

Longhorn Nursing

Volume Nine

THE FUTURE OF NURSING STARTS HERE

Fall 2020

**WHEREVER
DUTY LEADS**



The University of Texas at Austin
School of Nursing

A MESSAGE FROM DEAN ALEXA STUIFBERGEN



I think it is safe to say that the last year has been unlike any other in the history of our School. Who could have imagined as 2020 began, and we were on the cusp of celebrating the International Year of the Nurse and Midwife in honor of the 200th anniversary

of the birth of Florence Nightingale as well as our 60th year on the UT Austin campus, what lay in store in the months to come. In big ways and small, we are all aware of how different our world is today and grieve over the many losses we've experienced because of COVID-19.

While our planned "in person" celebrations and activities were cancelled, we have seen during these trying times how essential nurses are to addressing a wide range of health challenges and to the delivery of health care, making invaluable contributions to the health of people around the world.

Without hesitation, nurses stepped up even as a novel virus that no one quite understood began to spread around the world and across our nation. As Americans, we viewed the nightly news and saw nurses on the front lines caring for patients in spite of the risks to their own health. We watched them advocating for the needs of their patients and their families, their communities, and their colleagues. We heard about nurses protesting when science was ignored and making the incredibly valiant choice to volunteer to serve in highly impacted areas. We marveled as they found creative ways to connect dying patients to their families — or be their family so they wouldn't die alone.

So many of the stories have been heartrending, and I have never been prouder to be a nurse.

The nursing pin for The University of Texas at Austin School of Nursing featured on this page has been inlaid on the floor of our recently opened Myrtle E. and Earl E. Walker Lobby. Worn by our graduates over many decades, the pin features the words: "Quo Ducat Officium," which translated from Latin means "Wherever Duty Leads." This idea is especially meaningful as we have seen the heroic actions of nurses everywhere during the pandemic. Nurse clinicians are working long hours in difficult situations with shortages of equipment and supplies and at great risk to themselves. Nurse researchers are building new knowledge to facilitate better patient outcomes in the face of such a debilitating disease. Nurse educators are working to support their students as they struggle in the face of uncertainty.

To all Longhorn Nurses and students working on the front lines and in support of your community's health, let me say how proud we are of you and how grateful for your service. I hope that readers will enjoy the stories of how our students, faculty and alumni

have contributed during this crisis and excelled in some of the most difficult times we have ever faced.

Finally, in the words of UT Austin interim President Jay Hartzell: "As Longhorns, when we are tested, we don't shy away. When we are challenged, we don't fade into the background and shrink from our responsibility. We come together and draw upon the diverse range of talent, energy, and passion that we have on the Forty Acres, to take on the most important and difficult issues of our time."

Quo Ducat Officium.

A handwritten signature in cursive script that reads "Alexa K. Stuijbergen".

Alexa K. Stuijbergen, PhD, RN, FAAN

Dean, The University of Texas at Austin
School of Nursing

Laura Lee Blanton Chair in Nursing

James R. Dougherty, Jr., Centennial Professor in Nursing





The University of Texas at Austin
School of Nursing

EDUCATION, RESEARCH, SERVICE

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In this issue

2

Wherever Duty Leads

9

Faculty Awards

10

A Brief History of The
University of Texas School
of Nursing

14

Donor Spotlights
— Kim and Jeff Chapman
— Luci Baines Johnson and
Ian Turpin

16

Faculty Trip to Kenya

18

Florence Nightingale:
Remaining Relevant After
200 Years

20

The Year in Photos

21

Students, Faculty
Recognized by Good
Samaritan Foundation

22

Sharing Nursing Education
Innovations Internationally

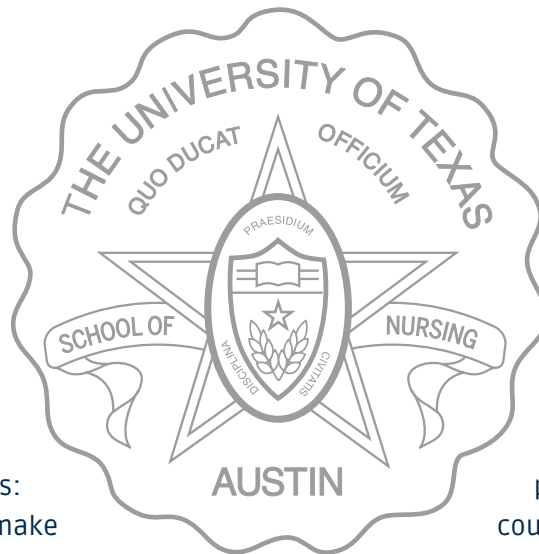
23

Around the School

Wherever Duty Leads

Not long after the onset of COVID-19, it became clear that our health care system, higher education protocols and lives were about to change, possibly, forever. The only question was: How do we turn on a dime and make the necessary changes to health care delivery, classroom instruction, and community outreach so that patients, students, and health care providers are able to continue functioning?

In keeping with the inscription on the School's nursing pin "Quo Ducat Officium," which means **"Wherever Duty Leads,"** we did what nurses do. We quickly reassessed the problem and came up with another plan.



Whether it was assisting patients suffering from the effects of COVID-19, overhauling and restructuring community health outreach programs, rewriting online nursing courses, or translating and distributing a COVID-19 handbook for Spanish-speaking health care providers, our faculty and students answered the call of duty.

It's clear that at the beginning of a new school year, with COVID-19 still not behind us, the innovative changes we have made – and continue to make – will remain intact. Challenging days lie ahead, but while the world is busy adjusting, **the School of Nursing is going Wherever Duty Leads.**

A Virtual Silver Lining

In 2019, the UT Austin School of Nursing and Division of Diversity and Community Engagement partnered with the City of Austin, Mt. Zion Baptist Church, and Rehoboth Baptist Church on an initiative to support the mental and physical health of African American residents through church-based education, counseling, and chronic disease management. The highly successful African American Church-Based Mental Health and Wellness (AMEN) program was designed as a direct response to the Austin and Travis County Community Health Improvement

Plan priorities and goals established by the African American Quality of Life Resource Commission.

The program is an outgrowth of the ongoing work conducted by Miyong Kim, PhD, RN, FAAN, FAHA, and professor, in community-based participatory research that aims to reduce health risks and better manage chronic diseases.

"The primary goal is to present a health care delivery model that will enhance mental and physical health support and provide culturally and contextually relevant care for African Americans that can be sustained by the church community,"

said Dr. Kim, director of the AMEN project.

Shortly after the program's launch, however, the unique challenges presented by COVID-19 caused Dr. Kim and Jacki Hecht, project director, to rapidly switch gears in order to continue serving participants. This spring, the AMEN program went virtual as staff converted planned face-to-face health interventions into online formats.

Working with church-based lay health workers, the team conducted a systematic assessment for the entire church community through online and telephone surveys to address pressing needs focusing



Jacki Hecht and Dr. Miyong Kim

on social determinants of health. The community-wide surveys were designed to cover an extensive array of needs during the shelter-in-place orders.

“The dynamics changed, but our service and commitment to the community did not,” Dr. Kim said. “Once revised, the program expanded beyond its current participants to assist even more community

members affected by the crisis, and we were able to deliver more tools to partnering churches.”

The AMEN team recently conducted 84 telephone conversations with congregants and emailed a survey to see how they are doing. Those who responded to the survey who wanted a health worker to call were added to the outreach phone call list.

Health workers have been making weekly follow-up calls and are praying with those who request prayer. Requests for food or medication are assessed and resources provided. Chronic disease self-management classes resumed via Zoom to help congregants with chronic diseases identify goals they want to work on.

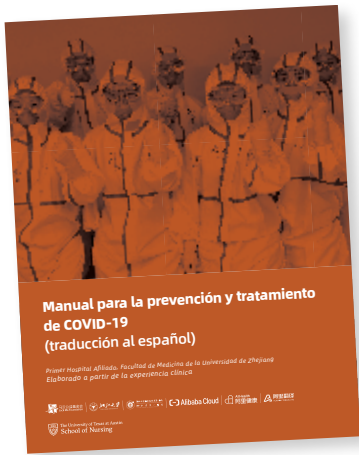
“The participants really appreciate the information and the opportunity to talk as a group and share resources with one another,” Jacki Hecht said. “We are also talking with the health workers about their own emotional health. We invited a facilitator from UT Employee Assistance Program to lead a discussion with the AMEN team and health workers to help everyone process the emotions around racism and its impact on all aspects of health and quality of life. This has helped our team develop a deeper level of trust and connectedness, which is necessary to our collaborative team process.”

All of which is good news for the program participants and host churches. By quickly transitioning to online delivery, the AMEN project has enabled participants to continue to make their health a priority — a virtual silver lining to the COVID cloud.



Good Day Austin

Jacki Hecht (L) and Youth Minister and Assistant to the Pastor at Mt. Zion Baptist Church Rev. Daryl Horton (R) talk to a local TV station about people in the community who are feeling the brunt of the impact of the coronavirus and how to get help.



Spanish language COVID-19 Manual

Speaking the Language of COVID-19

Nursing doctoral student Daniel Suárez-Baquero faced a unique challenge during the onset of COVID-19. Initially, he wanted to volunteer with the Texas health care community, working directly with patients. Unfortunately, Daniel's nursing license is from his home country, Colombia, and not valid in Texas. Frustrated, he turned to Sigma Theta Tau/Upsilon Nu, his professional nursing chapter at the National University of Colombia. Through his contacts at the university, he learned Colombia was suffering from a different set of issues related to COVID-19 — an information crisis.

“At the beginning of the pandemic there was a lot of information out there in English and Chinese to assist health care providers fighting the spread of the virus, but there were very few resources in Spanish,” he said. “My job was to search the internet for any information that could help.”

After hours of research, Daniel found one of the first comprehensive guides directed to the health care community. A panel of experts through Zhejiang University's First Affiliated Hospital had compiled the “Handbook of COVID-19 Prevention and Treatment” summarizing firsthand clinical experience of how to diagnose, screen and treat COVID-19 patients, with particular emphasis on nursing interventions. With assistance from the Chinese government, the guide was made available online to assist the worldwide health care community.

The handbook had already been translated into English, and Daniel shared it with his coordinator. They immediately began translating it into Spanish. In order to translate the 68-page guide from English to Spanish with efficiency, he recruited Óscar Franco-Rocha, a fellow Colombian citizen and research fellow with the School of Nursing. Within 24 hours, the team completed a translation. After two days of editing, they emailed the translation to every hospital and clinic nurse coordinator in Colombia and beyond, including Spanish-speaking communities in Austin.

“I am so proud to see Daniel and Óscar take the initiative to put their talents where it was most needed,” said Alexa Stuijbergen, dean of the School of Nursing. “The handbook proved to be an invaluable resource for many health care providers, some who live and work in smaller and more rural areas with limited access to the latest technology and equipment to fight the virus.”

Since releasing the Spanish translation of the handbook, Daniel and his team have received hundreds of requests for it. To assist with distribution, the School of Nursing published it on its website where it is free to download: tinyurl.com/covidmanual2020. The experience has better shaped Daniel's understanding of the role nurses play in health care.

“Nursing can change the world,” he said. “We need to understand that nurse leadership is fundamental to saving lives, improving health care and supporting nursing worldwide.”

Prepared for Duty

When Shalonda Horton, PhD, MSN, RN, and clinical assistant professor, joined her best friend in the Reserve Officers' Training Corps (ROTC) at Texas Christian University, she got more than she bargained for. In addition to the military training, the program launched her on a path to a career in nursing and nurse education.

After graduation, she applied for active duty in the U.S. Army Reserve to fulfill her service requirement and was one of only two nurses to be admitted. During her four

and a half years on active duty, Dr. Horton served in health care facilities in South Korea, Georgia, and Texas, and in almost every area of health care, including mental health and oncology.

“At first, I didn't want to be assigned to oncology,” she said. “But at Fort Sam Houston I was, and now I'm so grateful because that experience in intense and intimate patient care with soldiers and their families really solidified my foundation in nursing.”

Her transition from the military into civilian nursing wasn't difficult due to her experience in patient advocacy and leadership. She chose to obtain a Master of Science in Nursing (MSN) degree at UT Austin and later a PhD. Upon receiving her doctoral degree in 2015, she began teaching in the School's Alternate Entry MSN program.



Dr. Shalonda Horton and Dr. Ana Todd

During times of national crisis, Dr. Horton is often notified of a possible mobilization to serve on the front line of relief efforts, such as Hurricane Katrina in New Orleans. Although she wasn't deployed, she used the opportunity to teach her students disaster skills. Working with the City of Austin, she managed to get them assigned to clinical placements in the city's shelter at the convention center, where they received valuable experience caring for persons displaced by the effects of the hurricane, providing on-site health assessments and support.

At the School of Nursing, she teaches students enrolled in public health courses, focusing on crisis relief and health promotion. Along with colleague Ana Todd, PhD,



The Children's Wellness Clinic provides nurse-managed health care services.

RN, and assistant professor of clinical nursing, she leads the School of Nursing's bi-annual disaster drill, providing students with experience in triaging and emergency first aid.

Disappointed that it often takes a crisis such as Hurricane Katrina or COVID-19 to focus on the importance of public health care, Dr. Horton is hopeful such crises will lead to larger changes and funding.

"Public health is essential for a healthy community," she said. "It's a part of every aspect of our lives, like hand washing, clean food, running water and even seat belts."

In April 2020, after more than 20 years of serving in the U.S. Army Reserve, Dr. Horton, now a lieutenant colonel, was once again notified to prepare for mobilization to assist the civilian population during the COVID-19 pandemic. Although other members of her unit, the 7454th Medical Battalion, were sent to support the civilian response to the virus, her orders never arrived. Nevertheless, she continues to use her experience as a soldier to teach her students about public health and leadership.

And whether or not she is ever mobilized, Dr. Horton is proud to know that she taught some of those very nurses who are currently serving communities impacted by the virus.

Delivering Compassionate Care Despite Challenges

Since taking the helm four years ago as director of Practice Innovation for the UT Austin School of Nursing, director of the Wellness Center and clinical professor of Nursing, Stephanie Morgan, PhD, RN, FNP-BC, has steered the clinics through multiple obstacles. But COVID-19 presented an all new set of daunting circumstances, preventing the community's access to health care services.

Both the Children's Wellness Clinic and Family Wellness Clinic provide access to essential health care services to people who have limited options.

"The Children's Wellness Clinic is located in an unincorporated part of Travis County, which means the population doesn't have access to all the services that the rest of the county does, such as public transportation. Sixty-nine percent of the population is Hispanic, 30 percent is

undocumented, and 55 percent are living at or below the federal poverty level," Dr. Morgan said.

The Children's Wellness Clinic has provided high-quality services for over 24 years to the Del Valle community, including the Del Valle Independent School District. Part of Dr. Morgan's success in managing the clinics was shrinking the annual deficit, but the ground gained was lost due to COVID-19.

In order for the clinic to continue providing health care in the safest way possible, large-scale adaptations were implemented and equipment purchased. Everything from personal protection equipment to computers and software systems placed a financial drain on the clinics' resources. The staff moved most patient care visits online to telemedicine, and each clinic remodeled an exam room to support telemedicine and ensure patient privacy. Dr. Morgan's staff phoned the entire active patient list to let them know the clinics were available as a source of information and support and were still providing appointments through telemedicine.

The team also assessed families' social needs and connected them with services, an outreach effort that continues to be provided. These new procedures continue

to be practiced to safeguard the health of patients who still require in-person visits, particularly children needing vaccinations. Visits are spaced; clients wait in their vehicles until called and enter the clinic one at a time; and staff disinfect between visits.

“During the last four years, Dr. Morgan has expanded the services in our current clinics, worked to open a new clinic, facilitated new partnerships, and, most importantly, reached out and worked with the community,” said Alexa Stuijbergen, dean of the School of Nursing. “As hospitals cancelled clinical rotations for nursing students during the crisis, Dr. Morgan



Dr. Stephanie Morgan

increased the number of nursing students at the clinics, helping our students get the clinical experiences critical to their educational program.”

With a team of advanced practice nurses, public health nurses, community health workers, and a social worker, Dr. Morgan constantly reviews new information, updates clinic standards, and collaborates with health organizations on best practices in order for both clinics to provide the most robust services possible during uncertain times.

“No day is the same during this pandemic,” she said. “Clinicians tend to be creatures of habit. We like routine, and so operating under continually changing circumstances was difficult. We have some level of normalcy again, but it’s a new normal. We remain steadfast in our mission to deliver compassionate health care regardless of the challenges. Nurses are trained and equipped to provide care when people are in need, especially during critical times. It’s a calling for some, a sense of duty for others. I am honored to be part of the most trusted profession.”

Helping Out in Her Own Backyard

Like others in her profession, April Watkins, RN, MSN, ACNS-BC, has used her nursing skills to aid the world’s most vulnerable populations. As a clinical nurse specialist in cardiology and internal medicine, she has organized medical relief missions in Brazil, Haiti and Puerto Rico. She and a team of 10 to 12 health care workers have delivered primary care services during a number of crises, such as hurricanes and floods, but she never expected to deal with a crisis like COVID-19 in her own backyard.

“I was working with Seton Heart Institute to set up a nurse-led, multidisciplinary atrial fibrillation clinic,” said April, a student in the Doctor of Nursing Practice program. “But in March, all that changed. I received word from the hospital that I was being redeployed to the COVID-19 response team and would administer nasopharyngeal COVID-19 tests at the outdoor drive-through testing site in Kyle, Texas.”

After the initial shock of switching specialties and landing on the frontlines of a highly infectious disease, April sought out resources.

“At first I was very nervous,” she said. “I read everything I could get my hands on and even spoke to a friend from Wuhan, China. The more I learned, the more comfortable I got.”

April has been preparing for an emergency like this for years. She has lost track

of the number of aid teams she has served on (she thinks it’s around 13) where she diagnosed everything from malaria to typhoid fever, but now understands that she is one of the best-equipped clinicians for this work.

“When I was first notified of the position on the COVID-19 response team I was very concerned about the personal risk,” she said. “Then I thought about the work I had done in Haiti and Brazil and realized: Oh gosh, I can do this!”

Using her medical supply chain know-how, April obtained hundreds of cloth and clinical-grade personal protection masks, which she distributed to local businesses.

“I emailed one store and asked if I could facilitate a fundraiser to supply them with masks,” she said. “They were very appreciative but declined because they had just ordered a shipment. Then a friend of mine told me that employees were rationing those masks, so I supplemented the masks they provided.”

April was concerned about the need for supplies among Austin’s most at-risk populations.

“I raise a lot of money for my work in Haiti,” she said. “People are used to my asking them for money and know I’m a reliable source. This time, instead of an aid trip, we raised around \$1,000 to assist homeless youth and refugee services.”

April is happy to use her skills to assist her local community and continues to volunteer where she can, unsure of when she will be able to return full time to her clinic.

“To use these skills and experience to help your own community is such a gift.”



April Watkins preparing for a day of COVID-19 testing.



Darlene "Cookie" Wilson

Unto the Breach

In March, word began to spread that New York City hospitals were struggling to handle the influx of COVID-19 patients. Darlene "Cookie" Wilson, MSN and clinical instructor, knew she wanted to do her part to help out and took to social media looking for volunteer opportunities. Her West Point Academy women's alumnae group was quick to put her in contact with the right people.

On April 6, Wilson began a 13-week assignment serving at Elmhurst Hospital in Queens, New York City, the epicenter of the U.S. COVID-19 pandemic at that time. Located in a densely populated, working-class neighborhood, Elmhurst had been hit particularly hard by the virus.

According to Wilson, her West Point education shaped her deep commitment to public service.

As a former helicopter pilot and veteran of two wars, Wilson is the first to tell you that running into a crisis and assisting the most vulnerable is her calling. In fact, it was her deployment in 1997 to Bosnia and 2003 to Kuwait into Iraq for Operation

Iraqi Freedom that convinced her to pursue a nursing education. After returning home, she enrolled in the School of Nursing's Alternate Entry Master of Science in Nursing

"I consider service to our nation to be my personal responsibility."



Darlene Wilson in New York City

program and earned a graduate degree.

Before graduation, Wilson worked as an emergency room clinician at a local hospital and later began teaching part-time clinical classes at the School of Nursing. She explained that her students and fellow Austin nurses are a big reason she felt inclined to go to New York City.

"These are unique times and although working in New York City was going to be difficult, I knew I would be able to bring back many lessons to the Austin health care community," she said. "I promised my boss that I would develop training classes for my fellow ER nurses."

In New York she saw many younger nurses who were scared and overwhelmed, which made her want to mentor students and help them understand the job for which they were training. Since returning to Texas, Darlene has been supporting the COVID mission as a registered nurse.

"I don't think anyone was surprised by Cookie's decision to go to New York City," said Dean Alexa Stuijbergen. "This is who she is. I don't know of another health care professional better suited to walk into Elmhurst Hospital and support the patients, no matter the situation. We are very proud of her."



Holding Space for Someone Else

The senior year for nursing students is emotional and fraught enough as it is. Toss in the worldwide spread of a novel virus that no one quite understood, and panic and chaos are likely to ensue. Their final semester and upcoming convocation had plenty of student nurses anxious already, but when the University closed on Friday, March 13, no one knew what to expect.

Requiring nothing short of a Herculean effort, the UT Austin administration, Dean Alexa Stuijbergen, and School of Nursing faculty managed to quickly pivot and transition to online instruction and, in the case of fulfilling required clinical hours, find high-quality alternatives for most in-person experiences.

Then there was the convocation that students had been looking forward to for years. What would that look like? How could it be made special when faculty and students were sheltering-in-place miles apart?

Alumna Carolyn Phillips, PhD (2019), RN, ACNP-BC, AOCNP and Robert Wood Johnson Foundation scholar, happened to be in Austin instead of at Dana-Farber Cancer Institute in Boston where she had been working on her post-doctoral fellowship when the pandemic started hitting the East Coast hard.

“Because my post-doctoral institution implemented stay-at-home orders, I stayed in Austin and conducted my work from a distance,” she said. “It is in my nursing nature to jump into action during a crisis, but I felt disconnected from a nursing team. That’s when I reached out to Dean Stuijbergen to see if there was anything I could do to help. I thought I might help grade papers or do some other sort of supportive tasks.”

Dean Stuijbergen, however, indicated that the seniors, whose final semester had so summarily moved online and who

would be graduating and looking for their first jobs during a very uncertain time, were going to need help coping with the psychosocial impact.

Dr. Phillips’ research focuses on professional grief, the impact on the caregiver and care-receiver, and interventions to help health care professionals process the grief and suffering they see in their work in order to address burnout and compassion fatigue. As a result of her specialized knowledge, she proposed creating “Songs for the Soul: A Call and Response During COVID-19 for Graduating Nurses.”



Alumna Carolyn Phillips

“I started the conversations with students with two assumptions: graduates may feel very unsettled without having the typical closure ceremonies with their professors, classmates and schoolwork; and the additional fears and concerns about starting their first job during a pandemic and health crisis.

Over two weeks, Dr. Phillips conducted online interviews with graduating seniors, faculty, and nurses who have previously responded to other global health crises to hear their stories. Her goal was to capture the “call” of the nursing students, as they expressed their emotions and concerns related to starting their careers during

the pandemic, and the “response” from faculty and other experienced nurses who could share their reflections and words of wisdom.

After the interviews, she and songwriter Kristin Davidson discussed the main themes from the interviews. Their creative process is what Dr. Phillips describes as “holding space for someone else” or hearing someone’s story and allowing them to express their grief and thereby begin to cope with it.

“The aim was to create a song that celebrated the students and faculty, acknowledged the uncertainty of the current reality, and identified the strength students will carry forward into their careers,” she said. “The hope was that the song could foster community, connection, and possibly closure for everyone.”

The resulting song “Who Else but You” received an overwhelmingly positive response. Some faculty said it reminded them of why they are proud to work at the School of Nursing and why they became a nurse. Students were very moved after hearing it and said, “No one has asked us how we feel.”

“This has been a demanding season for everyone, everywhere, and one we’ll not soon forget,” Dean Stuijbergen said. “But it allowed us an opportunity to rise to a difficult situation. Carolyn put that effort beautifully to music that will play in our heads and hearts for years to come.”

“Who Else but You” tinyurl.com/song-soul2020 was featured during the spring 2020 School of Nursing online convocation service. Dr. Phillips’ Austin-based non-profit organization Songs for the Soul is dedicated to offering programs, information and support to the professional caregivers of society who are in need of healing. For more information, visit song-soul.org.



Prestigious NIH T32 Award Will Foster Future Transdisciplinary Nurse Scientists

The School of Nursing is launching a new transdisciplinary PhD training program to provide future nurse scientists with critical skills and knowledge to develop and implement innovative, effective, and personalized interventions for populations suffering from multiple chronic conditions.

Miyong Kim, PhD, RN, FAAN, FAHA, professor at the School of Nursing, associate vice president for Community Health Engagement at the Division of Diversity and Community Engagement, and the new program's director, has received a five-year \$944,788 T32 grant from the National Institutes of Health. The funding will provide predoctoral trainees with cutting-edge knowledge and methods to use resources throughout the University and the Austin community to ensure training across disciplines and ultimately create a national model for training nurse scientists with precision health expertise.

The recent medical paradigm shift initiated by precision medicine, along with significant advances in computational science, artificial intelligence, and mobile or wearable technology, now presents nursing science with an important opportunity to advance self-management science to an entirely new plane through the development of strategies tailored for the individual level with precision health, addressing not only individual genetic but also psychosocial phenotypic characteristics.



As an internationally respected self-management scientist and translational researcher, Dr. Kim is known for her transdisciplinary research to reduce health disparities through technological and scientific innovations.

She currently directs the NIH-funded Center for Transdisciplinary Collaborative Research in Self-Management Science at the School of Nursing, which will provide an innovative, highly stimulating environment for these future nurse scientists.

"To advance self-management science with a focus on precision health in a timely manner, we need a cadre of nurse scientists who can effectively collaborate with related disciplines in developing novel research to determine the phenotypic characteristics of people with chronic conditions as well as deliver personalized self-management interventions," Dr. Kim said. "This grant enables the School of Nursing to provide nurse scientists the critical skills and knowledge to develop and implement innovative, effective, and personalized interventions for populations suffering from multiple chronic conditions."

The first cohort of three predoctoral scholars began their two-year fellowship training in fall 2020. Additional scholars will be selected and trained over the following years of the grant period.

Faculty Member Named Scholar by Foundation

Danica Fulbright Sumpter, PhD, RN, clinical assistant professor, was selected as a member of the tenth class of the Josiah Macy, Jr., Faculty Scholars. She joins four other health care professionals from across the nation. Scholars in the two-year program engage in activities to enhance their career as an educator while pursuing a mentored educational innovation project at their home institution.

Dr. Sumpter has previously been recognized for her innovations in teaching and was named a University Provost's Teaching Fellow in 2019. Her work as chair of the Family, Public Health, and Nursing Administration Division and co-chair of the Diversity, Equity, and Inclusion Committee at the School of Nursing, as well as with the Black Mamas Community Collective, an Austin-based organization seeking to reduce and eliminate rising maternal mortality rates among Black women, has fueled her aspirations of becoming an expert in anti-racist teaching praxis.



As a Macy Faculty Scholar, Dr. Sumpter will develop a Toolkit for Anti-Racist Teaching (T-ART). The T-ART seeks to equip and empower health professions faculty with resources and training to promote the best practices for teaching how institutionalized racism persists as a significant "pre-existing condition" underlying numerous health inequities.

"I'm interested in how we help our students see the world in a different way so that they can make meaningful and sustainable changes," Dr. Sumpter said. "Our teaching strategies need to address racism in our culture so that students leave the classroom with an 'equity lens' and can critique and make systems more equitable."

The Macy Faculty Scholars Program is designed to identify and nurture the careers of promising educational innovators in medicine and nursing and to ensure that health professional education has at its core a strong social mission to serve the public's needs and improve public health.

A Brief History of The University of Texas at Austin School of Nursing

This year we celebrate The University of Texas at Austin School of Nursing's 60-year presence on the UT Austin campus. As we prepare for an All-Class Alumni and Friends Virtual Reunion in November, we have created an overview of some of the key people, places, and events that helped us instill excellence in education, research, and service during our first 60 years.



First facility on UT campus pre-1972

> 1890 Established in Galveston in 1890 as the John Sealy Hospital Training School for Nurses

> 1930 Graduate courses in nursing were first offered in 1930.

> 1960 In fall 1960, nursing courses were offered on the Austin campus for the first time.

Dean Emerita Billye Brown

The Tradition of Leadership Begins

The following information is courtesy of UT Austin Alumna Dr. Barbra Mann Wall (BSN 1971), who has written extensively about nursing history and recently co-authored Through the Eyes of Nursing: Educational Reform at The University of Texas School of Nursing, 1890–1989 with Dean Emeritus Billye Brown.

The University of Texas School of Nursing, established in Galveston in 1890 as the John Sealy Hospital Training School for Nurses, is one of the oldest schools of nursing in the Southwest. Over the years, the School transitioned to the University of Texas Medical Branch (UTMB), with the diploma granted by UT Medical Branch. A curriculum leading to the degree of Bachelor of Science in Nursing was established in 1923 in cooperation with the College of Arts and Sciences of the Main University in Austin, which we know today as The University of Texas at Austin.

With the financial support of the Texas Graduate Nursing Association, graduate courses in nursing were first offered in 1930 in the Department of Physical and Health Education at the Main University. In 1940, a complete curriculum was established leading to the degree of Bachelor of Science in Nursing Education. A program leading to the Master of Science in Nursing with a major in nursing administration was offered in 1952. Like most nursing schools in the country, enrollments in graduate programs in Texas were small.

We Find a Home on the UT Austin Campus

In fall 1960, nursing courses were offered on the Austin campus for the first time when faculty members Billye Brown and Mitzi Dreher transferred from UTMB at Galveston. Over the years, many organizational changes occurred, and in 1972, the School became part of The University of Texas System School of Nursing (UTSSN), which had six component units: The University of Texas Schools of Nursing at Austin, El Paso, Fort Worth, Galveston, Houston, and San Antonio.

But changes continued, and on March 26, 1976, the Board of Regents of The University of Texas System voted to reorganize the schools of nursing and placed each under the administration of the president of the health science center or academic institution nearest it. Thus, on September 1, 1976, the School of Nursing at Austin officially became part of The University of Texas at Austin.

“As political and professional changes have occurred over the past 60 years, faculty, students, and staff at UT Austin School of Nursing have played a critical role in coordinating programs, working with the community, educating nurses, and supplying faculty across the state of Texas and the United States. Over this time, nursing faculty have become leading scholars in nursing research as they have gained new professional identities and equality in academia.”

—Barbra Mann Wall, PhD, RN, FAAN

The Evolution of Nursing Education

Major changes in the U.S. health care system have called for major changes in the education of nurses. Nursing education at all levels has had to provide a better understanding of and experience in care management, quality improvement, systems-level change management, and the reconceptualized roles of nurses in an evolving health care system. As the nursing profession has developed, nursing education at UT Austin has adapted to meet the need.

The PhD program in Nursing began in 1974 making UT Austin the 7th school in the nation to offer the degree. In 1989, we became the second school in the nation to offer an innovative master's entry to nursing for students who already have at least a bachelor's degree in another discipline. This Alternate Entry Master of Science in Nursing program now has more than 1,000 alumni and remains the only master's entry program in the state of Texas.



1974

PhD program in Nursing began

1973 Nursing Building Constructed.

Billye J. Brown, EdD, RN, FAAN, was the first dean and served from 1972 to 1989.



Dr. Mabel Wandelt



Luci Baines Johnson and Dean Emerita Billye Brown

1976, UT Austin School of Nursing officially became part of The University of Texas at Austin.

1989

Alternate Entry Master of Science in Nursing began.

Dolores V. Sands, PhD, RN, FAAN, served as dean from 1989 to 2009.

Later, the School would begin advanced practice nursing programs with the initiation of the Family Nurse Practitioner (FNP) program in 1993. New advanced practice nursing programs were subsequently initiated for the Primary Care Pediatric Nurse Practitioner (1997), the Adult-Gerontology Clinical Nurses Specialist (2013), the Psychiatric-Mental Health Nurse Practitioner, Acute Care Pediatric Nurse Practitioner (2009–2012) and the Neonatal Nurse Practitioner (2009–2012).

Several major curricula changes have been made over the years to the Bachelor of Science in Nursing, including new requirements for coursework in Spanish for Health Care Professionals and Global Health. The Undergraduate Honors Program, designed to enhance the educational experience of high-achieving undergraduate nursing majors by focusing on the development of scholarship, began in fall 2008. Honors students work with faculty mentors on research, take special honors sections of selected courses, complete an honors thesis, and present their work at a conference or poster session. A recent survey of the more than 100 Honors graduates reported that former students were able to use the evidence-based practice skills they had learned in their subsequent employment.

In January 2016, the School was the first in Central Texas to initiate the Doctor of Nursing Practice (DNP), a program offered in a hybrid format with a combination of on-campus and online learning experiences. The fourth cohort, with students from across the state, graduated in May 2020.

The School received a three-year, greater than \$1 million grant from the Health Resources and Services Administration in 2013 to fund "Enhancing the Advanced Nursing Education of Clinical Nurse Specialists through Integration of Care for Patients with Multiple Chronic Conditions Using Interprofessional Education." This program augmented the education of master's-level advanced practice students in the Adult-Gerontology Clinical Nurse Specialist program and provided an important foundation for the Center for Health Interprofessional Practice and Education (IPE), a collaboration with UT Austin's College of Pharmacy, Dell Medical School, and the Steve Hicks School of Social Work. In 2018, the School received the American Association of Colleges of Nursing Innovations in Professional Nursing Education Award in recognition of innovations in interprofessional education.

Research achievements have grown significantly over time, consistent with the School's location on the campus of a leading public research university. In 1977, Dean Billye Brown hired noted researcher Dr. Mabel Wandelt. Through a contract to UT Austin School of Nursing and its Center for Health Care Research and Evaluation, Dr. Wandelt and colleagues guided the collection and analysis of data for a national study that culminated in the Magnet hospitals report published in 1983. This publication formed the basis of the highly successful Magnet Recognition Program that exists today.

The School of Nursing received a Nursing Research Emphasis Grant in 1988 (Sands, PI) that launched the research trajectory of

The Wellness Center

numerous faculty studying health promotion. As the quality and quantity of research grew, the School acquired two prestigious National Institutes of Health (NIH) research awards in 1999: a T32 Institutional National Research Service Award “Health-Promoting Nursing Intervention: Underserved Women” (Walker, PI) and an award for a P30 Center of Excellence in Health Promotion/Disease Prevention of Underserved Populations (CHPR) (Brown, PI).



Dr. Lorraine Walker, Dr. Lynn Rew and Dean Sands



Dean Stuijbergen with Dr. Kim and Dr. Brown

The School of Nursing’s Wellness Center provides health care services in two clinics: The Children’s Wellness Clinic and Family Wellness Clinic, where nurse practitioners provide primary care and manage acute and chronic conditions.

In 1991 the School’s Women’s Wellness Clinic, under the leadership of faculty members Sue Grobe and Mary Lou Adams, began offering breast and cervical cancer screening services for uninsured and underinsured women in Travis County with financial support from the Texas Department of Health, the Austin affiliate of Susan G. Komen for the Cure, and the Veritas Foundation. Today, the Family Wellness Clinic offers service to all ages in Austin and Central Texas.

In 1995, the school district nurse for Del Valle ISD (DVISD), the only registered nurse working in the district at that time, approached the School of Nursing for assistance with the complex

>1991

The Women’s Wellness Clinic began offering breast and cervical cancer screening.

>1993

Family Nurse Practitioner (FNP) program began

>1999

Children’s Wellness Clinic opened in April 1996

>2010

2003 the School was ranked No. 7 in NIH funding to Schools of Nursing.

NIH P30 and T32 grants awarded.

Alexa K. Stuijbergen, PhD, RN, FAAN, became the School’s third dean in 2010.

In 2018, the School of Nursing received the American Association of Colleges of Nursing Innovations in Professional Nursing Education Award in recognition of innovations in interprofessional education.

The CHPR and supplements were funded for 10 years by the NINR for more than \$4 million and subsequently endowed by a \$3 million gift from the Austin-based St. David’s Foundation. The CHPR, now known as the St. David’s CHPR, has supported pilot work for over 20 years for more than 76 nursing and interdisciplinary investigators, 55 percent of which have obtained subsequent extramural funding. The NIH also awarded the School \$1.5 million in 2002 for a P20 Exploratory Research Center Grant, “The Southwest Center: Partners in Health Disparity Research” (Rew, PI).

At the beginning of the new century, the School received its largest award to date at that time: a \$5 million gift from Gordon and Mary Cain to endow the Dolores V. Sands Chair in Nursing Research and the Gordon and Mary Hancock Cain Excellence Fund for Nursing Research. Faculty continued to excel in research, and in 2003 the School was ranked No. 7 in NIH funding to Schools of Nursing. More recently, the School received a new P30 Center of Excellence Grant from the NIH to establish the Center for Transdisciplinary Collaborative Research in Self-Management Science in 2014 and in 2020 a new NIH T32 Institutional National Research Service Award to support training for doctoral students in precision health (Kim, PI).

health problems of the children in that area. With initial funding from the Texas Department of Health, the Children’s Wellness Clinic opened in April 1996 as a primary health care site for children ages 0-21 who reside in DVISD. After 24 years of continuous service, the CWC last year served 2,100 patients and is responsible for the DVISD’s 99 percent vaccination rate. Both clinics serve as sites for student clinical placements and were critically important in helping students acquire needed clinical hours in spring 2020.

School Leadership

From its beginnings as part of the Galveston campus to its reorganization as a UT System School to its current standing as a valued component of the leading academic institution in Texas and one of the top schools of nursing in the nation, the UT Austin School of Nursing is the product of the outstanding leadership of its two former deans and current dean.



Billye J. Brown, EdD, RN, FAAN, was appointed associate dean of the UT System School of Nursing in Austin in 1967. She then became the first dean of the UT Austin School of Nursing and served from 1972 until her retirement in 1989. Dean Brown oversaw the growth of the undergraduate and graduate programs, a budding nursing research

program, and a continuing education program. She also served as president of Sigma Theta Tau International (1989–1991), was assistant editor of the *Journal of Professional Nursing*, and served as president of the American Association of Colleges of Nursing and the Texas Nurse’s Association.



Dolores V. Sands, PhD, RN, FAAN, was appointed dean in 1989 following the retirement of Dean Brown and served until her own retirement in 2009. As dean, she provided the organizational infrastructure that maximized faculty development in teaching, research, and service to position the School of Nursing as one of the top nursing programs in research funding

from the NIH. Dean Sands served on the NIH National Advisory Council for Nursing Research from 2001 to 2005. During her 20 years



the School engaged the services of Jacobs Consulting to evaluate current spaces and building configurations and to design an upgraded, updated learning facility. Today, after 40,517 square feet of improvements have been completed, the School comprises 112,728 square feet.

Renovations were completed in the nursing skills and simulation labs in 2015, the interior courtyard in 2016, and all ground floor classrooms, including creating the Nursing Commons, in 2017. In 2019, 12,000 square feet of space on the third and fifth floors provided a new student lounge and the Learning Enhancement and Academic Progress Center. That same year saw the creation of the Myrtle E. and Earl E. Walker Terrace, on the west

Adult-Gerontology Clinical Nurses Specialist (2013), the Psychiatric-Mental Health Nurse Practitioner, Acute Care Pediatric Nurse Practitioner (2009–2010) and the Neonatal Nurse Practitioner (2009–2010)

Renovations were completed in the nursing skills and simulation labs in 2015.

Newly expanded Health District grows up around the School of Nursing.

2017-2020 Learning center, classrooms, outdoor spaces and lobby were renovated.

as dean, she garnered over \$16 million in permanent endowments for the school, including the \$5 million Cain endowment that also endowed a \$1 million Chair in her name.



Alexa K. Stuijbergen, PhD, RN, FAAN, became interim dean in 2009 and the School’s third dean in 2010. She is the first UT Austin alumni and first native Texan to serve as dean. She served as associate dean for research for 10 years prior to becoming dean and later as a member of the National Advisory Council on

Nursing Research at the NIH (2014–2019). Dean Stuijbergen was inducted in 2017 to the Sigma Theta Tau International Researcher Hall of Fame and holds the Laura Lee Blanton Chair in Nursing. During her term, Dean Stuijbergen has led development efforts that to date have generated well over \$37 million, including a \$3 million gift from St. David’s Foundation to endow the Center for Health Promotion and Disease Prevention in Underserved Populations.

Facilities

The School moved to its current location at 1710 Red River in 1973. The five-story Nursing School building houses administrative, faculty, staff, and research offices, as well as large and small classrooms and seminar and conference rooms. In 2014

side of the building overlooking Waller Creek and Dell Medical School. This fall, the school opened the Myrtle E. and Earl E. Walker Lobby. A virtual tour of the renovations will be offered during the alumni reunion.

So much to be proud of and so much to look forward to

To celebrate, the UT Austin School of Nursing Virtual Alumni Reunion will be held 10 a.m.–12:30 p.m., Saturday, Nov. 7, 2020. Although we won’t be able to reconnect in person, we’re thankful we can do so virtually and glean updates from alumni, friends, and faculty.

For more information about the reunion plans and how you can take part, visit the website below. We’re especially excited about the following presentations and think you will be, too.

Alumna and Visiting Professor Mary Wakefield will discuss emerging opportunities to capitalize on nursing leadership and expertise for the improvement of the public’s health.

Alumna and Thomas A. Saunders III Professor of Nursing at the University of Virginia Barbra Mann Wall will facilitate “Past, Present, and Future Perspectives of the UT Austin School of Nursing,” a journey through the School’s history. Following her presentation, Dr. Mann Wall will moderate a discussion with inaugural Dean Emerita Billye J. Brown and current Dean Alexa K. Stuijbergen for a fascinating look at how we’ve grown and where we’re going.

Each presentation offers 1.0 CNE credit. To find out more about this event or to register, please visit nursing.utexas.edu/reunion.

Building a Firm Foundation for Nursing Education



Jeff and Kim Chapman

At an early point in her education at the School of Nursing, Kim Chapman discovered exactly what area of practice she wanted to pursue. Drawn to working in the operating room and after receiving a Bachelor of Science in Nursing in 1985, she moved to Houston, where she specialized in working in cardiovascular surgery and served on the heart team for the legendary cardiac surgeon Dr. Denton Cooley.

“I was always interested in the technical aspects of the job and knew I wanted to be an OR nurse,” she said. “I credit the UT School of Nursing for my 30-year rewarding career and consider myself first and foremost a Longhorn Nurse.”

Kim moved to Des Moines, Iowa, where she earned a Master of Science in Nursing from Drake University in 1999 and became a family nurse practitioner. Over the years, she enjoyed multiple leadership roles on cardiovascular surgery teams, including six years with the Vein Center at Iowa Heart.

“I was the team’s only mid-level provider and was afforded a lot of autonomy, including surgical procedures,” she said. “I felt very valued due to my education and experience.”

Kim later met her husband, Jeff Chapman, through a mutual acquaintance who, knowing the two had both lost spouses to cancer, thought they could lend support to each other as they worked through the grieving process. Kim relocated to Dallas to be with Jeff but wasn’t able to find a job affording her the same independence and highly specialized work she had performed in Iowa. The couple searched for opportunities where she could redirect her passion to support her community.

“After Kim and I were married, we were trying to figure out how we could support institutions that matter to Kim, and it became clear that the UT Austin School of Nursing was near and dear to her heart,” Jeff said. “The graduates of the school serve their community and are the day-to-day health care heroes that we so desperately need today.”

Kim wanted to help future students obtain the same foundation for success through the type of high-quality education she had experienced.

“I credit the UT School of Nursing for my 30-year rewarding career and consider myself first and foremost a Longhorn Nurse.”

“I had such a great experience at the nursing school, and it led me to a fulfilling career,” she said. “From my first job, I noticed that my training and education were more robust and had better prepared me for success.”

The Chapmans began to broaden their relationship with the School of Nursing’s leadership team and focus on how they could support nursing education. One of their first steps was to create the Kimberly and Jeffrey Chapman Endowed Presidential Fellowship, a permanent endowment that funds fellowships for graduate students. As their subsequent gift to the School, and along with other donors in honor of the School of Nursing’s first dean, they provided support for the Billye J. Brown Professorship in Nursing Leadership to help recruit and retain senior faculty.

Because of their strong passion for

fundraising, Kim and Jeff became members of the Nursing Campaign Committee, and in 2019, Kim became chair of the School of Nursing Advisory Council. As chair, Kim works closely with Dean Stuifbergen to orchestrate various outreach, advocacy, and fundraising initiatives on behalf of students, faculty, and programs. Kim is also the chair of the Nursing Campaign Committee.

In March 2020, Kim and Jeff furthered their legacy by establishing one of the largest estate gifts in the School of Nursing’s history. The funding will ensure that educational programs and student support continue well into the future. The couple are especially excited about Texas Challenge, a program focused on high-potential Texas students from middle- and low-income families. Another area where the Chapmans want to provide support is the School of Nursing’s Family Wellness Center, the cornerstone of the School’s service mission.

Jeff, who is chair of the global mergers and acquisitions practice of the international law firm Gibson Dunn, recently received the 2020 Distinguished Alumni Achievement Award from the University of Iowa. He is also a Harvard Law School alumnus.

“Kim and Jeff Chapman have become an invaluable resource to the School of Nursing,” Dean Stuifbergen said. “Their generosity has led to developments in our community clinics as well as important support for our students and faculty. But I am most impressed with the dynamic leadership roles the Chapmans have taken with the school. Their leadership serves as an example to so many others in our education community.”

At the Heart of Human Need in the Heart of Texas

The University of Texas at Austin's efforts to educate top nurses and improve care for older adults, especially amid the COVID-19 pandemic, received a tremendous boost from long-time UT supporters Luci Baines Johnson and husband, Ian Turpin, a British banker.

Johnson and Turpin's \$1 million gift will specifically support the nursing field of gerontology and provide funds for a variety of issues, including aging initiatives that will better the health condition of people aged 65 and older, and provide scholarships for students pursuing a degree with a focus on gerontology.

"I have had a lifelong love affair with the School of Nursing that stems from having been a student nurse myself, living in Austin, serving on the UT Austin Board of Visitors and witnessing nursing needs increase over the years," Luci said.

From her nursing education to Ian's mother serving as a nurse during World War II, the couple have been positively impacted by nurses. The gift has a deep personal connection and is dedicated in memory of their mothers — Lady Bird Johnson and Rita Turpin — and in honor of Marion Douglas and Sabrina Mikan, the School of Nursing alumni who cared for them at the end of their lives.

"We are doing this in honor of Marion and Sabrina who provided care for the

geriatric needs of two of the people we loved most in the world," Luci said. "It seemed the right thing to do to pay tribute to living, thriving, productive examples of nursing excellence."

The timing of the gift was significant as

it focuses on supporting gerontology education and assisting students and community programs impacted during the COVID-19 pandemic.

"Ian and I were already committed to geriatric nursing," Luci said. "Then the pandemic came along, and we realized that the population most in need of skilled nursing is geriatric. It made sense to give a major expression of our love for the University, the School of Nursing, and a program caring for the needs of the aging, especially during the immediate crisis.

"As is so often the case, nurses are at the heart of pivotal moments as they were with Florence Nightingale during the Crimean War and as they are in the pandemic and in clinics right here in Austin. Nurses are at the heart of human need during an unprecedented time," she added.

"Partners like Luci and Ian understand that as a nursing school we have a duty to educate and train top-tier health care providers," Dean Alexa Stuijbergen said. "The onset of a

pandemic only increases that demand. This generous gift ensures that our clinics continue to deliver care to the most vulnerable and that our students continue their education."

"The pandemic has created a whole new world for all of us," Luci said. "We are going to need increased skill sets to address the changes, and nurses are in the ideal position to provide so much of that."



Luci Baines Johnson and Ian Turpin

"I have had a lifelong love affair with the School of Nursing that stems from having been a student nurse myself, living in Austin, serving on the UT Austin Board of Visitors and witnessing nursing needs increase over the years."



Faculty Make the Most of Curtailed Trip to Kenya

In addition to education, skills, and experience, nursing faculty need to be nimble, resourceful, and able to change directions quickly.

At least that's what faculty members Janice Hernandez, DNP, RN, FNP-C, and Davika Reid, PhD, RN, both clinical assistant professors, and Julie Zuñiga, PhD, RN, assistant professor, discovered in early March as they headed to a conference in Eldoret, Kenya. During a layover in Doha, Qatar, they heard that the two-day conference had been cancelled owing to the COVID-19 crisis.

"We didn't know what else to do but to continue on to Eldoret where I was to be a keynote speaker at the 2nd Annual Kenya Clinical Nurse Education Conference, and the others were also presenting," Dr. Zuñiga said. "After we arrived, the chief nursing officer graciously organized a mini-educational exchange and asked us to present on clinical issues."

The trip to Kenya was made possible by the President's Award for Global Learning (PAGL) for the School of Nursing's proposal "Using Interprofessional Education to Improve Community Health in Kenya" submitted by faculty members Alexandra Garcia, Suzanne Seriff and Julie Zuñiga. More than any other opportunity at UT Austin, the President's Award empowers students and faculty to examine real-world challenges and enact solutions. Through a competitive process, teams of students and faculty mentors are selected to pursue interdisciplinary projects relating to international research, social impact and entrepreneurship in regions throughout the world. The School of Nursing was one of five winners of the 2019-2020 award out of 24 submissions from teams composed of 97 UT Austin students representing 11 colleges and 55 faculty members representing 12 colleges.



Dr. Julie Zuñiga, Dr. Janice Hernandez and Dr. Davika Reid



Dr. Janice Hernandez, Dr. Julie Zuñiga, and Dr. Davika Reid (R) with clinical nurse educators from Moi Teaching and Referral Hospital

The School's relationship with the Moi Teaching and Referral Hospital was initiated by the Academic Model Providing Access to Healthcare (AMPATH), a partnership between Moi University, Moi Teaching and Referral Hospital, North American universities, including UT Austin, and the Kenyan Government.

"Everyone was nice to us, but from being already on guard as countries nearby were having Ebola outbreaks, they were understandably concerned that we may have brought the COVID-19 virus with us," Dr. Reid said. "Nevertheless, at their request, I presented on how nurse residency programs can help new nurse graduates transition to the clinical setting and also how to retain them. Even though we didn't get to do what we had hoped to do, we built on our relationships by meeting with nurse educators at the hospital. The trip ended up being a success in a completely different way than we expected."

The team is especially excited about the projects they are working on with their students, which have proved to be very successful. One project last year on protocols for high-risk medication administration actually decreased medication administration errors in the Kenyan hospital. Dr. Reid and one of her students in the AEMSN Leadership in Diverse Settings (LeaDS) program are currently working with a Kenyan pediatric educator to create a focused assessment tool for newly admitted pediatric patients.

As the only UT Austin faculty member on the trip with a clinical focus, Dr. Hernandez had expected to present a couple of brief poster sessions: "Use of Mid-High-Level Fidelity Simulation in Undergraduate Nursing Clinical Practicum" and "A Review Evaluation of an Undergraduate Nursing Simulation Using the Creighton Simulation Evaluation Instrument." Instead Faith Sila, MSN, RN, clinical nurse education manager at Moi Teaching and Referral Hospital, asked her to give an in-service "Teaching and Learning" session one afternoon.

"I thought I might be talking to Faith and one or two others, but when I walked into the room, about 25 nurse leaders and staff were ready and waiting for me," Dr. Hernandez said. "They wanted to hear about clinical education from a nurse

perspective and quality improvement within the hospital. I gave a five-hour presentation on nursing education, practice, and processes related to enhancing safety, effectiveness, and efficiency in order to improve processes and patient outcomes in the hospital setting. Also discussed were ideas on how to improve nurse-student communication in the hospital setting to ensure transparency in what is expected of nursing students in clinical settings."

Dr. Hernandez is the facilitator in the LeaDS Capstone Practicum Course and is continuing the collaboration between UT graduate students and staff at the Moi Teaching and Referral Hospital on implementing quality improvement projects.

Despite being unable to return to Kenya, the School of Nursing team has sustained the relationships and cooperation with the staff in Eldoret and maintained the mission of PAGL by weekly online meetings.

"Even though we didn't have a lot of time, the nurses were so enthusiastic about what we were able to share with them," Dr. Zuñiga said. "And since AMPATH wanted to strengthen the nursing presence within the AMPATH consortium, we're hoping our

team's ability to quickly pivot to provide needful quality improvement and research skills will contribute to that."

Dr. Zuñiga's current research project concerns HIV self-management, and because HIV has been a big problem in Kenya, she believes the findings will make an impact there.

"We are now focusing on individuals with a dual diagnosis of HIV and diabetes and how they are self-managing during the pandemic," she said. "Students in Austin have completed interviews with those enrolled in the HIV/diabetes project, which we'll share with our colleagues in Eldoret and hopefully extend this research to Kenya."

"The work the Eldoret nursing leaders and staff provide daily with very few resources is astonishing," Dr. Hernandez said. "We were extremely fortunate to be allowed to share our nursing knowledge and expertise and can't wait to go back."



Dr. Janice Hernandez and Dr. Davika Reid with Betty Chebet, MSN, RN, clinical nurse educator



Moi University entrance

Florence Nightingale

Remaining Relevant After 200 Years

By Linda Yoder, PhD, MBA, RN, AOCN, FAAN;
Lorraine Walker, EdD, MPH, RN, FAAN; and
Lynn Rew, EdD, RN, AHN-BC, FAAN

On May 12, we celebrated the 200th anniversary of Florence Nightingale's birth. She continues to be recognized as the nurse leader who revolutionized nursing by collecting and using data, introducing hygiene practices that reduced mortality rates and providing reports to governmental leaders about changes required to improve military health care among British troops as well as civilian public health. Florence didn't dream of becoming a nurse in her earlier years, but at 16 she had a religious awakening and became convinced that her destiny was "to do God's work." That is when she decided to become a nurse. Her parents were opposed to her decision because nursing was regarded as disreputable and suitable only for lower-class women.

Florence, however, was not deterred and attended the prestigious Kaiserswerth Nursing School in Germany. Early in her nursing career she served as superintendent of a London hospital focused on caring for governesses, and in 1853, she cared for prostitutes during a cholera epidemic.

Florence is most widely known for her role during the Crimean War between Great Britain and Russia. She was sent to the Barrack Hospital at Scutari, Turkey, where she cared for thousands of sick and wounded British troops. She had 38 nurses to help care for soldiers with wide-ranging maladies, such as frostbite,

gangrene, dysentery and cholera. During her first winter, 4,077 soldiers died; ten times more soldiers died from disease than from battle wounds. In 1855, a sanitary commission was sent to Scutari. They flushed out sewers, cleaned out overflowing latrines and cesspits, and removed a dead horse that was contaminating the drinking water. With such changes, the mortality rate dropped from 42.7 percent to 2.2 percent over a few months.

Over the course of her life, Florence continued to gather data about various aspects of medical care. She sent surveys to hospital administrators, collected and analyzed health care data, wrote numerous reports, and established investigative commissions. Her analyses provided findings about the proportion of recoveries and deaths from a variety of diseases, average disease trajectories and recovery times according to patients' ages and gender. She also investigated the high rates of communicable diseases among hospital workers. Florence

came to believe that using statistics to understand how the world worked was to understand the mind of God. She became the first woman to be made a Fellow in the Royal Statistical Society.

Having confined herself to a hotel room while recovering from Crimean fever, Florence published her *Notes on Hospitals* and *Notes on Nursing* in 1859.

Florence possessed leadership qualities that were not expected of women during her time; she was clear and decisive, often challenging the status quo.

Despite her personal brush with this fever and near-death symptoms, Florence initiated dramatic changes not only in military hospitals but in the formation of her own Nightingale School of Nursing, which opened to its first students in 1860. Although too ill to teach in the school, the education of nurses and hospital administrators became important aspects of her legacy.

Florence was an unwavering champion of disease prevention, and an outspoken advocate for mental health, education (including health education) and public health. Her concern for “society’s disadvantaged” led to her criticism of Poor Laws and her insistence that Parliament improve workhouses and shelters for the poor, where the sick and infirm were placed in separate wards with nurses to care for them. She talked and wrote about housing access, clean air and water, and improved sanitation methods. Essentially, she put forth the notion that health care is a human right.

Florence possessed leadership qualities that were not expected of women during her time; she was clear and decisive, often challenging the status quo. She did not embrace the Victorian conventions that marriage and domestic life were the only vocations for women. Rather, she was well versed in the natural and social sciences, applying statistical methods to health care data to demonstrate outcomes of interventions. She also was a pragmatic and collaborative leader. She worked with a diverse range of people to accomplish her goals: physicians, engineers, military officers and policymakers. She is known for having a clear vision regarding the outcomes she wanted to achieve, but she deferred to the technical or strategic expertise of her colleagues. Florence was plain spoken and at times could be judged as harsh and abrasive, but she was focused on change, not necessarily making everyone happy.

All of the work done by Florence and her leadership can be put into the context of the current COVID-19 pandemic. She advocated for six environmental themes: use of evidence, ventilation, personal and

household cleanliness, patient observation, proper management of the environment, and advocacy. She used statistics about characteristics of nurses to document the need for professional nurses and advocated for the rights of patients and the public health of the community by stressing the cleanliness of individuals and their dwellings. She taught nurses the skills and habit of observation, including what and how to observe and to report facts rather than opinions.

The importance of a sufficient number of prepared nurses is apparent today during the pandemic. Florence’s focus on cleanliness supports the present charge to wash hands with soap and water as well as to maintain proper sanitation to avoid contracting COVID-19. Nurses’ observations of complex patient symptoms as well as their pain and exhaustion apply currently to the victims of the coronavirus along with using the best scientific evidence to manage care. And finally, nursing management of the health care and public health environment is central to quality outcomes for patients, health care workers, and organizations.

Among the contributions of her classic book, *Notes on Nursing: What It Is and What It Is Not*, was a deep understanding, albeit within a Victorian science perspective, of what constituted and contributed to the patient’s health and well-being. In this regard, Florence recognized the importance of what today is called psychosocial well-being. In her words, “Apprehension, uncertainty, waiting, expectation, fear of surprise do a patient more harm than any exertion.” Her awareness of the importance of the psychosocial domain is reflected in numerous nursing research studies and interventions to mitigate the harmful effects of stress.

Once described as a “saint” by Queen Victoria, Florence is remembered as a visionary who championed the use of facts over opinions in the fight against communicable disease and death. Moreover, she was instrumental in making nursing a respectable profession as she advocated for patient-centered care and the application of evidence.

Florence showed us what service looks like. It is not always an easy path to follow, and at times it may push us beyond boundaries that we have previously known. Nurses and other health care workers engaged in the COVID-19 pandemic are being rightly celebrated today as heroes. They follow in the footsteps of other nurse heroes who served in numerous wars in the past two centuries and the nursing hero we celebrate this year, Florence Nightingale.



Florence Nightingale advocated for six environmental themes:

- Use of evidence
- Ventilation
- Personal and household cleanliness
- Patient observation
- Proper management of the environment
- Advocacy



A year in photos



Students and Faculty Recognized by Good Samaritan Foundation

Carol Delville, PhD, RN, ACNS-BC, knows well the impact a caring and attentive professor can make on the direction and success of a student's education.

"When I was getting my bachelor's degree, a professor suggested I apply for the clinical nurse specialist program," she said. "I was so focused on my plans for a PhD, I hadn't considered a clinical degree. She pushed me to apply, I was accepted and it changed my life."

Now as a clinical assistant professor herself, Dr. Delville, director of the Adult Clinical Nurse Specialist program, and her colleague, Glenda Joiner-Rogers, PhD, APRN, AGCNS-BC, who also teaches in the Adult-Gerontology Clinical Nurse Specialist program, are making an impact on their students.

"We learned about the Good Samaritan Foundation scholarship from Dean Stuifbergen," said Dr. Joiner-Rogers, clinical assistant professor and APRN Division director. "She asked us to identify students with a great need but who also fit the requirements."

The Good Samaritan Foundation, headquartered in Houston, delivers more than \$500,000 in scholarships and grants every year. In addition, they award four \$15,000 gerontology-focused MSN scholarships a year.

The professors combed through the mission statements, applications and grades of students with a focus in gerontology in the Alternate Entry MSN program. The program is designed for people holding baccalaureate or graduate degrees in disciplines other than nursing who are interested in pursuing both a registered nurse license and MSN degree. After consulting the program's faculty, they narrowed their choice down to two students: Yagya Bimali and Marilou Sanchez.

"Yagya and Marilou are both exceptionally hardworking. They maintain full-time jobs while attending school full time, which is difficult," Dr. Delville said. "We knew, based on their financial situation, they were in jeopardy of needing to reduce their course load to part time so they could work to meet their financial obligations.



Dr. Glenda Joiner-Rogers, AE-MSN Students Yagya Bimali and Marilou Sanchez, and Dr. Carol Delville

Providing this scholarship would be a gamechanger for them and will help ensure their successful and timely completion of the program."

Melissa King, executive director of the Good Samaritan Foundation, said the Foundation is especially interested in granting awards to graduate students in gerontology because of the great need for care in older populations.

"Nurses who work in gerontology are unbelievable individuals," she said. "They definitely have to have that in their heart. It's not just a career — it's a calling."

The students, who were unaware of the scholarship application process, were surprised when notified in January 2020 that they had received the scholarships.

"I wasn't expecting it at all. I thought it was a joke or an accounting error," Marilou said. "I had to call Student Services to confirm it; then I called my mom."

Both scholarship recipients credit a strong home foundation as their main strength when it comes to their success in class.

"My wife is very supportive," Yagya said. "She didn't want me to worry about

anything around the house, just to focus on school."

Providing preventative care to keep older patients healthy and avoiding illness becomes more important every day. The combination of an aging population and an increase in life expectancy means that adults over 65 will make up a much larger percentage of the U.S. population than ever before. That's why Marilou hopes to use her skills where they're needed most.

"My family has needed palliative and hospice care in their home but live in a rural area 30 minutes from the nearest town," she said. "I want to be able to fill the health care provider gap I see in rural settings and provide care to those who prefer to stay home."

Dr. Delville was also recognized by the Foundation and received the 2019 Good Samaritan Foundation Excellence in Nursing Bronze Award for excellence in nursing education. Her colleague Stephanie Morgan, PhD, RN, FNP-BC, and director of the School of Nursing's Wellness Center, received the 2019 Good Samaritan Foundation Excellence in Nursing Bronze Award for excellence in nursing administration and leadership.

Sharing Nursing Education Innovations Internationally

Leigh Goldstein, PhD, RN, ANP-BC, and director of the School's Learning Enhancement and Academic Progress Center, remembers the day she received a phone call out of the blue from two professors from the Norwegian University of Science and Technology (NTNU) in Gjøvik, Norway, who were attending a health care simulation conference in San Antonio, Texas.

"They wanted to tour our Simulation and Skills Lab," she said. "During the tour, they asked how we assess student competence when they are learning new skills. This question led to a discussion about student psychomotor skills testing and

the high amount of stress and anxiety this causes, to some degree, in all nursing students. We included a demonstration of and discussion about our skills testing using our Student-Centered Skills Performance Exams Using Video and Peer-to-Peer Mentoring."

The skills performance exams

and peer-to-peer mentoring program was developed to provide a testing method that allows all students to test skills competence in a manner that reduces test anxiety while providing more opportunities for students to develop essential clinical skills by allowing them to record themselves performing specific high-volume, high-risk skills. Working in pairs, students perform skills, such as inserting IVs. Afterwards they review and critique each other's performance prior to submitting a final version of the video for grading purposes.

"The difficulty in guaranteeing a full range of experience in outside settings, such as hospitals, has made learning clinical skills more challenging," she said. "I

wanted to change the way we measure student competence in high-risk skills."

Dr. Goldstein and her team have collected four years of data, which so far has shown that the Student-Centered Skills Performance Exams Using Video and Peer-to-Peer Mentoring program helps reduce the stress and anxiety experienced during testing.

Soon after the professors' visit, they contacted Dr. Goldstein about their continued interest in the testing method and requested another onsite visit for five NTNU nursing faculty who arrived in Austin for a four-day visit. They were given a big



Dr. Goldstein was the keynote speaker at a conference at the Norwegian University of Science and Technology in Gjøvik.

Texas welcome and the opportunity to participate in simulations, meet with groups of nursing faculty to exchange ideas, and spend a large amount of time learning the testing method, including speaking with students. They were impressed with what they saw and eager to implement it at their university.

They also invited Dr. Goldstein to Norway to be the keynote speaker at a conference at the Norwegian University of Science and Technology in Gjøvik. She arrived in



Norwegian University of Science and Technology in Gjøvik

Oslo in early February and spent the following four days speaking and visiting with faculty and students.

"How they deliver care is impressive," Dr. Goldstein said. "For instance, they offer strong long-term care and support for seniors and are currently working on moving hospice care to home settings. They have a strong and successful universal health system."



Dr. Goldstein with Norwegian professors Terje Ødegården, senior advisor, and Marie Nystuen Petterson, assistant professor

The NTNU faculty are currently working on the video performance exam implementation and should have it operational by the end of the year. Eventually, the UT Austin School of Nursing and the University of Science and Technology plan to develop an exchange program for both faculty and students, but these plans have been put on hold until the COVID-19 crisis is under control.

"I'm eager to go back as soon as possible, and we are working on a grant to aid a mutual exchange and sister school program," Dr. Goldstein said. "In the meantime, we continue to work on competency testing and using this knowledge to improve pass rates for our own students."

"How they deliver care is impressive, for instance, they offer strong long-term care and support for seniors and are currently working on moving hospice care to home settings. They have a strong and successful universal health system."

Around the School

Faculty



Brittany Christiansen, DNP, APRN, CPNP-PC/AC, FNP-C, AE-C, CNE, clinical assistant professor, was selected as the 2020–2021

recipient of the American Association of Colleges or Nursing's Novice Faculty Excellence in Clinical Teaching Award. This award recognizes excellence and innovation in the teaching of nursing by novice faculty at AACN member schools.



Ashley Henneghan, PhD, RN, assistant professor, received a K01 Award from the National Institute

of Nursing Research (2020–2023) entitled "Brain Connectivity and Self-Reported Cancer-Related Cognitive Impairment."



Ashley Henneghan, PhD, RN, assistant professor; and **Michelle Wright**, PhD, RN, assistant professor, were inducted into the 2020 class of fellows of the American Academy of Nursing.



Kavita Radhakrishnan, PhD, MSEE, RN, associate professor, was accepted in 2019, but deferred induction for one year and joined her colleagues at the event this fall.



Nico Osier, PhD, RN, assistant professor, was named a 2020–2021 Provost's Teaching Fellow.



Lynn Rew, EdD, RN, AHN-BD, FAAN, and professor, received the 2020 UT Austin Graduate School Award

for Outstanding Graduate Teacher. This special award recognizes faculty members for distinguished graduate teaching, including demonstrated excellence in the classroom or laboratory, mentorship of students, and service to students' thesis and dissertation committees.



Gayle M. Timmerman, PhD, RN, CNS, FNP, FAAN, and associate professor, was selected Educator of the Year

(2020) by the National Association of Clinical Nurse Specialists (NACNS). This award recognizes an educator's commitment to excellence and innovation in preparing CNSs and in implementing the NACNS Statement on CNS Practice and Education. Dr. Timmerman has served for four years on the NACNS Board of Directors and currently is a Trustee for the Clinical Nurse Specialist Institute, chairing the CNS Video Competition last year and working on the CNS Fellows Program Committee.



Bo Xie, PhD, professor, received an R13 Award from the National Institute of Aging for a conference on Aging and Health Informatics

planned for May 2021.

Transitions



Professor Alexandra Garcia, PhD, RN, FAAN, is graduate advisor for the School of Nursing.



Shalonda Horton, PhD, RN, is chair of the Family, Public Health and Nursing Administration Division.



Stephanie Key, DNP, CPNP, is chair of the Advanced Practice Nursing Division.



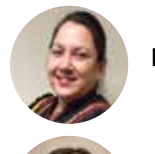
Ana Todd, PhD, RN, is assistant dean of Undergraduate Programs.

New Tenure Track Faculty

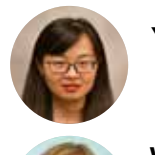


Nurse scientist and leader, **John Lowe**, PhD, RN, FAAN, has joined the School of Nursing as the Joseph H. Blades Centennial Memorial Professor in Nursing. Dr. Lowe was previously professor of Health Disparities Research and director of the Indigenous Nursing Research for Health Equity Center at the Florida State University College of Nursing. Dr. Lowe serves on the National Advisory Council for Nursing Research at the NIH. He has been recognized as an American Academy of Nursing Edge Runner for his Talking Circle Intervention, a model of care for the prevention of substance abuse by American Indian/Alaska Native and other indigenous youth.

New assistant professors



Melessa Kelley, PhD, RN



Yang Li, PhD, RN



Whitney Thurman, PhD, RN

Around the School

Retirements



Carol Gaskamp, PhD, RN, PHNA-BC, clinical associate professor, joined the public health nursing and

nursing administration faculty in 2001 and served as division co-chair and then division chair of the Family, Public Health Nursing Division from 2004 to 2017. She has been assistant dean of Undergraduate Programs since 2017.



Lori Haertel, PhD, RN, CS, ARNP, clinical assistant professor, taught at UT Austin from 1980 to 1983. In

1985 she received a PhD in Curriculum and Instruction before teaching at various universities. In 1994 she returned to UT Austin, where she taught interprofessional education and adult health nursing and served as a mentor and coach for new faculty.



Glenda (Gendy) Joiner-Rogers, PhD, APRN, ACNS-BC, clinical assistant professor, received a PhD in

1988 from UT Austin and taught most recently in the Adult Gerontology Clinical Nurse Specialist Program. She also maintained an active clinical practice in long-term care and served as president of Sigma Theta Tau International Honor Society, Epsilon Theta chapter. Dr. Joiner-Rogers was division chair of the Advanced Practice Nursing Division when she retired.

Alumni

The following five alumni were selected as new Fellows to the American Academy of Nursing:



Fan-Hao Chou, PhD (2001), MS, director, professor, Kaohsiung Medical University College of Nursing, Taiwan



Becky Christian, PhD (1989), MSN, RN, FNAP, professor and PhD program director, School of Nursing,

University of Kansas, Kansas City



Lorie Goshin, PhD, MSN (2002), RN, associate professor, Hunter College, New York City



Ann O'Brien, MSN (1985), RN, CPHIMS, FHIMSS, Healthcare Transformation Executive, Kaiser

Permanente, San Ramon, California



Randolph Rasch, PhD (1988), RN, professor and Dean, Michigan State University



Texas Tech University Health Sciences Center School of Nursing Dean and interim Provost
Michael Evans, PhD

(1992), RN, FAAN, was named a 2020 Texas Nurses Association Leader and Legend by the Texas Nurses Association. Evans was recognized for his noteworthy contributions to the nursing profession.



Megan Pfitzinger Lippe, PhD (2016), MSN (2011), RN, BSN (2009), assistant professor at the

University of Alabama Capstone College of Nursing, was selected as a scholar in the Cambia Health Foundation's Sojourns Scholar Leadership Program.



Randolph Rasch, PhD (1988), RN, professor and dean, Michigan State University, has been elected to the Board of

Directors of the American Association of Colleges of Nursing. Dr. Rasch has also been appointed by Michigan Governor Gretchen Whitmer to lead a statewide initiative to improve health care for people of color by working with universities and medical providers to expand implicit bias training.



Cindy Zolnierrek, PhD, (2013), RN, was featured in the April 2020 issue of *American Nurse*, the official journal of

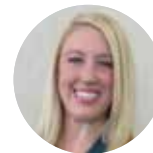
the American Nurses Association, for her long-term commitment to advocacy through professional nursing associations. She was named executive director of the Texas Nurses Association in 2013 and CEO of TNA in 2018.

Alumni were well represented at the **2019 Sigma Theta Tau Conference**, the international honor society of nursing:



Ken Dion, MSN (1995), MBA (1995), PhD (2011), assistant dean for Business Innovation and Strategic Relationships,

Johns Hopkins University School of Nursing, was elected president-elect.



Kimberly Lewis, MSN (2012), nurse scientist, Ascension Seton, was elected regional coordinator of North

American Region 6.



Hsiu-Hung Wang, PhD (1998), RN, FAAN, professor, Kaohsiung Medical University, Taiwan, received the

prestigious Sigma Founders' Award, the Mary Tolle Wright Award for Excellence in Leadership.

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The School of Nursing is celebrating 60 years on the UT Austin campus,
and you're invited to an All-Class Alumni and Friends Virtual Reunion!

10 a.m.–12:30 p.m., Saturday, Nov. 7, 2020
Via Zoom

We're planning lots of activities to celebrate this milestone and
"The Year of the Nurse."

For more information and to register visit
nursing.utexas.edu/reunion



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