CREATING THE IDEAL PARTNERSHIP:
THE ACADEMIC HEALTH CENTER
AND ACADEMIC NURSING
For me, there is nothing more exciting than the promise at the start of a new school year.

Our new DNP program has received an overwhelmingly positive response and 15 students will be part of the inaugural cohort. They will join 229 new students in our undergraduate and graduate programs.

In the first quarter of 2019, we will host two exciting speaker events. January 24, Professor Judith Paice from Northwestern will deliver the first School of Nursing pain management lecture in honor of one of our former faculty members, nursing pioneer, Margo McCaffrey. In February, the Chief Executive Officer of the National League of Nurses, Beverly Malone, will be the Distinguished Speaker in the Dean’s Lecture series. She will address global health issues affecting culture, diversity and inclusion.

As an alum, I am really excited about celebrating our 70th Anniversary (coinciding with UCLA celebrating 100 years). As we start to create Walls of History and Science and fill our school with art, I have had the opportunity to look through various archives and mementos to identify key events, pay tribute to some of the groundbreaking research and theories that were developed here, and celebrate the leadership path of so many alumni, faculty and staff who have had an impact on nursing education and scholarship. Mark your calendar for our celebratory gala on April 27.

Just as our founding dean, Lulu Wolf Hassenplug, redefined nursing education, the School continues that rich legacy by exploring better ways to educate the nurse leaders of tomorrow and strengthen the role of the nurse in delivering evidence-based care. In partnership with our academic health center, UCLA Health, our faculty are collaborating with nurses in practice to explore ways to improve care delivery. We have introduced a Dedicated Education Unit where our students are getting firsthand experience working in a hospital unit. I think that you will enjoy the article about our students taking care of one of our faculty and her newborn daughter as another measure of the excellence of our academic programs.

Speaking of milestones, 2018 marks 10 years since the first MECN class graduated! In this issue, we feature the inspiring work of one of these pioneering students, Farrah Kashfipour, who has worked with refugees in Africa and Bangladesh and provided critical education to health care providers in Liberia during the Ebola crisis. Her story illustrates the power of nursing education in preparing nurses to care for underserved populations and how nurses can truly make a difference in individual lives.

This issue also includes information about the exciting programs of research by two of our newest faculty, Drs. Samuel-Nakamura and Rezk-Hanna, our continuing collaboration with Hong Kong Sanatorium and Hospital as well as other faculty accomplishments and scholarship.

I hope to see you at one of our special speaker events and, of course, at our 70th gala. Come celebrate our successes and our bright future. Thanks to all of you who have supported our school over the decades.

Linda Sarna, PhD, RN, FAAN
Dean
Lulu Wolf Hassenplug Endowed Chair
Farrah Kashfipour (MSN ’10) learns how to play a game of rubber bands in Bangladesh with Rohingya refugee children.

Photo credit Erwan Rogard
Academic Health Centers and Academic Nursing

In today’s health care landscape, nursing schools are seizing new opportunities within academic health centers to improve health outcomes and create better models for nursing care.

CONGRATULATIONS GRADUATES!
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BACK COVER »
70th Anniversary Gala
Saturday, April 27, 2019
Dean Sarna received the Lifetime Achievement Award from the Oncology Nursing Society for her outstanding contributions to the field of oncology nursing. Her research involves patients with lung cancer and their families, and the role of oncology nurses in tobacco control. She has mentored generations of nursing students and researchers around the world and is co-founder of Tobacco Free Nurses.

Dr. Lynn Doering, Associate Dean, Academic and Student Affairs, has been selected as an Audrienne H. Moseley Endowed Chair. In choosing Doering, the selection committee noted the quality and significance of her research and scholarly activities, track record of teaching/mentoring within the School and her plans for the Endowed Chair.

Dr. Nancy Jo Bush has been appointed Director of the new Doctor of Nursing Practice Program (DNP). Earlier this year, she was presented with the Mary Nowotny Excellence in Cancer Nursing Education Award by the Oncology Nursing Society.

Lecturer Theresa Brown (center) was inducted as a Fellow of the American Association of Nurse Practitioners at AANP’s National Conference.

Dr. Anita Bralock (left) has been named Director for Prelicensure Programs and Dr. Wendie Robbins (right) has been named Director for Doctoral Programs.
Eight years ago, the School and Hong Kong Sanatorium and Hospital entered into an agreement to enhance evidence-based nursing practices by hosting workshops related to many clinical topics. Several hundred nurses have participated in the interactive and educational programs.

(photo right) In late June, Dean Sarna, center, met with Walton Li, MD, Chairman of the Board of Directors and Medical Superintendent of the Hospital (right) and Manbo Man, director of nursing services.
On June 16, 2018, 220 students from four degree programs walked across the stage at Royce Hall and accepted the accolades due for completing their education.

Dr. Joseph Morris, Executive Officer, California Bureau of Registered Nurses, and UCLA alumnus, was the keynote speaker. He focused on the power of resiliency, sharing 10 key factors to promote and build resiliency including: maintain a moral and ethical compass, seek out great mentors and positive role models, acknowledge your limitations and strengths, find meaning and purpose in what you do and learn from your failures and celebrate your successes.

Four students were selected to speak on behalf of their class; PhD: Deborah Curtis; Master of Science in Nursing, Advanced Practice: Hsun-Yu Vuong; Master’s Entry Clinical Nurse: Amber Phung; Bachelor of Science: Nicole Arnaout.

As each student crossed the stage, their name appeared behind them on a large screen, along with any honors and for the PhD candidates, the title of their dissertation.

Ending the program was Sage Sims-Bleser, leading the entire audience in the UCLA 8-clap and recording the event with SnapChat Spectacles.

Congratulations to all!
Dr. Karen Grimley, Chief Nursing Executive, UCLA Health and Asst. Dean at the UCLA School of Nursing, Dean Sarna and commencement speaker Dr. Morris.
Dr. Dorothy Wiley authored a policy brief on behalf of the American Academy of Nursing Emerging and Infectious Diseases Expert Panel on the need for accelerated uptake and support of HPV vaccinations throughout the United States to prevent a variety of cancers later in life. The brief was published in the June/July issue of Nursing Outlook.

NEW RESEARCH GRANTS

Dr. Dong Sung An, National Institute of Allergy and Infectious Diseases, RO1
Efficient Sedai Virus Mediated CRISPR/Cas9 Gene Editing to Protect Hematopoietic Stem Cells from HIV

Dr. Catherine Carpenter, California Breast Cancer Research Program
Improving Health of Women on Aromatase Inhibitors

Dr. Sarah Choi, National Institute of Nursing Research, RO1
Relationships Between Brain Tissue Integrity and Self-care Abilities in Type 2 Diabetes

Dr. Nalo Hamilton, California Breast Cancer Research Program
Targeting IGF2 and Androgen Receptors for TNBC Therapy

Dr. Felicia Hodge, UCLA Center for the Study of Women Health and Environment of Homeless Women

Dr. Paul Macey, National Heart, Lung and Blood Institute, RO1
GABA and Glutamate Changes Underlying Altered Autonomic Function in Obstructive Sleep Apnea

Dr. Paul Macey, National Institute of Nursing Research, R56
Sex Specific Brain Injury and Symptoms in Sleep Apnea

Dr. Mary Rezk-Hanna, National Heart, Lung and Blood Institute, R21
Investigating the Cardiovascular Toxicity of Exposure to Electronic Hookah Smoking
Pancreatic cancer remains one of the deadliest of all cancers, with a five-year survival rate of around four percent. It’s no wonder that battling the disease takes a toll on caregivers as well as patients.

The UCLA School of Nursing hopes to improve the quality of life for patients and their loved ones through a generous grant from the Hirshberg Foundation for Pancreatic Cancer Research. The grant will fund a study to be led by Professor Lynn Doering and Associate Professor Eunice Lee.

Although there is ongoing research into a cure for pancreatic cancer, this study is the first to focus on the issues that often surround the illness, including depression, dealing with the symptoms of disease and the side effects of treatment, such as pain and fatigue.

“While most studies focus on the cure, nurses are focused on the care,” Dean Linda Sarna said. “I think this is an exciting opportunity to make a difference in a disease that is one of the deadliest cancers.”

There is evidence that when treatment of patient-reported symptoms are integrated into routine care, survival time increases. It’s imperative to provide supportive care to reduce hospital stays and preserve quality of life, Sarna noted.

This innovative new study will look for a link between nurse contact and patient well-being and will employ an online nursing intervention to improve depression. It also will evaluate how the smartphone app chemoWave can increase collaboration with caregivers and improve patient well-being by recording and monitoring patients’ physical and emotional states.

“We are truly appreciative of the opportunity to conduct this study in order to grow science in the field, and help patients with pancreatic cancer,” Professor Doering said. “We are particularly excited to integrate this unique cancer-specific smartphone application to address depressive symptoms and overall quality of life for these patients.”

Agi Hirshberg, who established the foundation after her husband died following an eight-month, seven-day battle with pancreatic cancer, said she is grateful to the School of Nursing for taking on the challenge of improving the lives of patients and their families. “It is my heartfelt passion to ensure the best possible outcome for patients with pancreatic diseases, this time without any additional medication; relying on the human touch.”
IN TODAY’S HEALTH CARE LANDSCAPE, nursing schools are seizing new opportunities within academic health centers to improve health outcomes and create new models for nursing care. This synergy helps to prepare the nurses of the future and invest in better ways to integrate nursing research into clinical practice.
ACADEMIC NURSING AND

LONG-TERM SUCCESS

CREATING THE IDEAL PARTNERSHIP

On the corner of Charles E. Young Drive and Westwood Plaza in the heart of the UCLA campus, lies one of the top hospitals in the country, Ronald Reagan UCLA Medical Center, part of the UCLA Health System. Housed under one roof, you will also find Resnick Neuropsychiatric Hospital and UCLA Mattel Children’s Hospital and a mere three miles down the road, UCLA Medical Center Santa Monica. In addition, there are multiple clinics and ambulatory care centers throughout Southern California. Just one block away from the medical center is the UCLA School of Nursing, consistently ranked among the top nursing schools in the country. UCLA Health employs nearly 4,000 registered nurses – the largest group of employees – and many are graduates from the UCLA School of Nursing. Proximity and commitment to excellence by both entities makes for an ideal academic/clinical collaboration.

“To educate the nurse leaders of tomorrow, it is critical to have a strong relationship with a clinical partner. We are so fortunate to be on a campus with a premier academic health center,” said Linda Sarna, dean of the UCLA School of Nursing.

“We have created a place where students can apply knowledge from the classroom to patient care, where they can thrive and grow, a place where they can use their skills at the highest level of their license,” added Karen Grimley, Chief Nursing
“To educate the nurse leaders of tomorrow, it is critical to have a strong relationship with a clinical partner. We are so fortunate to be on a campus with a premier academic health center,” said Linda Sarna, dean of the UCLA School of Nursing."

Executive for UCLA Health and Assistant Dean at the School of Nursing. “UCLA is where faculty and clinicians are making that happen.”

A ONE-ON-ONE STUDENT EXPERIENCE

By the time that prelicensure students are ready to have their first clinical experience, they have already spent many hours in the classroom and in the simulation lab at the School. They are ready to put that classroom learning into practice.

Two years ago, a dedicated education unit was introduced at UCLA Santa Monica Hospital. Unlike the traditional model for clinical rotations where a group of students are assigned to a clinical instructor and focus on one patient, in the dedicated unit, one student is assigned to one nurse during his/her shift and spends a full quarter as a member of the team. This allows the students to experience the fast-paced, multi-faceted role of a practicing nurse. Since its launch, 25 students have worked in the Med/Surg unit.

Felisha Cage, a MECN student, just finished her 8-week rotation and loved the experience. “It was wonderful to build a relationship with one nurse. Through our interaction, you gain his/her trust and are provided more opportunities. Because I was the only student on the floor during my shift, other nurses invited me to participate in or view a procedure. When there are 10 students on a floor at the same time, that can’t always happen.”

Paulette Madley, the unit director on the Med/Surg floor, is excited about what this dedicated unit provides to students: “It is a really nurturing environment – it gives them a comfort level which leads them to take ownership of their own practice. We’ve gotten a lot of positive feedback from the students and our nurses.”

The dedicated education unit is just one component of the Center for Nursing Excellence at UCLA Health. The Center is designed to support nurses in their growth and development and set them on their journey of life-long learning, starting with their clinical placement through their entire career.

Another important component of the Center for Nursing Excellence is the research and evidence-based practice program.
THE ROLE OF A NURSE SCIENTIST IN A HOSPITAL SETTING

Opportunities to benefit from research is a unique advantage for patients receiving care at Academic Health Centers. Pamela Miller, a PhD graduate from the UCLA School of Nursing and senior nurse scientist in the Center, oversees the nursing research and evidence-based practice program at UCLA Health.

From their bedside viewpoint, clinical nurses are well-positioned to bring ideas forward to improve care. It is also a laboratory for nursing research conducted by faculty in the School of Nursing. “We strive to engage clinical nurses to unleash their creativity and spirit of inquiry, to educate them through participation in research and evidence-based practice and to facilitate their collaboration with faculty scientists,” said Miller.

“Our efforts accelerate nursing science, bridge the translation of research into practice, and foster the professional growth and development of our clinical nurses,” added Miller. “When nursing practice is informed by scientific research, nurses can more effectively and efficiently utilize the best available evidence to improve health care delivery, outcomes and experiences for patients and their families,” added Miller.

The health center and the school encourage partnerships between nursing faculty and clinical nurses to generate new knowledge.

For example, the research focus of Dr. Huibrie Pieters, associate professor, is clinical decision making. She was contacted by two advanced practice nurses at UCLA Health about opportunities to collaborate on clinical research studies. Pieters and Sandra Dewar, a Clinical Nurse Specialist at the UCLA Seizure Disorder Center, collaborated on a qualitative study to improve the care of patients with epilepsy.
FOSTERING LIFELONG LEARNING

The Center for Nursing Excellence supports nurses in a life-long journey of learning from their first student placements (prelicensure) through their time as clinical nurses onto leadership development.

“Nursing is a developmental journey,” said Lee Galuska, executive director for the Center. “We give them the tools to develop and flourish, whether it is in a scientist role, where they are looking at evidence and translating it into practice, or a leadership role, where they advocate and ensure the delivery of safe, high quality, patient-centered care.” Other components of the Center include Launchpad (the orientation program), nurse residency, and ongoing continuing education programs.

study to determine how patients with drug refractory focal epilepsy make complex treatment decisions. It is common for these patients to live with disabling and life-threatening seizures for an average of 22 years before considering more effective surgical therapy.

Pieters and Leilanie Ayala, Magnet Program Director and nurse educator at Resnick Neuropsychiatric Hospital, just completed a collaboration on a qualitative study to describe experiences in gardening among adults in the acute psychiatric inpatient setting. They obtained rich foundational data for future research.

Many clinical nurses get inspired by participation in research and decide to return to school. Both Dewar and Ayala are now PhD students in the UCLA program – Dewar is a Robert Wood Johnson Foundation Future of Nursing Scholar entering her third year and Ayala will begin the program in September.

A BRIGHT FUTURE AHEAD

When academic nursing partners with an academic medical center, the possibilities are endless.

For the UCLA School of Nursing and UCLA Health, the ultimate goal is to optimize their collaboration in order to advance integrated systems of health care, achieve improve health outcomes, facilitate nursing science and foster new models for innovation.

Grimley and Sarna have relished their collaboration and they are excited about the future of nursing in this outstanding Academic Health Center. They concur “in the long-run, the beneficiary of the components of this relationship is the patient and the community we serve.”

Pieters, Dewar and Ayala
You know you were a good teacher when you get excellent care from your former students! Beloved lecturer Barbara Demman shared her recent experience at Ronald Reagan UCLA Hospital:

“I was admitted one month antepartum, and post C-section my newborn was admitted to the NICU for one month. During this time, my baby and I had the experience of receiving nursing care from several of my past nursing students.

Incredibly, on the day of my emergency C-section, the labor and delivery nurse, NICU nurse, and post-partum nurse were all former students of mine from the past ten years of teaching!

Ileana Fonta (’12), the labor and delivery nurse, was wonderful: calm, cool, and collected during the emergency and was my total advocate. Post-partum nurse, Delilah Garcia (’17) was a true nursing educator – teaching me post-partum and new baby skills. She also joked with me, “This is strange to be doing a physical assessment on the person who taught me physical assessment.” Josephine Sunga (’12) was the primary nurse for our little baby Rocky in the NICU, telling me when she saw “baby girl barbara demman” coming to the NICU, she immediately signed up to be the primary nurse and cared for my baby as much as possible. Josie was very gracious saying, ‘she felt the best way to share her gratitude to me was to care for my baby during this vulnerable time.’ And I couldn’t agree more... Josie is a fantastic nurse going above and beyond in all ways!

Special thanks to all of the UCLA alumni nurses who were such excellent, high quality nurses including Skylar Meinhardt (MSN’16), Reece Barba (’17), Christine Cheng (’10), and Lindsay Dean (’12). It was so inspiring to watch them in action and see how they have become caring and competent nurses. While mentoring nursing students, I strive to instruct and train them so that I would feel comfortable with them caring for my family. I didn’t realize this would manifest so soon and the patients would be me and my baby.

Baby Rocky is home and everyone – mom, baby and dad – are doing well. Seeing former students in action is just one of the advantages of having a School of Nursing linked with an Academic Health Center. UCLA Health System employs and trains our new graduates, moving them from novices to experts and facilitating compassionate and highly skilled care.”

WHEN THE STUDENT CARES FOR THE TEACHER
This year, the School of Nursing welcomed two new faculty members who have taken unique journeys while, at the same time, sharing certain commonalities.

Dr. Christine Samuel-Nakamura and Dr. Mary Rezk-Hanna are new assistant professors. Both earned their PhD’s at UCLA. And each turned to her cultural background in choosing a field of research.

A member of the Diné (formerly called Navajo) Nation, Christine Samuel-Nakamura grew up on the Diné reservation in New Mexico, a world away from her future home of Los Angeles.

“It was very rural and we were close to the land,” she says. “There were wide open spaces to explore and to play.”

The youngest child in a large family that raised its own food, Samuel-Nakamura gained a deep knowledge and appreciation of animal husbandry and agriculture. She raised livestock and helped her family raise crops that included “the Three Sisters:” beans, corn and squash.

As she got older, however, Samuel-Nakamura became more aware of the challenges facing her tribe, including poverty and chronic health problems such as diabetes and cardiovascular disease. She decided to address these issues by becoming a nurse.

“I wanted to be able to work with communities on their health issues and empower people to help themselves,” she said. She earned her Bachelor of Science in Nursing at the University of New Mexico, then pursued her Family Nurse Practitioner Master of Science in Nursing degree at UCLA.

Samuel-Nakamura worked for several years in the clinical setting, both in the federally run Indian Health Service and in Tribal hospitals clinics. For part of this time, she worked on the Diné reservation in Arizona, where community elders appreciated that she could speak with them in their native tongue.

Although she enjoyed clinical practice, Samuel-Nakamura decided to pursue her PhD in order to take a closer look at whether the environment was playing a role in the chronic health conditions she was seeing in the clinic setting.

“As a researcher, you investigate and explore what you see in clinical practice and develop some type of explanation for it and find a way to address it. Clinical practice informs research which, in turn, informs clinical practice.”

She expanded on previous work conducted at the University of New Mexico to look at possible environmental contamination from uranium mining that took place on tribal lands. Specifically, she looked at the local food chain to see if there was contamination from uranium and eight associated metals.
This entailed focusing on the most common cultural foods, including locally raised sheep, crops, medicinal herbs, and plants. As a result of her research, Samuel-Nakamura produced food guidelines and weekly intake recommendations.

“You can’t tell people they can’t eat or drink something, but you can put the information out there and encourage people to use safer food or water sources and manage their risk,” she says.

Samuel-Nakamura has received two one-year grants to re-evaluate environmentally contaminated sites in Los Angeles County. (Los Angeles County is home to the largest urban American Indian population in the United States.) One grant comes from the Institute of American Cultures, American Indian Studies Center and the second is from the UCLA Academic Senate Council on Research.

Samuel-Nakamura feels she has come full circle, still connected to the agricultural roots of her childhood, while addressing the topic in a way that can positively impact the health of the greater community.

“Environmental contamination, which tends to occur in underserved populations, will be my focus going forward,” she says.
Mary Rezk-Hanna also found inspiration for her research program from childhood experiences. As a young girl growing up in Alexandria, Egypt, Rezk-Hanna recalls looking out from her fourth-floor apartment balcony to the street below and being fascinated by the popular hookah (i.e., water pipe) cafe across the street.

Both of her parents were physicians and Rezk-Hanna spent childhood hours shadowing her parents as they treated patients. She was drawn to the medical field and, later decided to become a nurse.

Rezk-Hanna, was 13 when her family moved to the U.S. She earned her Associate Degree in Nursing and worked as a Registered Nurse and became interested in the physiological effects of smoking in young adults with tobacco-related illnesses. She then obtained a Bachelor of Science in Nursing from George Mason University to become more autonomous and to gain greater understanding of the physiological factors associated with smoking.

While pursuing her Family, Nurse Practitioner Master of Science in Nursing degree at UCLA, Rezk-Hanna was selected by the California’s Student/Resident Experiences and Rotations in Community Health program to complete a five-week clinical internship. This required that she conduct a community research project about a local population health concern. She found that two of the largest hookah lounges in Los Angeles are within one mile of UCLA and are considered a major community health concern. While conducting an informal survey in Southern California hookah lounges, Rezk-Hanna noticed most customers were young adults, with a large proportion being females.

Rezk-Hanna then conducted a study to assess young adult hookah smokers’ attitudes, perceptions, and beliefs towards their choice of smoking and to identify predictors of hookah smoking. She interviewed hookah lounge patrons to learn about their smoking habits. The study revealed hookah smokers mean age was 24, and 35 percent were women. Remarkably, the majority of subjects believed that hookah smoking is not harmful to one’s health. This belief was found to be an independent predictor of heavy hookah smoking (more than 3 times per week) versus light hookah smoking. This study was published in the journal Nursing Research.

“Young adults who use hookah see it as a social activity,” says Rezk-Hanna. “Those who engage in it don’t consider themselves to be ‘smokers’ and perceive hookah as a healthier alternative to cigarettes.”
Rezk-Hanna cautions that despite hookah smoke’s fruity, benign smell, hookah contains nicotine, one of the most addictive substances known, in addition to many toxins released from the burning charcoal used to heat the flavored tobacco. While cigarette smokers take about five to seven minutes to smoke a cigarette, hookah smokers often engage in smoking for hours at a time. Thus, they can be exposed to more smoke over a longer period than cigarette smokers.

To test if the cardiovascular effects of hookah smoking outweigh young adults’ perceived risk, Rezk-Hanna collaborated with Ronald Victor, MD, at the Smidt Heart Institute at Cedars-Sinai Medical Center and together they built a smoking chamber at Cedars-Sinai, an enclosed compartment which made it possible to measure acute smoking exposure in a controlled environment.

An article, co-authored by Professors Doering, Robbins, Sarna and Victor published in the American Journal of Cardiology, showed hookah smoking causes acute arterial stiffness, similar to effects reported from other tobacco products.

“These data could be used to inform young adults about the dangers of hookah smoking as well as provide evidence to guide policy specific to hookah and other alternative tobacco products and nicotine delivery systems.”

Rezk-Hanna is building on her recent findings by studying other evolving hookah tobacco products and their effects on heart health. She has received three grants to investigate the potential cardiovascular toxicity of electronic hookah use among young adults: an R21 from the National Heart, Lung and Blood Institute, one from the UCLA Clinical and Translational Science Institute and one from the UCLA Academic Senate Council on Research.
IN HER WORDS

FINDING HER PASSION IN THE FIELD
In January of this year, I arrived in Bangladesh on assignment for Doctors Without Borders. My job as Nurse Outreach Manager was to work with local teams to launch disease surveillance and vaccination campaigns for the Rohingya refugees fleeing Myanmar. While I had seen and heard about the scale of this crisis from the media, I was completely taken aback at the magnitude of this humanitarian emergency upon seeing it in person. For as far as my eyes could see, there were small shelters decorating the rolling hills. What had been a forest was now a treeless expanse of dirt that had become a makeshift settlement of more than 600,000 people. It was a long way from nursing school.

Farrah’s interest in public health started at UCLA. She was inspired by faculty who were investigating health equity issues and volunteered for projects in Los Angeles neighborhoods with limited access to care. When she graduated with her MSN, she headed north to work at Stanford University Medical Center, first in the Blood and Marrow transplant unit and then the ICU. While she loved her job, she remained interested in working with underserved populations and began to think about how she could contribute to global health.

My first international volunteer experience was in Guatemala, where our team performed health screenings and checkups in rural areas. I was also able to help with training for the local nursing school. I was there for a couple of months and really enjoyed it – the opportunity to see health care practices in other countries and connect with other cultures. I myself am
I was born in Iran and moved to the U.S. when I was a teenager, and I am fascinated by how different people live and care for each other.

Thanks to her supportive managers at the Stanford University Medical Center, she went to Tanzania a couple years later, working in another rural area with an NGO called FAME – Foundation for African Medicine and Education.

In Tanzania, we provided mobile health clinics for rural areas. We would travel for hours and hours to what seemed like the middle of nowhere and set up a small clinic, treating everything from STDs to malaria. We were the only service and the local population relied on us.

After these two international experiences, she wanted to learn more about the field of global health, so she returned to school and got a Master’s in Global Health from UCSF.

I graduated in 2014, right around the time when the Ebola outbreak was occurring in West Africa. I began to volunteer with Partners In Health (PIH) while I was doing research on a Global Health Sciences Fellowship at UCSF. While the research was interesting, I once again felt the draw of working on the frontlines of global health.

A few months later, I had the chance to go with PIH to Liberia as a clinician for three months at the height of the Ebola crisis. It was an amazing experience – very challenging and very educational. This wasn’t just global health – this was a global health emergency. I conducted trainings for the local health professionals about how to put on the personal protective equipment, infection prevention and control practices, and I also provided direct patient care where I had to suit up to enter the Ebola treatment units.

In 2016, I went on my first assignment with Doctors Without Borders. I was sent to work at two refugee camps in Tanzania, on the borders of Burundi and the Democratic Republic of Congo. I knew very little about Burundi before that assignment, but I soon learned about the ongoing political unrest that has created an enormous refugee crisis in this part of the world. Working in these camps for six months, where hundreds of thousands of people had fled violence, taught me about the plight of displaced populations. When one walks through the camp, the day-to-day struggles of this harsh life are easy to spot. People carrying all sorts of items on their heads, walking for hours, some without shoes, all in need of some form of health care. What’s more difficult to see is all the other
struggles. The domestic abuse, the SGBV (sexual and gender based violence) cases that are never reported, and the emotional and psychological scars of being a refugee.

Some of Farrah’s experiences in the camp have emphasized the wholistic approach that nurses, both here and abroad, must bring to patient care.

It was the rainy season in Tanzania and the MSF malaria clinics were treating hundreds of patients with malaria each day. One early evening, just before closing the clinic, a woman with two small boys holding her hands walked in. She was weak, walking very slowly, almost dragging her feet on the muddy ground, her face looked distressed and a few tears rolled down her cheeks. She had a high fever, joint pain and generalized weakness. As we waited for the results, I asked what else was bothering her. While her sons sat quietly in the waiting area, she told us in a low, almost whispering voice that she had recently lost her near-term baby a month ago after being beaten by her intoxicated neighbor. She had been traumatized and the emotional and psychological effect of losing her baby remained. She said that it was hard to take care of her sons and felt guilty as her sons were trying to help with daily chores, gathering firewood and bringing water from tap stands. As we talked, the results from her malaria test came back. She was positive. We prepared the medication for her to take but also connected her with the mental health worker in our clinic. I felt very sad for her, but I was encouraged that we were able to offer not only care for her malaria but also mental health services.

Farrah later returned to Tanzania for another assignment four months later, this time at a different camp. Her latest assignment with Doctors Without Borders was to Bangladesh in January of this year. She plans to continue her humanitarian work and plans to document some of her experiences in the coming years.

There were so many stories, some of them celebrating human strength and resilience, and then some just completely heartbreaking. Some Rohingya refugees shared details on how their children became severely ill on their journey from Myanmar. Others will report their husbands, brothers and relatives being killed, or their homes being burned. The stories I had read about in newspapers, I was now hearing directly from people in their shelters.

I am so grateful for the start that UCLA gave me. I wouldn’t have found this work with Doctors Without Borders if UCLA hadn’t started me on the path to public service as a nurse.

Farrah (in white) enters Balukhali camp in Bangladesh.
The UCLA School of Nursing hosted its annual Distinguished Alumni Awards Luncheon and Silent Auction on Saturday, May 5, 2018.

For over 69 years, the UCLA School of Nursing has graduated exceptional nurses whose achievements have transformed the profession, clinical practice, science, education and health policy.

This year, the School’s highest honor – its Distinguished Alumni Award – was awarded to three individuals: Jo-Ann Eastwood MN ’95, PhD ’04, Nancy Pike MN ’93, PhD ’07, and Gwen Uman BS ’67, MN ’73.

The Rising Bruin Recent Alumni Award was presented to Alyssa Castillo BS ’13 and Kevin De Leon BS ’12, and the Golden Bruin Staff Award was presented to our Information and Technology team.

We are truly grateful to our alumni and friends who help make this event possible every year with their generous support. We would also like to acknowledge the businesses who generously donated items, and our Alumni Board of Directors who facilitated or personally donated items for our silent auction: Casa Del Mar, Franklin’s Hardware, Fresh Corn Grill, Giving Keys, Halper Fine Art, Hornblower Cruises, Hotel Angeleno, Kendra Scott Jewelry, Los Angeles Lakers/UCLA Health Partnership, Landmark Theaters, Miracle Springs Resort, San Antonio Winery, Six Flags Magic Mountain, Sprinkles Cupcakes, Sweet Lady Jane’s, Tranquility Skin & Body Care, Tri Fit, UCLA Athletics, and Westwood Flower Garden.

(L to R) Gwen Uman, Nancy Pike, Dean Sarna, Jo-Ann Eastwood

Students Sage Sims-Bleser, BS ’18, Liliana Morah, BS’19, Paola Rubio, BS’19, and David Zelaya, MSN’19 attended the event thanks to generous alumni sponsors.

UCLA School of Nursing Alumni Board of Directors: Dean Linda Sarna, Cathy Ward, Tonia Amos-Jones, Brittani Clark, Susan Given, Megan Guardiano, Leslie Kern, Sherri Mendelson, and Isaac Montoya.
The Annual Scholarship Appreciation Lunch recognizes our generous scholarship donors and celebrates the deserving award recipients. It was a joyous occasion with more than 70 students, alumni, donors, faculty and staff gathering to celebrate our nursing students’ accomplishments.

We are very grateful for those donors who help our students enter the nursing workforce able to take on opportunities based not only on salary considerations but also on their skills and passions.

At the lunch, we heard inspiring words from student representatives from each of our four degree programs.

Diana Soriano MSN ’18, a recipient of the AltaMed Nursing Scholarship, shared her personal story:

When I am not studying or in clinicals, I can be found at the bedside at the UCLA Liver Transplant and Surgical Specialties ICU, where I have worked since 2011. I also serve on the board of the UCLA chapter of the American Association of Critical-Care Nurses as President-elect.

You would find these details of my background on my CV. What you won’t find there is that I am also a first-generation college graduate, the daughter of immigrants who were only able to complete a middle school education because that is what their situations would allow, before they were required to work to support their families. My father’s life was cut short by a motor vehicle accident when I was two years old, and I was raised by a single mother who worked tirelessly as a seamstress in sweatshops until her body could no longer withstand this work.

I share this with you all to highlight that I would not be here were it not for the support and mentorship of people who saw potential in me, and supported me through various stages of my life. It is not enough to have a vision and goals in order to succeed. One also needs a game plan, a support system, and cheerleaders to achieve success. I stand here today because I have stood on the shoulders of giants.

I am a recipient of the AltaMed nursing scholarship, and I want to thank AltaMed for supporting those like myself who look at our underserved communities and want to give back. Your generosity allowed me to afford tuition without having to take out loans this year. I am still paying off my undergraduate student loans, so every bit of debt I can avoid is a god-send.

I also want to thank the other wonderful donors for empowering a strong group of nursing students and future leaders. Your contributions are truly immeasurable, as I can only imagine the kind of work that we will all see from my fellow students in years to come.
On April 7, 2018, Alpha Tau Delta (ATD) celebrated its 90th anniversary. At this event, students received scholarships, new board members were introduced, and Dean Linda Sarna was inducted as an honorary member of ATD. In addition, Ada Lindsey - the fourth Dean of the UCLA School of Nursing - attended and was excited to reconnect with many alumni and faculty.

Sigma Theta Tau International (STTI) held its 40th anniversary celebration and new member induction at the beautiful Luxe Hotel on Saturday, April 21, 2018. The chapter also commemorated long-serving members of 40 plus years. They received a certificate on stage and presented one word that described their STTI experience over the past 40 years. The Sigma Theta Tau, Gamma Tau Chapter, which consists of the UCLA School of Nursing and the California State University, Northridge Department of Nursing, has inducted over 4,300 individuals and has a rich legacy of promoting nursing excellence in scholarship, leadership, and service.
UCLA SCHOOL OF NURSING
LEGACY SOCIETY MEMBERS

The generous alumni and friends who have chosen to include the UCLA School of Nursing in their estate plans are a special group. Turning their individual passions into action, these donors have looked ahead to the needs of future generations. They have effectively put “money in the bank” to fulfill countless opportunities that ensure excellence – from scholarships to life-changing research, fellowships to distinguished faculty recruitment.

Planned gifts provide the resources that create extraordinary opportunities and preserve the future of the UCLA School of Nursing. There are a myriad of easy giving options from which you can choose – from naming the School of Nursing as a beneficiary in your will, to a more complex trust arrangement. Please contact the Office of Gift Planning at 800-737-8252 if you would like to learn more about including the UCLA School of Nursing in your estate plans.

Thank you!

JOIN THE UCLA BEQUEST CHALLENGE!
Help us achieve our goal of identifying 1,200 new bequest intentions to the university by the end of The Centennial Campaign for UCLA on December 31, 2019.

Create a legacy by including the UCLA School of Nursing in your will or trust. Please contact the UCLA Office of Gift Planning for more information.

Phone 800-737-UCLA (8252)
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Let nursing education, training and research be part of your legacy.

LEGACY SOCIETY MEMBERS
Katherine V. Anderson MN ’80 and William F. Anderson
Barbara J. Bradstock ’66
Karen K. Braham MN ’79 and Herbert Braham
Rochelle Brucker ’57 P
Niloufer M. Cainglit MSN ’03
Lauren D. Capparel MN ’86
Ronald K. Enholm and Christie D. Enholm
Linda M. Gorman MN ’77 and Stanley I. Gorman*
Dolores S. Grunigen and Forest J. Grunigen*
Roger M. Hayashi and Mary J. Hayashi ’76
Ruth Higgs
Marcum D. Ivey and Ann L. Ivey* ’57, MS ’64
Mary L. Mayer
Donna McNeese-Smith and William McNeese-Smith
Harold A. Meier and Ellen M. Meier ’74, MN ’78
Susie Lee Nakao MN ’77 and Keith K. Nakao
Richard A. Nesbit and Rose Marie Nesbit* ’57
Nancy A. Pike MN ’93, PHD ’07 and Mike Muth
Vickie V. Reis* MN ’62 and August S. Reis
Michael P. Richards
Ellen L. Rosen, MN ’72
Margo Neal MN ’74 and LaVern Schenkelberg
Loretta Y. So MSN ’11
Linda D. Urden MN ’81
Ann M. Voda ’63
Clyde F. Young and Thomsen J. Young*
*Deceased
Aida Navarro, Parent of Gabrielle Navarro BS ‘21

“It’s about paying it forward. I have been fortunate and blessed to be able to give back to our community.

I was born and raised in Southern California and come from a culturally diverse background. For me, UCLA represents that diversity and supports the inclusion of many backgrounds. As a parent, I couldn’t have been prouder when my daughter Gabriella was accepted into the nursing program. Giving back is my way of saying thank you. Thank you for your support of my daughter and supporting the next generation of student nurses.”
Corporations, Foundations and Organizations

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- Raquel and Bertram Lewitt ME ’69
- Kathleen ’76 and James Stengel (P)
- Sheila MN ’79 and Gerald Wroblewski (P)

Anna Dermenchyan
BS ’04, MS ’17, PhD ’20

“I love the numerous opportunities that I have as a Ph.D. student at the UCLA School of Nursing. As a nurse scientist trainee, I have gained knowledge and confidence in my ability to communicate the broad scope and value of nurses and nursing scholarship. I give to the school because I truly believe in its vision and mission of developing nurse leaders to lead and transform nursing care.”
Lynn Zeman BS ’64 and Bill Zeman ’72

“I often reflect upon how much my nursing education at UCLA has facilitated my career development in the field of Public Health and School Nursing. The friends I made at UCLA and specifically, Alpha Tau Delta, continue to be my friends since graduation in 1964. I remain very involved with helping the nursing students at UCLA through Alpha Tau Delta scholarships. Our alumni chapter offers substantial financial, professional and emotional support to the current students. Proudly, Bill and I donate to the school, as our way of saying “thanks,” and to perpetuate the outstanding education offered.”

$1,000-$4,999
Caroline Han Alioto ’03, MSN ’05
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Jan Nash and Elizabeth Resnick MBA ’13
Karen ’82 and Joel Nelson (P)
Melanie Olsrud MSN ’98 and Mark Turner*
Carol and Charles Pavlish

Joanne ’72, MN ’77 and Robert Pollack ’71
Judith MN ’84 and James Roach Jr. (P)
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Cindy Tamae ’06, MSN ’10
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Heidi ’84 and David Welch
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Ann MN ’90 and Donald Williams
Lynn ’64 and Donald Williams

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Mary MN ’87 and Louis Rappoport
Lindsay Leigh Ritter
Sandra and Lance Towers (P)
Margarita Bondad Vallejo ’79
Brenda Chan MSN ’97 and Feng Wu PhD ’99
Yoshimi Yokohari MS ’54
Patrice and Stephen Zamenhof*  

Honorary and Memorial Donations
Catherine M. Gabster MSN ’07 in honor of Andrew Gabster
Karen A. Grimley in honor of William Murphy
Kathleen ’76 and James Stengel in honor of Claire S. Stengel ’10, MSN ’13

The UCLA School of Nursing would also like to thank the many companies that have supported us with matching gifts. If you would like to make a matching gift, or to check if your employer has a matching gifts program, please visit http://www.matchinggifts.com/UCLA.

If you would like more information about ways to support the UCLA School of Nursing, please contact our Office of Development & Alumni Relations at 310-206-7813 or nursing.alumni@sonnet.ucla.edu.

It is important to us that we acknowledge you properly. However, errors and omissions do occur. To inform us regarding any inaccuracies, please send an email to nursing.alumni@sonnet.ucla.edu.

A full list of $100+ donors can be found at: nursing.ucla.edu.

IN MEMORIAM
The UCLA School of Nursing remembers the following alumni who passed away this past year between July 1, 2017 and June 30, 2018. We extend our heartfelt sympathies to their families and friends.

Barbara A. Beck, MN ’69
Margaret T. Clerkin, MN ’73
Margaret Dalis, MN ’93
Judith L. Fairweather, BS ’70
Nancy D. Henry, MSN ’97, PhD 08
Wendy W. Hollis, BS ’72, MN ’74
Gladys D. Jacques, MN ’72
Yoko E. Mori, BS ’56
Elinor L. Olzack, MS ’62
Jane A. Ryan, MN ’72
Erleene P. Tarr, MN ’89
Katharine B. Thompson, MN ’70
Clarice J. Woodward, MS ’64

Frances ’56 and George Uchida in memory of Yoko E. Mori ’56
Yoko Elaine Mori Revocable Trust in memory of Yoki E. Mori ’56
Lani MN ’93 and Douglas Moss in memory of Marian Stevenson
Gina Y. Reyes in memory of Elbert Yap
Diedre K. Thornlow MN ’93 in memory of Robert Thornlow
Lora E. Burke MN ’78 in memory of Shirley St. Amand MN ’78
Glen Baron ’72 in memory of Zelda Baron
Cynthia A. Brown ’79 in memory of Kathleen Rose Taylor
Beth Rogers in memory of Wendy W. Hollis ’72, MN ’74
Darilene A. Lowry ’55 in memory of June K. Middo ’55
Linda P. Sarna ’69, MN ’76 in memory of Jane A. Ryan MN ’72
Leni J. Gerber ’67, MA ’68 in memory of Jane A. Ryan MN ’72
Karen K. Braham MN ’79 in memory of Jane A. Ryan MN ’72

(*) Deceased
(P) Parent
Fiscal Year 2018, (July 1, 2017 through June 30, 2018,) was a wonderful year for the UCLA School of Nursing, for both annual giving and major gifts. Annual gifts to the School increased by 14% from last year. In addition, several major gifts, including a transformational gift from the Shapiro Family Foundation to establish the first academic chair in the School in over 20 years, made this a stellar year overall. And all of this is because of you—our loyal alumni and friends.

We have some great momentum leading into UCLA’s final year of the Centennial Campaign, but we’re not done yet!

Gifts to the School of Nursing Innovation Fund provide immediate resources for the School to direct towards our most urgent priorities, such as the enhancement of student life, enrichment of academic programs, support for groundbreaking faculty research, and other critical needs.

Consider making a gift today and help us reach our Annual Giving goal of $200K for Fiscal Year 2019.
70th Anniversary Gala
Saturday, April 27, 2019
UCLA Luskin Conference Center

Along with celebrating 70 years of excellence in education, we are proud to continue the tradition of recognizing our alumni for their nursing leadership and achievements. We also will have activities leading up to the gala. If you are interested in participating on a planning committee, or organizing a class reunion, please contact Jonathan Adrias at jadrias@sonnet.ucla.edu.