nation's ill. You answer countless questions with patience and a smile. You build relationships with your patients through everyday care and through listening to their every concern. And you do all this with no expectation of recognition. You're truly irreplaceable.

During Nurse Nurses Week, we celebrate you and your countless hours of service. Thank you for all that you do to care for so many patients and their families. Without you, what would we do?

ENTER FOR A GIVEAWAY

We are celebrating Nurses Week in style. To show our appreciation for all that you do, we're giving away a CON pullover. For details on how to enter,

head over to

[Instagram](#) 

or

[Facebook](#) 



Walters Named Staff of the Year

Congratulations to **Alex Walters**, recipient of the 2018 Staff of the Year Award. This award was presented on April 25 during the CON Administrative Professionals Day breakfast hosted by the faculty. Walters moved to Charleston from West Virginia and has been with the College of Nursing since 2015. As an educational technology specialist, he has become an invaluable team member, assisting faculty with online education platforms. While teaching fifth grade in W.V., Walters' patient demeanor was shaped. Today, his poise and troubleshooting abilities shine through in his interactions with faculty and staff.

A few of the many accolades he received from faculty and staff include: "Alex does more than his job, he excels at facilitating learning and creates an environment that almost always results in success." "Alex brings novel ideas with a positive attitude." "Because he is quiet, he sometimes doesn't get the recognition he deserves, but we couldn't do [our job] without him!"

Each April we celebrate the accomplishments of all of our staff with an administrative professionals breakfast and announce the award winner. Other staff members nominated include: **Tonya Hazelton** goes above and beyond the call in her representation and dedication to the CON. / **Moby Madisetti** is always cheerful, optimistic, and never gets rattled. / **Carolyn Page** shows love and support to her staff on a daily basis. / **Jessica Williams** is very patient and always keeps a smile on her face no matter how stressful her job gets. / **Jo Smith** writes thoughtful pieces for Lifelines and I appreciate her willingness to help with issues large and small. / **Kathy Williams** is always friendly, with a prompt response and happy to help attitude. / **Sonya Smalls** is a true pleasure to work with. / **Toni Fancy-Denton** is persistent in troubleshooting and see a problem through to a solution. / **Shelly Drake's** door is always open to discuss student needs and is quick to respond to problems. / **Adriana McKenna** is a dream to work with. She is dependable, proactive and helpful. / **Virginia Vedilago** is strongly committed to the college and university' vision of providing care to diverse individuals.



Last month Dean Gail Stuart was recognized for her 16 years as dean and 33 years with MUSC. The Board of Trustees approved Stuart as dean emerita effective June 30 when she steps down after dedicating 47 years to the nursing profession.

MAY

May 2 / 10 am - 2 pm
 Innovation Summit & Innovation
 Station's One Year Anniversary
(see p. 7 for details)
 Innovation Station

May 4 / Noon
 Research For Lunch with
 Dr. Leigh Ridings
 CON 513

May 9 / Noon - 3 pm
 MUSC Employee Appreciation Day
 MUSC Horseshoe & Greenway

May 10
 Confederate Memorial Day *(State Holiday)*
 CON Open

May 16 / Noon
 Research For Lunch with
 Dr. Kathleen Cartmell
 CON 513

May 17 - 18
 MUSC Board of Trustess Meeting
 Colcock Hall

May 18 / 2:00 pm
 CON Convocation
 Charleston Music Hall

May 19 / 9:00 am
 MUSC Commencement Ceremony
 MUSC Horseshoe

May 21 / 1:00 pm
 Faculty & Staff Assembly
 CON 202

May 28
 Memorial Day
 CON Closed

JUNE

June 1
 New CON Dean Weglicki Arrives
 CON

June 4 - 8
 Qualitative Research Intensive
 CON

June 18 / 1:00 pm
 Faculty & Staff Assembly
 CON 202

June 18 / Following Assembly
 Celebration of Upcoming Retirements
*Honoring Barbara Edlund, Joanne Langdale,
 Lynn Shull, Gail Stuart & Deborah Williamson*
 CON Historical Library



MUSC
 Medical University
 of South Carolina

2ND ANNUAL
**QUALITATIVE
 RESEARCH INTENSIVE**

Join us for a week-long series of classes for researchers and others who wish to learn how to develop and implement a qualitative research project. You will learn to...

- Discuss when a qualitative approach is appropriate
- Discover how to frame your research purpose and questions
- Determine which qualitative approach to use
- Devise data collection options, including focus group strategies and interview question development, and data analysis

JUNE 4 - 8, 2018

Space is limited.
 Register today at muscedu/nursing/conhub

Know Your Numbers

Do a Worksite Screening

Next appointment availability is: **May 23**
 Clinical Sciences Bldg. (Rm HE628h- 6th floor)

This screening is available to employees with the State Health Plan (including MUSC Health Plan) at no charge for the initial basic test in 2018. Employees and spouses without this insurance can participate for \$47. [Worksite screening information](#) including pricing for optional tests and registration, is available online.

Look for the Imagine U card (pictured right) at the screening to record your numbers, then enter them into MyLife Check™ (directions provided).

Imagine U
 Building Well-being Together

STEP 1: Get to know your numbers

Blood Pressure

Total Cholesterol

Blood Sugar



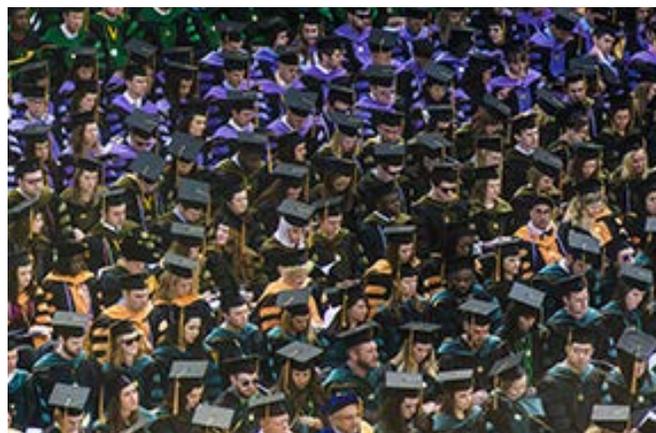
Changing What's Possible

NIH Researcher to Deliver Commencement Address to MUSC Graduates

As the end of another academic session comes to an end graduating students are looking forward to the College of Nursing's convocation ceremony. Convocation, the pinning ceremony for the students earning their BSN and the hooding ceremony for the students earning a graduate degree, is **Friday, May 18 at 2:00 PM** at Charleston Music Hall. Graduates should arrive by 1:00 PM with group photos at 1:30 PM. Please limit the number of guests to three-four per graduate. Traffic and parking are always a challenge in Charleston, so car-pooling is advised. Parking information can be found on [Charleston Music Hall's](#) website. Valet parking is not available for this event. Convocation usually lasts 1.5 hours and should be finished by 3:30 PM. There will not be a reception afterward.

Graduation exercises for the entire university will be held **Saturday, May 19 at 9:00 AM** in the MUSC Horseshoe. Approximately 640 candidates are expected to receive their degrees during the ceremony.

MUSC alum, John F. Tisdale, MD, will address the 2018 graduating class during commencement ceremonies. The NIH researcher is a renowned authority on sickle cell disease. Tisdale and his research team have been able to cure an African-American woman of sickle cell disease. Last fall, the Discovery Channel aired a documentary that followed Tisdale and his patients during experimental clinical trials at the National Institutes of Health.



Minorities In Medicine

The College of Nursing joined the other five MUSC colleges on April 3 at the College of Charleston to help minority students who aspire to become health care providers. The Minorities in Medicine program is a partnership between MUSC and the College of Charleston to bring mentors and other resources to prospective under-

represented minority students. Presentations included information about programs within each of the colleges at MUSC, as well as information regarding the application processes. **Darshonda Guess**, in photo above with Jordan Smith, an occupational therapy student, represented the College of Nursing on a student panel. Guess, a BSN student, shared with the audience the importance of making positive choices, following your dreams and persevering through adversity.



Tese Stephens, PhD, MSN, associate professor, spoke to a group of MUSC Health leaders on the topic of resilience on April 20. For more than a decade, Stephens has been researching the importance of resilience in individuals who work in a health care environment. Her research looks at how health care professionals can increase their own resilience so that they are able to better handle and adapt to stressful work environments.



In partnership with the College of Nursing, the Tri-County PASOs program offers culturally tailored labor and delivery and breastfeeding classes in Spanish to Latino mothers at the Fetter Health Care Network's downtown Charleston site (51 Nassau St.). The classes provide education and ensure that participants feel confident and well supported during and after their pregnancies. Participants review how to eat for a healthy pregnancy, the signs of premature birth, what to expect at the hospital and how to apply for a birth certificate. Common myths and benefits of breastfeeding for both the mother and baby also are discussed. Participants range from first time moms to mothers with several children. Everyone is encouraged to share their experiences in a relaxed and safe setting.



The Presidential Scholar's 2017-2018 Equity Group, including **Sarah Miller, PhD, RN**, associate professor and faculty scholar, and students **Brandon Gates (DNP)** and **Ka'Dedra Creech (BSN)**, along with other interested MUSC students, as well as students from the Charleston School of Law, came together to address the nation's opioid epidemic. Along with the Charleston County Sheriff's Office and MUSC Public Safety, the Equity Group discussed the opioid overprescription problem and opioid-involved overdose deaths. In 2016, Charleston County was the second highest county in the state for opioid-involved overdose deaths.

Currently, Public Safety houses the only medication drop box in Charleston County so the Equity Group set up a month-long drug take back event in four diverse locations (MUSC, Edisto, Awendaw, and Hollywood) to collect unused medications, distribute Deterra Drug Deactivation Systems (donated by SC Foundation Pharmacy Association), and provide educational materials. Four pounds of unused and expired medication was collected. The event was discussed on Live 5 News WCSC-TV and ABC NEWS as well as local radio. All takeback participants received medication deactivation bags for safe disposal at home, flyers and education about drug donation boxes in Charleston and surrounding areas.

On March 17, **Kathryn Kinyon Munch, DNP**, participated in the March on Washington for Cystic Fibrosis. The national event brought together CF advocates from all fifty states to Washington, D.C to education members of congress about the disease and of the struggles people with CF endure. Kinyon-Munch was accompanied by Jen Nielson, executive director of the S.C. Cystic Fibrosis Foundation. The team met with representatives from the SC legislative delegation to discuss the health insurance and health care needs of persons with chronic conditions. Also, the delegation was asked to support the elimination of barriers to Medicaid in SC including employment requirements, waiting periods and life-time caps.



2018 MUSC General Mandatories Due Jun. 30

All learning modules for MUSC employees are to be completed by June 30. To enroll, go to [MyQuest](#) and refer to your list of current learning modules that are accessible from the home page.

If you have any technical questions, contact the learning team at myquesthelp@musc.edu.



Funded Grants

PI: Ron Acierno, PhD

Sponsor: Dept. of Defense (DOD)

Amount: \$2,112,716

Title: Peer Social Support During In Vivo Exposure for PTSD: A Program to Address Dropout from Prolonged Exposure

Goal: Evaluate whether the opportunity to receive social support during in vivo exposure therapy homework from veterans who have successfully completed PE (i.e., the therapeutic equivalent of an exposure therapy 'workout buddy') is effective in reversing dropout and improving PTSD outcomes. Also, determine if this program is helpful to those receiving PE via telemedicine.

Performance Period: 03/15/2018 – 03/14/2022

PI: Amanda K. Gilmore, PhD

Sponsor: NIH/NIAAA

Amount: \$663,936

Title: Alcohol and Violence Prevention for College Students

Goal: Conduct a stage IA and IB pilot of a behavioral intervention for heavy episodic drinking and violence among college students.

Performance Period: 03/15/2018 – 02/28/2021

Submitted Grants

PI: Emily Johnson, PhD

Sponsor: NIH/NIMHD

Title: Disparities in Bariatric Surgery: Factors and Implications in the Underserved Diabetes Population

Goal: To propose a mixed-methods evaluation that initiates with analysis of secondary data to identify existing disparities in bariatric surgery, as well as facilitators and barriers to bariatric surgery access in underserved patients with obesity and diabetes.

PI: Melba Hernandez-Tejada, DHA, PhD

Sponsor: State of South Carolina Department of Public Safety/Victims of Crime Act (VOCA)

Title: Elder Abuse Assessment Training and Mental Health Services Program

Goal: Combine training to health care providers and mental health services to better serve elder abuse victims by seamlessly integrating training with direct treatment services.

PI: Wendy A. Muzzy, MRA, MLIS

Sponsor: State of South Carolina Dept. of Public Safety/Violence Against Women Act (VAWA)

Title: Military Sexual Trauma and PTSD Services

Goal: To offer evidence-based counseling services tailored to female victims of Military Sexual Trauma in an innovative context.

Publications

• Publications

Nichols, M., Sarfo, F.S., Singh, A., Qanungo, S., Treiber, F., Ovbiagele, B., Saulson, R., Patel, S., & Jenkins, C. (2017). Assessing mobile health capacity and task shifting strategies to improve hypertension among Ghanaian stroke survivors. *The American Journal of Medical Sciences*, 354(6): 573-580.

Monsen, K.A., Kelechi, T.J., McRae, M.E. (PhD graduate), Mathiason, M.A., Martin, K.S. (2018). Nursing theory, terminology, and big data: Data-driven discovery of novel pattern sin archival randomized clinical trial. *Nursing Research*, 67(2): 122-132.

Angelini, D.J., LaFontaine, D. (Eds.). (2017). Obstetric triage and emergency care protocols (2nd ed.). New York: Springer Publications.

• Presentations

Chandler, J., Adams, Z., Diaz, V., Sieverdes, J.C., Cain, M., Perlitz, B., Mendez, C., Brunner-Jackson, B., Patel, S., Treiber, F. (April 2018). Dose effect of smartphone breathing meditation upon blood pressure among pre-hypertensive adults. Poster and abstract presented at the Society of Behavioral Medicine Annual Meeting, New Orleans, LA.

Chandler, J., Diaz, V., Sieverdes, J.C., Mendez, C., Gunsolley, J., Sox, L., Brunner-Jackson, B., Patel, S., Treiber, F.A. (April 2018). mHealth medication regimen adherence program for hypertensive Hispanic adults. Poster and abstract presented at the Society of Behavioral Medicine Annual Meeting, New Orleans, LA.

Sieverdes, J.C., Chandler, J., Diaz, V., Brunner-Jackson, B., Patel, S., Mendez, C., Perlitz, B., Cain, M., Treiber, F.A. (April 2018). Hemodynamic and psychosocial changes with pre-hypertensives in a 6-month smartphone breathing awareness meditation program. Paper and abstract presented at the Society of Behavioral Medicine Annual Meeting, New Orleans, LA.

An underwater scene with several sharks swimming in clear blue water. The sharks are of various sizes and are swimming in different directions. The lighting is bright, suggesting sunlight filtering through the water.

FIRST ANNUAL MUSC Health Innovation Summit

You are invited to attend the First Annual MUSC Health Innovation Summit on May 2, 2018 from 10:00a.m. – 2:00p.m. at the Innovation Station! The Summit will showcase innovative ideas from various teams across MUSC. Vote for the best idea, and the top four teams will present via a Shark-Tank style format on May 3rd to win seed funding and support to implement their idea at MUSC!

Local innovation companies will also be on-site to share their latest innovations and talk shop with any MUSC innovators!

Save the Date to stop by, enter for a chance to win an iPad, and enjoy extra discounts at the Innovation Station!

