CALL TO ACTION:
RESPONDING TO THE NEED FOR LATINO NURSE LEADERS
More than beaches and great weather, Los Angeles is one of the most ethnically diverse cities on the planet — more populous than 42 of the 50 states and people from 140 countries speaking 86 languages. This diversity provides unique opportunities and LA offers the perfect crucible for an education at a great public research university, for learning about nursing, and for testing interventions that will make a difference in the health and health care of individuals, families and communities.

UCLA and the School of Nursing are committed to recognizing and appreciating the differences and collective value of individuals. The School has the most diverse student body on campus. In this issue, we showcase our legacy of diversity by featuring the story of a member of one of our first classes, Reiko Nagumo, who was one of nine Japanese American nursing students whose families had been interned in camps during WWII. Her poignant story was featured on a PBS series “We’ll Meet Again.”

Today, with nearly half the population of Los Angeles of Latino descent, we are committed to encouraging Latinos and Latinas to pursue a nursing career. There is a critical need for culturally competent care and a diverse workforce and I am proud of and excited by the work we are doing to support our students and the community.

Our nursing students had opportunities to study abroad and learn from other cultures about health care with trips to Japan and Cuba. In their own words, they describe the experiences that have transformed their view of the world.

In other news, 2018 has started as an amazing year with faculty leadership and research continuing to bring luster to the school. We were excited to announce our new academic program, a Doctor of Nursing Practice, that will start in Fall 2018. With the changing demands of a complex health care environment, we need nurses with leadership skills, the highest level of clinical expertise, and a focus on translation of research in the practice setting to improve health outcomes. Graduates of this program have a future of endless possibilities.

We were thrilled to receive a $2 million gift from the Shapiro Family Foundation to endow a faculty chair in developmental disability studies. With two other gifts from the Shapiro that support programs and scholarships related to working with people with disabilities, the School will be able to champion advances in education, research, practice and policy to meet the needs of this underserved population.

Linda Sarna, PhD, RN, FAAN
Dean
The cherry trees and the Kitasato University nursing students welcomed MECN students Mary Catherine Onglatco and Fatima Urquilla Soto (gifted with kimonos, center), for a weeklong international case study program in Tokyo.
Call to Action: Responding to the Need for Latino Nurse Leaders

With Latinos being the largest and fastest growing ethnic minority, the need for culturally competent care and a diverse workforce is critical to delivering quality care and better patient outcomes.

Distinguished Alumni Reiko Nagumo tells her story....

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WE HAVE A NEW DEGREE PROGRAM
The Doctor of Nursing Practice!
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Dr. Wei-ti Chen, Associate Professor

Dr. Wei-ti Chen’s, RN, CNM, PhD, FAAN, research focus addresses the unique needs of the growing number of Chinese women and children with HIV/AIDS in China and in the U.S. She uses both qualitative and quantitative strategies to explore the issues facing nurses caring for, and patients with, HIV/AIDS. Her current grants are focused on a family care intervention. Dr. Chen is one of few nurse researchers who has conducted intervention research in China.

As a certified midwife with many years of experience, Dr. Chen is well prepared to support our advanced practice nursing program. She is an experienced educator, teaching in undergraduate and graduate courses. She has mentored doctoral, master’s and international fellows in their research.

Dr. Chen received her PhD from Columbia University and completed a two-year postdoctoral fellowship at UCSF. She came to UCLA from Yale University where she was an Associate Professor in the Midwifery/Women’s Health Nurse Practitioner Specialty. Before that, she was on the research faculty at the University of Washington School of Nursing, Department of Family and Nursing.

Dr. Chen is a Fellow in the American Academy of Nursing and was recognized as a Distinguished Alumni by Columbia University School of Nursing.

FACULTY RETIREMENT »

Dr. Mary Ann Lewis, Professor

Professor Mary Ann Lewis, RN, DrPH, FAAN joined the faculty in 1989 and will retire in June. She has provided leadership as former Chair of the Primary Care Section, Chair of the Faculty and Chair of the Psych/Mental Health Nursing and Nursing Administration Sections. Dr. Lewis is certified as an Adult Nurse Practitioner and Clinical Nurse Specialist. She has taught in the Advanced Practice, doctoral, and baccalaureate programs, and provided mentorship for doctoral and post-doctoral students, as well as junior faculty.
Dr. Carol Pavlish, PhD, RN, FAAN, joined the school in 2006 and will retire in June. A beloved member of the faculty, she provided leadership at a pivotal time as the inaugural Program Director for Prelicensure programs: baccalaureate and Masters Entry Clinical Nurse.

Her innovative program of research focused on social justice and clinical ethics. Her creative research approach is described in the co-authored textbook *Community-based Collaborative Action Research*, for which she received the 2011 American Journal of Nursing Book of the Year award.

In collaboration with Katherine Brown-Saltzman, co-director of the UCLA Health System Ethics Center, Dr. Pavlish studied factors leading to ethical stress among oncology and ICU clinical staff, primarily in end-of-life treatment decisions. With nurse ethicists from Mayo Clinic and Massachusetts General, she and Saltzman received a grant from the American Association of Critical-Care Nurses to test an Ethics Early Action Protocol, a collaborative model that aims to guide patients, family, nurses, doctors, and administrators in feeling safe and supported as they work through personal moral challenges that may rise from treatment decisions.

Prior to her tenure at UCLA, Dr. Pavlish was on faculty at College of St. Catherine in St. Paul, Minnesota. She worked with the American Refugee Committee to study gender-based violence in post-conflict settings and the importance of transcultural nursing care. In 2009, she was inducted as a Fellow in the American Academy of Nursing.
Dr. Morris is the Executive Officer of the California Board of Registered Nursing. Dr. Morris has a diverse background in scholarship, clinical practice, community outreach, and administrative experience. With an impressive leadership foundation, he has held several prominent roles including as a hospital administrator, Associate Dean, and Director of several institutions of higher learning. In addition, he has worked as an education consultant, faculty member and advanced clinician. In 2017, he was selected as one of our Distinguished Alumni.

Commencement is June 16, 2018.

Inspiring Agents of Change

THE NATIONAL CLINICIAN SCHOLARS PROGRAM

Are you thinking about a post-doc? Do you have a passion to make system changes to improve health equity and disparities? Then you may want to look at the National Clinician Scholars Program (NCSP).

The NCSP offers unparalleled training for clinicians (nurses and physicians!) as change agents driving policy-relevant research and partnerships to improve health and health care. The goal of the program is to cultivate health equity, eliminate health disparities, invent new models of care, and achieve higher quality health care at lower cost by training nurse and physician researchers to work as leaders and collaborators embedded in communities, health care systems, government, foundations, and think tanks in the U.S. and around the world. The program has five sites: UCLA, University of Michigan, Duke University, University of Pennsylvania and Yale. Each site has community partners and all sites offer fellowships with the VA. For more information, visit www.nationalcsp.org.
Dr. MarySue Heilemann was selected as an official delegate to the 62nd session of the United Nations Committee on the Status of Women (CSW), held at UN headquarters in New York in early March. In addition to attending meetings on the UN grounds and special sessions hosted by the member nations in surrounding neighborhoods, she also participated in two UN-parallel events.

At the CSW NGO session, she spoke on a panel “Women/Girls and Media: Power Storytelling and #MeToo,” addressing the impact of media portrayals of nurses on the global nursing shortage and her own creation of a nurse character. At the “Women Illuminated” film festival, Heilemann’s project, “Catalina: Confronting My Emotions,” was screened followed by a Q&A session during which she discussed her story-based transmedia intervention targeting Latinas to enhance their mental health.

MarySue shared:

“The people in the photo were on my team at the UN Women event at CSW62 called: ‘Leaving No One Behind for Planet 50-50 by 2030: Every Rural Woman and Girl Everywhere.’ I served as our team’s moderator and scribe.

“The objective of the event was to recommend a set of policy standards and benchmark (including indicators) on how the implementation of sustainable development goals will ensure that no one is left behind.”
CALL TO ACTION:
RESPONDING TO THE NEED FOR
LATINO NURSE LEADERS

With Latinos being the largest and fastest growing ethnic minority, the need for culturally competent care and a diverse workforce is critical to delivering quality care and better patient outcomes.

What that means is we need Latino nurses, researchers and health care leaders to respond to the call and fill this need.
“We recognize that there is a serious deficiency in the number of Latino registered nurses and we want to lead the way in increasing the numbers,” said Dean Linda Sarna at her presentation to the National Association of Hispanic Nurses in January.

“We need nurses who will understand the community – its language and its culture. Latino nurse researchers are underrepresented and that needs to change too.”

SHOWCASING LEADERSHIP

In a 2004 article in Nurse Administration Quarterly, Antonia Villarruel, dean of the University of Pennsylvania School of Nursing and Nilda Peragallo, dean of the University of North Carolina at Chapel Hill School of Nursing, discussed the impact of the underrepresentation of racial and ethnic minority nurses and other health professionals which has led to the continued disparities in health outcomes for these populations. In the article, they point out that strategies to reduce health disparities, such as increasing the cultural competence of majority nurses, often depend on leaders of the same racial and ethnic groups to provide leadership in research, education, practice, and communities.

Villarruel and Peragallo embody the definition of Latina nurse leadership. The School was excited and proud to have both visit UCLA and speak to students and faculty during the past year. Villarruel gave the motivational keynote at the 2017 graduation. During her talk, Villarruel pointed out that nurses are needed in leadership roles in the board rooms at local and national policy tables to advocate for policies that support health and illness management.”
“in the board rooms at local and national policy tables to advocate for policies that support health and illness management.” Villarruel has followed her own advice: “I have been around many policy tables advocating for the advancement of Hispanic and other minority nurses. I have worked with consumer, local, state and national organizations in finding ways to support adolescents in making safer sex decisions to prevent HIV/AIDS and unplanned pregnancies. I have had incredible opportunities and champions to support me in my journey. …but I know I’m not done.”

Peragallo, an internationally recognized expert and widely published researcher, has DEDICATED HER CAREER TO IMPROVING INDIVIDUAL AND PUBLIC HEALTH WITH A PARTICULAR FOCUS ON MINORITIES. She provided many ideas for how to advance research and enhance our academic programs. Her presentation at the distinguished lecture series, “Culturally Informed, Community Engaged Research with Latinos,” was inspiring and well-received.

The school is proud to have three strong Latina faculty role models that are making a difference – through advocacy, research and leadership. Not just in Latino health but in healthcare for all.

Rosamar Torres, PhD, MSN, RN, Assistant Professor at the School, is focused on perinatal health of Latinas. As a clinician in Pediatric and Neonatal Intensive Care units, she noticed that many Latina mothers received little to no prenatal care. While earning her PhD, she studied beliefs, barriers and practices of prenatal care utilization in late adolescent Latinas and found that a majority of these young women experienced numerous institutional, personal and biological barriers including depression. Her current research is focused on maternal-child health, specifically on cognition and depression.

The multidisciplinary research, teaching and service by Associate Adjunct Professor Dr. Maria Elena Ruiz interweaves familismo (a core Latino cultural value, which refers to the importance of strong family loyalty, respect, closeness, and getting along with and contributing to the wellbeing of the nuclear family, extended family and kinship network) aging and caregiving, homelessness, violence, farmworker health risks, and issues faced by Latinos. Most recently, she was the lead author for an article published in the
Journal of Transcultural Nursing: “Older Latinos: Applying the Ethnocultural Gerontological Nursing Model.” She is affiliated with the UCLA Chicano Studies Research Center (Associate Director, 2010-2012). Through her work, she is assisting nurses and other health providers in gaining a fuller assessment of the heterogeneity of Latino families, language and cultural needs, and ways to improve health and decrease health disparities.

Ruiz received an award from the American Public Health Association for her dissertation on Latino and Asian elders, plus several awards for her Spanish language/Latino culture programs, research on aging minorities, clinical work in high risk communities, international programs, as well as advocacy and mentoring of underrepresented students. She has held several positions with the National Association of Hispanic Nurses (NAHN), including past president of NAHN-Oregon Chapter.

Lecturer Mary Canobbio is an exemplar in advocacy. Her work with the American Heart Association has changed policy and health care delivery. In 2017, she made headlines when a committee she chaired at the AHA released recommendations for successful pregnancies for women born with congenital heart defects. Like Ruiz, Canobbio has received numerous awards for her leadership including Fellow, American Heart Association, Council on Cardiovascular Nursing and Fellow, American Academy of Nursing.
Out of the more than 3 million RNs in the U.S., Latinos represent only 3.6% even though they make up 17% of the total U.S. population.
GETTING STARTED:
ATTRACTING LATINOS
TO NURSING

It is probably no surprise that studies prove that having Latino nurses in the workforce shows there is better communication with Latino patients and better outcomes.

Out of the more than 3 million registered nurses in the U.S., Latinos represent only 3.6 percent even though they make up 17 percent of the total U.S. population. In California, where 39 percent of the population (and growing) is Latino, just 8 percent of nurses are Latino.

A paper co-authored by UCLA School of Nursing PhD graduate Teodocia Maria Hayes-Bautista, published in the February 2016 American Journal of Nursing: “Latino Nurses in the United States, an Overview of Three Decades,” discusses the statistics.

“Between 1980 and 2010, the number of RNs nearly doubled while the number of Latinos in the general population nearly tripled. If nursing education had kept pace with the increasing Latino population, we would expect the number of Latino nurses to have grown by a factor of at least two, which would have resulted in closing the gap between the number of non-Latino white and Latino RNs per 10,000. Instead, the number of Latino RNs grew by one third, only half of what we would expect.”

The paper concludes “Nursing education programs and institutions need to improve their efforts to increase the number of Latino nurses relative to the Latino population.”

So how do we get more Latinos to consider nursing and to be prepared for a nursing career?

Many Latino students and parents are not aware of the requirements and multiple opportunities that exist in nursing fields. The School believes that it is its responsibility to make nursing school an option and is continually looking for ways to inform Latinos of the requirements for a health career and to encourage them to apply. One way to do that is to offer scholarships that support more Latinos in obtaining undergraduate and advanced practice nursing degrees in order to provide specialized health care to underserved populations, create opportunities for advancement within the health care profession, and to forge a place at the table where policies are being made.

The School of Nursing found a very influential partner for that effort in AltaMed Health Services – Southern California’s leading nonprofit community health network delivering integrated primary care services, senior care programs, and health and human services for the entire family. Dr. Ruiz, who was instrumental in expanding the School of Nursing collaboration with AltaMed, worked with them to establish annual scholarships and to expand clinical opportunities for MECN and APRN students.

“The purpose of these scholarships is to work toward upgrading health care to underserved populations,” said Castulo de la Rocha, AltaMed President and CEO. “By providing support to students who are focusing on health care needs and issues specific to Latino communities, we are creating the health care providers that will meet the needs of our communities.”

Vanessa Torres, a MECN student was one of the first recipients of an AltaMed Scholarship. She saw nursing as an opportunity to be at the forefront of care, where she could also use her Spanish language and personal background to empower and aid patients in diverse and underserved communities.

Through a grant from the Health Resources Service Administration (HRSA), the school is also able to support minority and disadvantaged students pursuing advanced practice nursing degrees. More than 40 students each year have benefitted from this grant that encourages nurses to work in primary care with medically underserved communities.
COLLABORATIONS AND LEARNING OPPORTUNITIES

During their studies, students are provided with several opportunities to learn more about the Latino community and its unique health needs. During their Public Health rotation, the MECN students worked with one of the AltaMed PACE (Program of All-Inclusive Care for the Elderly) senior care centers, giving the students exposure to gerontology care. Their projects have included a survey of residents on their knowledge of end-of-life and advanced directive issues and education programs for fall prevention.

In addition, AltaMed and the School received a grant from HRSA that pairs MECN students with nurses and a nurse case manager at one of AltaMed’s primary care clinics to achieve better health outcomes for patients with diabetes and heart failure. The students developed health education programs that the AltaMed nurses can deliver to patients. By moving this education program into the community, the hope is that patient health will improve and individuals can be kept out of the hospital.

This year, a group of energized students introduced the Latino(a) Nursing Student Alumni Association – LANSA. (In Spanish, lanza means to launch; i.e. careers, action, professionalism, empower.) “LANSA was formed to give a voice to our Latino/a students and create change through inspiration, leadership and role models,” said Valeria Amezola, LANSA President and Founder. “In turn, I hope it can empower a generational change within the UCLA School of Nursing and our communities, empowering and motivating more minorities to join our profession. I truly believe that when we see people like us, we believe the nursing profession is for us. A diverse nursing community makes for better health care solutions and diversifying the nursing profession is our dream!”
Another student organization, Global Action in Nursing (GAIN) offers members the opportunity to visit places such as Panama (alongside Floating Doctors), where they can learn more about Latino culture.

Participants said the medical volunteer trip to Panama was very valuable as it provided an opportunity to the pre-licensure and licensed nursing students to see differences in health care among international communities who often belong to different social ladders and habitants of areas where health care is often not available.

“This broadened our lens to the reality that not everyone has the option to go to the doctor, which helps us understand why many of our communities often question or mistrust physicians and Western medicine,” shared Fatima Urquilla Soto, a 2nd year MECN and Alejandra Lopez, a 4th year BS student.

This trip provided a glimpse of how different a culture can be – from their language to their way of engaging, and their teachings. “As nurses, we are taught time and time again how we must be culturally sensitive, especially because we live in such a diverse city where we take care of patients from different backgrounds. We firmly believe that our volunteer trip to Panama provided all of us with a stronger desire to learn more about different cultures, their practices, and their beliefs so that we can apply this knowledge to our nursing practice,” concluded Soto and Lopez.

IT’S NOT ONE SIZE FITS ALL: THE NEED FOR CULTURALLY COMPETENT HEALTH CARE TO IMPROVE THE HEALTH OF THE COMMUNITY

Your zip code may be more important that your genetic code. Patient preferences, environment, and behaviors can also impact outcomes.

In the AJN paper, Hayes-Bautista pointed out the importance of also preparing non-Latino RNs to engage the Latino patient population for effective patient-centered care. “Training in communication skills is fundamental and should include minimal Spanish language skills and science-based information.”

Another way the school has prepared nurses to work in Latino communities has been through the Song Brown Community Partnership. Family nurse practitioner students work in community clinics throughout Los Angeles where many Latinos access care. Students have served more than 444,000 people since 1993. Currently, 40 first-year students see an average of 130 patients annually, and 40 second-year students see 980 — in communities throughout the region from Arroyo Vista to Watts. Upon graduation, over 50 percent of these nurses go to work in the community clinics.

Carol Vasquez, family nurse practitioner class of 2015, now works at a community clinic. She said “it (Song Brown) gave me a very special training that I am able to use on a daily basis with my patients.”

UCLA – LEADING THE WAY TO A BRIGHT FUTURE

“The future of the health of Los Angeles depends on encouraging Latinos not just to get a degree in nursing, but to pursue advanced degrees. We need Latino nurses to be academically prepared to be nurse leaders, community advocates and policy changers,” said Ruiz.

“I wanted to come to UCLA because of the diversity of Los Angeles and the School’s concentration on vulnerable populations,” said Torres. “What I found was a school that is committed to diversity and they are taking the steps to promoting diversity – not just within the school, but within the profession and I wanted to be a part of that.”
CREATING CULTURALLY SENSITIVE INTERVENTIONS IS VITAL TO IMPROVING ASPECTS OF HEALTH.

While Latinos are the largest ethnic minority group in the U.S., they receive less mental health care than whites, even if they have insurance and despite more commonly reporting symptoms of depression and anxiety than whites.

MarySue Heilemann, associate professor at the UCLA School of Nursing, whose research has long focused on symptom management and motivating Latinas to seek help and engage in mental health care, created a transmedia project “Catalina – Confronting My Emotions.” This program targets English-speaking Latinas because they report more anxiety, depression and suicide attempts than immigrants or Spanish-speaking only Latinas.

To create compelling storylines that would attract her target audience, she teamed up with a Latino screenwriter-director and gathered input from focus groups of English-speaking Latina women. Videos, which were made available to participants on a password-protected website, focused on a fictional character named Catalina, a 28-year-old dealing with symptoms of depression and anxiety. The stories include drama, intrigue, tension and romance as Catalina decides whether to seek treatment. In one segment, she reflects on her experience after having a very positive session with a Latina nurse-therapist, Veronica. In other segments, Veronica speaks directly to the viewer, providing basic information about depression and anxiety, therapeutic exercises and how to seek help. All of the story videos are in English; a video with basic information about depression is also available in Spanish. The results of Heilemann’s study were published in JMIR Mental Health.

“Our findings showed that the women found the intervention compelling, therapeutic and resourceful. We were thrilled to see that the stories really spoke to our participants,” Heilemann said. Within one week after seeing the story-based videos, nearly 40 percent took action to get help and 82 percent discussed the content with others.

Heilemann speaks before the screening of Catalina at the Women Illuminated Film Festival. Photo by Gregg Chadwick.
“We have the ability to stop cervical cancer dead in its tracks, oropharyngeal and anal cancers too, if we do nothing more than get people vaccinated,” Wiley said.
Now these three members of the UCLA School of Nursing faculty are at the forefront of research in their specialities, aiming to make a difference for those infected with the human immunodeficiency virus (HIV) and, in Wiley’s case, human papillomavirus (HPV).

Professor Wiley, PhD, RN, FAAN, has focused on community and public health prevention strategies for both HIV and HPV and on finding ways to help better fight HPV infections. Improved screening methods for cancers caused by these viruses, early diagnosis and precancer treatment and methods that improve patient adherence are all areas of focus for Wiley. Thirty percent of cancers are caused by external factors, such as viral infections like HPV.

The American public is becoming increasingly aware that HPV can cause cervical cancer in women, but it also can cause anal and oropharyngeal cancer in both women and men. A 2013 study led by Wiley found that HIV-positive men who have sex with men are at higher risk for the type of HPVs that most often cause anal cancer. A 2017 study published in *Lancet* and co-authored by Wiley, looked at various factors of an HPV vaccine that prevented infection by 9 different HPVs administered to women ages 16 to 26. Researchers found the 9vHPV vaccine prevented infection, cytological abnormalities and precancerous lesions. These studies are in their early stages and will follow many vaccinated women across the lifespan. Already protection lasts for six years and “could potentially prevent 90 percent of cervical cases worldwide for a lifetime.”

“We have the ability to stop cervical cancer dead in its tracks, oropharyngeal and anal cancers too, if we do nothing more than get people vaccinated,” Wiley said.

“It saddens me daily that somebody dies from HPV-cancers in a country where screening and an effective vaccine are both available,” she added.

Wiley noted that in countries where people don’t have access to screening prevention services, there are about 500,000 new cases of cervical cancer per year and about half the stricken women die. In the United States, with all the screening and treatment that is available, nearly 12,000 women were diagnosed with cervical cancer in 2017 and nearly 4,000 died. With screening, the number of new cases of cervical cancer has dropped about 70 percent.
Since 2016, the prognosis of HIV infection has been dramatically changed by the implementation of highly active antiretroviral drugs. It has dramatically reduced the number of AIDS deaths. However, the drug therapy cannot provide an HIV cure. An said the only human being ever cured from HIV/AIDS was Timothy Ray Brown, “the Berlin Patient,” through a bone marrow transplant from a rare naturally HIV resistant donor.

Approximately, one percent of the world’s Caucasian population are naturally immune to HIV due to a variation in their CCR5 gene. CCR5 is a receptor (like a docking station) for HIV to attach on a cell surface and to initiate infection. For people who carry the gene variation of CCR5, the virus cannot take hold. After transplanting the rare natural HIV resistant bone marrow, Timothy Ray Brown’s immune system was successfully replaced with HIV resistant cells and HIV has become undetectable since then. However, due to the difficulty of finding HIV resistant tissue type matched donors, a second case of an HIV cure has not been reported.

An’s team is working on genetic engineering of patient blood stem cells to create that CCR5 gene variation using RNA interference and more recently CRISPR/Cas9 genome editing techniques funded by NIH. His RNA interference technology to reduce CCR5 expression has been studied for the feasibility and safety of the experimental CCR5 gene modification in patient blood stem cells in a phase I/II clinical trial. A recent paper on one of his studies, published in Molecular Therapy Methods & Clinical Development by the American Society of Gene & Cell Therapy, involved testing a new form of gene therapy on humanized mice that had previously been infected with HIV. The goal is to develop a way to treat humans infected with HIV.

At UCLA since 1995, An said he is pleased to be at such a pioneering research institution. He noted it was UCLA researchers who first identified the virus that causes AIDS in humans.

With the advent of the HPV vaccine for young adolescents, “we really have the ability right now” to end HPV-caused cancers. We can prevent nearly 90 percent of cervical cancers in our daughters’ and grandchildren’s generations, and as many anal cancers in this next generation and beyond, Wiley said.

Having an effective vaccine is exciting, Wiley said, “but it’s also depressing that only about one third of these young adolescents are being vaccinated. We have to find better ways to strategize to get people to become vaccinated and among those in my generation and yours, to seek diagnosis and treatment.”

Professor Dong Sung An, MD, PhD, was a medical student in Japan when AIDS erupted in the international consciousness. “I learned there were no drugs or therapy for AIDS back then and I wanted to find a therapy for an HIV cure,” An recalled. After medical school, he went to a graduate school for HIV/AIDS research.

“UCLA has a very highly enriched AIDS and HIV research program. The support from the UCLA School of Nursing allows my research team to pursue our research to cure HIV/AIDS,” An said.
“UCLA has a very highly enriched AIDS and HIV research program. The support from the UCLA School of Nursing allows my research team to pursue our research to cure HIV/AIDS,” An said.

Associate Professor Wei-Ti Chen, RN, CNM, PhD, FAAN, is specializing in issues related to women and children with HIV/AIDS in China and in immigrant health issues focusing on Asian immigrants. Chen, who joined the School of Nursing faculty this year, is working on a project to find effective self- and family-management interventions for Asians living in New York.

“Many of these [people living with HIV/AIDS] are facing difficulties regarding stigma, disclosure, symptoms management and family support,” Chen said.

One of the most rewarding things about her work is being “one of the first professional providers to talk [to patients] in greater detail regarding their experiences with HIV,” Chen said.

“To get those diagnosed with the disease to open up is difficult enough, but to get them to discuss greater details with professionals is almost impossible,” Chen said. She said her cultural connections are especially helpful.

Chen said she is also pleased that her projects in China enable her to share interventions that have been tested in other countries and that can be adapted to China’s collective culture.

Among Chen’s recent published work is a study of how people with HIV/AIDS in China withdraw from societal contact.

“I am glad that I can serve as one of the most important connections to show the mainstream public that HIV positive Asians exist and they are suffering as HIV positive individuals in this country are.”

— by Jean Merl (a retired LA Times reporter and a proud Bruin MA ’72)
BEYOND BORDERS
Cuba Embraces Visiting Nursing Students

2,000 miles away in Havana, Cuba, our UCLA nursing students are plunged in a disparate landscape of vibrantly colored buildings, Caribbean music, vintage cars reminiscent of the 1960s “low-riders”, and an exceptional health care system.

Dr. Maria Elena Ruiz, adjunct associate professor, first traveled to Cuba with a prestigious group of delegates selected by the American Public Health Association in 2012. Impressed by Cuba’s health care system, Ruiz developed an academic travel program to Cuba in 2013. One of the main things this program teaches students, Ruiz said, is there’s a world outside surviving and excelling without the advanced technology students are accustomed to.

What the students learn throughout their weeklong visit is that despite being a developing socialist country, Cuba boasts a nearly identical life expectancy to the United States, almost 100% immunization rate, newly developed medications, some of the world’s lowest percentage of vaccine-preventable disease, and a highly accessible primary care system in which teams of doctors and nurses knock on patient’s doors for regular check-ups. Although they spend nearly 15 times less than the United States on health care per capita, Cuba’s health care system was lauded as internationally exemplary by Margaret Chan, former general director of the World Health Organization.

“We live in a high income, high technology country, and yet we experience health care gaps and increasing health disparities,” Ruiz said. “I want students to appreciate how health care is provided in other countries, and I hope when they work in underserved areas, they don’t feel that they have to rely on technology, as their skills, communication styles, empathy, and ability to assess will guide their diagnosis and ultimately their relationships with patients and communities.”

“They make do with so little, but accomplish so much.”
OF NOTE »

Primary care doctors can assess not only their client’s physical health risks but also psychological health needs. “I think by knowing our patients from a comprehensive standpoint, including psychosocially, we can educate and normalize the use of mental health services that are beneficial to the patient,” APRN students Lindsey Zamarripa and Ikwinder Bhurjee, wrote in their 2017 travel blog.

Despite a severe lack of equipment and technology (oxygen tanks, beds, and IV equipment from the 1970s being used in the clinics), Cuba’s system compensates in its training of health care staff and its focus on prevention and health promotion over treatment.

“They make do with so little, but they are able to accomplish so much,” added Jacqueline Marroquin, MSN ‘15, now an Family Nurse Practitioner.

POLYCLINIC

During a visit to a consultorio (neighborhood clinic) and the polyclinic, the comprehensive community health center for each neighborhood, students learn about the Cuban health model. Doctors and nurses are required to reside in the community that they work in and are responsible for the families within the geographic location. As a result, health care providers develop close relationships with the families in their care.

Maria Del Ruth, MSN ’15, who visited in 2014, said patients in Cuba are called by their names, not just referred to as a number. “Nurses and family doctors know the people from infancy on,” she added.

MATERNITY HOUSE

Maternity homes in Cuba provide comprehensive care for women with “high risk” pregnancies, which includes multiple births, low weight gain and young maternal age. Cuba’s excellent, free maternal care is cited as one of the factors that result in Cuba’s low infant and maternal mortality rate.

The women with high risk pregnancies live at a maternity home until delivery. They are provided balanced diets,
provided education and guidance, and their families are permitted to visit any time. However, the women are not allowed to leave the facility, which some students found a little disconcerting.

One APRN student said she found it upsetting that the women with high risk pregnancies had to leave their children and homes. “This was so different from what is practiced in the U.S.” But, another student felt that the health benefits of maternity homes outweighed the women’s lack of freedom and their risk of losing a baby.

“Although I thought it was sad that they were in a ward for anything from 1-5 months, away from their homes, lives and independence, the low infant mortality rates made me feel it was justifiable,” she said.

REMOVING THE STIGMA OF SEXUAL ORIENTATION

Students got a first-hand view of Cuba’s increasingly progressive attitude towards LGBT communities when they visited CENESEX, the National Centre for Sex Education, and learned that in recent years, LGBT rights in Cuba have changed dramatically. The country not only legally prohibited “any form of discrimination harmful to human dignity,” it also structured its health care system to assist the LGBT community. Gender reassignment surgery and hormone replacement therapy has been offered to Cuban citizens free of charge since 2008. Sex education improved. Condoms and antiretroviral drugs became more widely distributed.

Grace Cha, Erica Chang and Danielle Turpin said they are amazed to learn there’s a decrease in social stigma towards the LGBT community and extensive preventative care for STI’s and HIV.

“There are mobile clinics that provide education on safe sex and testing for STI’s/HIV,” they said in their 2016 blog post. In the yard of a community center, students got the opportunity to see the “carrito,” similar to what we call an ice-cream truck, but this one goes around neighborhoods providing information and resources on sex education.
LA CASA DE ABUELAS,
CARING FOR CUBA’S SENIORS

Similar to the rest of the world, Cuba faces an aging population. In a country where 9.51 babies are born per 1,000 Cubans, governmental care for the elderly becomes a pressing issue. To understand Cuba’s approach to aging, students visited senior homes, or Casa de Abuelos.

“The medical director explained that these are lovingly referred to as casas for abuelitos (grandparents), as the medical and nursing providers care for the residents as a member of the family and not as a patient,” said Ruiz. Cuba sponsors these senior day care centers, and if any fees are charged, it is very low.

Lily Hakhpandyan and Izabela Harutyunyan, APRN students (class of 2018), said the Casa de Abuelos No. 2 they visited in 2017, was joyful and pleasant.

“We met Soledad, one of the thinnest, frailest looking women. Much to our surprise, Soledad wanted to teach us how to dance! We gathered around the porch and shimmied our hips to ‘Havana’. We ended the visit by teaching the seniors the UCLA 8-clap!” they said.

ELAM EDUCATION

Students also visited Cuba’s renowned International medical school. Cuba was dubbed by former U.N. Secretary General Ban Ki-moon as a country with “the world’s most advanced medical school.” In particular, he praised ELAM, Escuela Latinoamericana de Medicina, as “genius for world health contributions” and has educated doctors who are often “the first to arrive and the last to leave” in disasters and crises. Every year, our students meet with students in ELAM — several of these students are from the U.S.

UCLA students learned that ELAM provides full scholarships to students and provides free health care, dental care,
Michelle Neverida and Hsun-yu Vuong noted the difference in materials and technology available, and mentioned that “our mannequins breathe, have heart sounds and talk to us, but when technology breaks down, there might be lessons here that we can learn.”

On average, nurses and doctors make only $25-67 a month. However, their education and housing are free or subsidized, and government funded education alleviates the burden of student loans.

“In the U.S., you wouldn’t have a lot of people pursuing these professions for that kind of pay,” said John Scholtz, MECN ’15, “But in Cuba, you have a lot of people interested in being doctors or nurses because they want to make a difference in their community.”

NURSING EDUCATION

Another highlight is the relationships that have been made with nursing schools in Cuba. As the program has expanded, so have the visits and exchanges with key medical, nursing and public health leaders. Last year they met with the Chief Nursing Officer and President of the Cuban Nursing Association. At a premier university, the group was welcomed by the Dean of Nursing and visited a classroom and lab. APRN students

The School’s Cuba trip also set many precedents.

“We are the first all nurse student group to take such a trip to Cuba...we were one of the first to land in Cuba after the Obama administration re-established relationships in 2014. That was an exciting moment!” Ruiz said.

“Everywhere we went we were greeted with hugs, kisses and tears of joy. The students and faculty are first class global health ambassadors, and they are leaving lasting impressions on the Cuban colleagues, and we’re increasing opportunities for our future nurse leaders.”

— by Wendy Li, UCLA Class of 2021
We were overwhelmed by the warm welcome and generosity of the Kitasato University staff and students as we started our first official day of the program. It began with an introduction from Dean Hidero Kitasato, the great-grandson of the Kitasato University founder, who shared the history of the university. We also had the opportunity to hear presentations from representatives of each department: medical laboratory, clinical engineering, radiological technology, occupational therapy, physical therapy, orthoptics, medicine, nursing, and pharmacy. Afterwards, we went on a campus tour led by Kitasato students. We visited different buildings where the students attended class as well as the skills/simulation lab, a small greenhouse, and an aquarium. We then visited the School of Nursing building where we met with Professor Yae Yoshino, who teaches global, reproductive and child health, and Akiko Takishita, research assistant in psychiatric nursing, to see the nursing library, skills/simulation lab, and faculty offices. Professor Yoshino explained that one of the basic skills nursing students learn is how to give a bath. And they had special chairs like at salons, Dean Ada Lindsey (1986-1995) launched the first formalized exchange program with Kitasato University in 1989 and since that time, students from both universities have participated in academic collaborations. This year, two MECN students were fortunate to spend a week at Kitasato University for an international interdisciplinary case study program. Mary Catherine Onglatco and Fatima Urquilla Soto share their experience, reminding all of us of the true value of cross-cultural and multi-disciplinary learning.
where patients can sit to have their hair washed. We were touched by how much effort is put into caring for the patient, emphasizing the dignity and humanity in the profession. We are excited to learn more about nursing in the Japanese healthcare system. One of day’s highlights was meeting students from all over the world, learning what disciplines they were studying and sharing in our excitement to learn from each other.

We were welcomed by Dean Shimabukuro of the School of Nursing, faculty, and students. Everyone at Kitasato made us feel extremely welcome and this small gathering was no different. We shared a bit of our background and did a small gift exchange. Afterwards, we spent a couple of hours with five nursing students, learning about student life, their schedules, lifestyles, and hobbies. In the afternoon, we toured Kitasato University Hospital. The hospital, founded in 1971, has over 1000 beds and just recently added a new main building. Its philosophy revolves around patient-centered care and “cooperation with patients.” Faculty shared that there is only one nurse practitioner in the entire hospital - since this is a new role that has not been integrated in Japan. On the tour, we were so impressed by the different units and layouts. We had the opportunity to see the OR, different ICUs, Pediatrics, Emergency, and much more! Japan’s residents have universal healthcare, so it was surprising to see the emergency waiting area empty. We finished our day by eating a traditional Japanese buffet with students.

Today was the main event: the Cross-cultural Interdisciplinary Case Study! This year is special because the exchange program expanded to eight participating universities: Kitasato (Japan), Thomas Jefferson University (USA), FH Campus Wien (Austria), Charles University (Czech Republic), Gabriele d’Annunzio (Italy), University of Iowa (USA), University of Medical Technology, Yangon (Myanmar) and UCLA. Each of the students gave a small presentation about their respective university and specific discipline. We then went
into our assigned groups for the case study and used the KJ method, a management
and planning tool, where we individually wrote ideas on post-it notes then came
together to discuss goals for our patient and how we would provide care for the
patient. We also compared how the health insurance systems from each country
differed and how they can affect patient care. The collaboration was amazing
because although our specialty or clinician role differed, all the interprofessional
disciplines came together as a team to bring about the best possible care for the
patient, which was the common denominator for all of us. After the case study
groups had presented, we concluded the day with a celebration held by the Kitasato
administration. We mingled with students and faculty and captured memories in
endless pictures. We were also touched as Kitasato University President Tomoo
Itoh and Dean Kitasato presented us with a certificate of attendance. No words or
pictures can do justice to how grateful and appreciative we are of this opportunity!

Can we just say how overwhelmed we are by the kindness of Kitasato
University and their students? Day by day, hour by hour we are blown
away by their generosity and willingness to share their time. This
morning, we were honored to be dressed in Kimonos and have tea with the Kitasato
School of Nursing and their students. They brought different Japanese treats for
us to try! In the afternoon, we visited the Community Health Center and attended
one of their weekly health sessions. It was really eye-opening how they ran their
sessions and how they open the doors to the public for general teaching with a very
thorough series of topics on primary prevention. We started the session by learning
about dental hygiene, breast cancer awareness, exercise, nutrition, and depression.
The information shared with the community was very specific including sugar
amounts in drinks, food portions (e.g. 350g veggies per day), as well as diagnostic
imaging the community should do as preventative measures. Notably, obtaining a
bone density scan, available to all citizens, costs only 600 yen (or $6).
SAYING GOODBYE

Our departure day, very bittersweet. This entire week has been such a blessing, from the people, the culture, the atmosphere, We are so grateful for the opportunity to be in the exchange program. As Professor Yoshino said, “you give back, pay forward, I was given this opportunity to give back and I took it.” This week we learned that love and nursing are the same. We provide to people and care because that is what we love to do. We challenge ourselves every day to be competent enough to heal. We, in the United States, Japan, and all nations, devote our lives to health care because we want to make a difference in a person. We are so thankful to be the representatives of the nursing profession in this program and we will continue to represent our profession with the grace and positivity that the nurses at Kitasato University showed. This is a week we will never forget!

あなたが、私たちにしてくれた全てのことに感謝します。

また、会いましょう。

(Thank you for all that you did for us, we will see you soon!)
FAST 4 Q&A with our DISTINGUISHED ALUMNI

For over 69 years, we have graduated notable individuals whose achievements have transformed the profession, clinical practice, science, education and health policy. Presenting our Distinguished alumni, Rising Bruin and Golden Bruin recipients for 2018.
What is your favorite UCLA School of Nursing Memory?

My favorite UCLA School of Nursing memory perpetuates itself every year at graduation! I am so amazed when the Dean confers the Master’s degree on all the advanced practice students. I gaze over the crowd of students from the stage and realize how many lives will be touched, cared for, and educated over the years. I am filled with pride to be a part of the team of UCLA School of Nursing Faculty that has helped prepare these APRNs with an unsurpassed level of skill, knowledge and compassion.

What inspired you to become a Nurse?

I have no idea. I have always wanted to be a nurse for as long as I can remember. There are no nurses in my family. When I became a candy striper at 12, I knew I had found my passion and kept moving forward to make it happen and have never regretted choosing this path.

What is one piece of advice you would give to our nursing students?

I think nursing is one of the greatest professions. However, it involves a commitment to lifelong learning. Health care is forever changing, and you need to stay on top of it. Join a professional organization, regardless of your nursing sub-specialty. Become involved and be active in the community. It will help you stay up-to-date in your area of nursing and will keep you energized with a healthy network of other nurses. Nursing is stressful and networking with other nurses builds a magical and crucial tapestry of support.

What is your proudest professional accomplishment?

When I graduated in 1995 with my Master’s, I was offered a position at the American Association of Critical Care Nurses. I sought out the guidance of Kay Baker in making the decision to take the position. Upon deciding to accept the position, Kay said to me, “Jo-Ann you are going to make an impact on practice.” While working in certification, I received an outcry from clinical nurse specialist colleagues in Texas. They were in the conundrum of being required by the state to be certified at the advanced practice level, however, no APRN certifications for Clinical Nurse Specialists were available. I put a proposal together, presented it before the AACN Board of Directors, assembled a team of expert Clinical Nurse Specialists from across the nation, and 2 years later we had a Certification exam for Neonatal, Pediatric and Adult Acute and Critical Care Clinical Nurse Specialists available online. I am happy to say that the exam is still alive and thriving today. It took a team of wonderful Clinical Nurse Specialists and an outstanding testing corporation. Driving that project from inception to fruition for my colleagues is one of my proudest accomplishments.

Jo-Ann Eastwood, MN ’95, PhD ’04

Associate Professor Jo-Ann Eastwood, PhD, RN, CNS, FAAN, research focus is on the prevention of ischemic heart disease in premenopausal women, aiming to raise awareness of risk factors in women in vulnerable populations. Her most recent research study, in collaboration with the UCLA Wireless Health Institute, employed a mobile phone app to help young black women in the Los Angeles area reduce their risk of cardiovascular diseases through consistent heart-healthy behaviors via wireless coaching. She is a reviewer for the AHA/ASA Prevention Guidelines for Stroke in Women, and a member of “Go Red for Women” Task Force. She is currently President of the Preventive Cardiovascular Nurses Association. In this leadership role, she speaks nationally to update nurses on current practice guidelines for identifying and treating women with IHD, plans annual symposia, and develops educational tools for nurses at the bedside and for patients.
I eagerly watched and admired the unit nurses who were hanging IVs, changing dressings, passing medications, and responding to codes. One day, a patient that I was assisting told me how much I helped him and asked me if I wanted to be a nurse. Without hesitation, I said yes.

What is one piece of advice you would give to our nursing students?

Take the first two years as a new nurse and expose yourself to all different units or patients with a variety of medical and surgical conditions. This will build your confidence up and will help instill the fact that you have the knowledge and skills to accept any patient assignment. This will also increase your exposure to different specialties, so you can find what clinical conditions you truly enjoy caring for and will keep you challenged for a long career.

What is your proudest professional accomplishment?

When I found out I was awarded my first NIH R01 grant. After Dr. Woo (my mentor) and I stopped screaming with excitement as we looked at the NIH e-commons website, I closed my office door and cried. It was such a relief to receive funding for my academic career but most importantly to help the children and families affected by congenital heart disease that I have cared for as a nurse and nurse practitioner for over 20 years.

What is your favorite UCLA School of Nursing Memory?

There are so many memories it’s hard to choose just one. I always smile when I think of Lorraine Evangelista and me running the Nursing 101 skills labs in 1992 as graduate student teaching assistants. Feeling honored to have Kathy Dracup as my advisor and Kay Baker as my teacher in the cardiolunguavulmonary specialty master’s program and for allowing me to focus on pediatrics instead of adults. In 2007, at the end of my PhD final oral defense hearing my dissertation chair say “Congratulations Dr. Pike.”

Most importantly were memories of my parents, sisters, and husband attending my UCLA School of Nursing graduations at Royce Hall and seeing my parents stand proudly when the Dean asked for parents of graduates to stand during the ceremony and the feeling of accomplishment.

What inspired you to become a Nurse?

I was always the first person to help if someone in my family, human or canine, was sick or injured. My best friend and I volunteered as candy striperes at our local hospital during summers in high school. I filled water pitchers, passed out and collected food trays, and helped transport patients for tests. I eventually advanced to recording intake and output.

Nancy Pike, MN ’93, PhD ’07

Nancy A. Pike, PhD, RN, CPNP-AC, FAAN is an Associate Professor at UCLA where she has taught in the Pediatric Nurse Practitioner (PNP) Program for the past 9 years. She has an outstanding reputation as a researcher, clinician, mentor, and educator. She is known nationally and internationally as a biobehavioral researcher in pediatric congenital heart disease (CHD). She has two R01 grants from the National Institute for Nursing Research and has published numerous articles that have improved cognitive screening, highlighting the need for early intervention services, optimizing feeding practices for growth and development, and protocols to improve surgical outcomes in the CHD population She has received numerous accolades for her research expertise and is a fellow of the AHA and the American Academy of Nursing. She maintains a clinical practice as a PNP in Cardiothoracic Surgery at Children’s Hospital Los Angeles.
Gwen C. Uman, RN, PhD is cofounder of Vital Research, a research and consulting firm which provides design, sample sizes and sampling plans, instruments and overseeing of projects, analyzes data and ensures that clients fully understand how to interpret and apply their findings. Uman co-founded this company during a time when nurses were perceived to not have expertise in independent research. She also is one of a few entrepreneurial nurses in the U.S. who has demonstrated outstanding nursing leadership in the business world. She created an innovative methodology for interviewing elderly long-term care residents, many of whom had varying degrees of cognitive impairment. She has served on faculty at the University of Wisconsin, Madison and UCLA, on the NIH NINR Study Section to review federal grant proposals and the American Nurses’ Association Certification Board for geriatric nurse practitioners.

Gwen Uman, BS ’67, MN ’73

What is your favorite UCLA School of Nursing memory?
The program for me was very rich and complex. While there is not a single favorite memory, surely the most indelible memory for me and my classmates was the bile-colored shirtwaist student nurse uniforms! I’m not sure that we wore them on my favorite rotations, which would be anything involving home visits, from my senior year public health placement at the Inglewood Health Center to my psychiatric rotation in suicide prevention, to our junior year opportunities to understand a family cared for in the UCLA clinic. This junior year opportunity helped me truly learn the art and science of process recordings, my earliest experience in making field notes – a qualitative research method. I believe I speak for my classmates when I say that our professors were most memorable of all: Ruth Wu for her intellect, Pat Feltz for her expertise, Afaf Ibrahim for her enthusiasm, Margo McCaffery’s, cutting edge in humanistic care and the utter power of Dean Lulu Wolf Hassenplug. In the Master’s program, I have Harriet Moidel to thank for dragging me kicking and screaming from realities of clinical practice to broader theoretical views of nursing, Phyllis Putnam for honesty personified, and Bonnie Bullough, our social conscience, all of whom made me a better nurse. Because I had the privilege of being a UCLA undergraduate, master’s student, and faculty member in the School of Nursing I am fortunate to have numerous reference groups, and the faculty members I served with like Drs. Betty Chang, Nancy Anderson, Juanita Lee, and so many others have remained mentors and friends.

What Inspired You to become a nurse?
My mother’s long-time service as a member of “Volunteers for Children” at Harbor General Hospital, in the days when it was largely a post-WWII collection of barracks, inspired me to pursue a career in nursing. When I was in high school I became a candy striper there and thoroughly enjoyed the challenges staff and patients set forth.

What is one piece of advice you would give to our nursing students?
Adopt a broad definition of nursing – become aware of the breadth of influence you can have through the course of your career. Soak up everything the School has to offer without avoiding the most challenging classes. Take advantage of any opportunity to learn the research process and be prepared to enjoy a full, rich, diverse career.
FAST 4 Q&A with Gwen

What is your proudest professional accomplishment?

Based on the success one of my doctoral program classmates, Harold Urman, and I had keypunching data, analyzing it, and interpreting findings for our peers, we launched an independent research consulting firm to provide high quality research services to those who didn’t otherwise have access. Later someone referred to it as a “boutique research firm.” Whatever it was, we weren’t aware of any models for it. Dr. Urman was an educational researcher, and my content expertise was in nursing and health care. Between us, we attracted a wide variety of clients in the two fields and beyond, expanding from the data analytic aspects of research to encompass the entire research and evaluation process, becoming Vital Research. During 36 years of business, we grew from two people to a research team of 25, we were funded for three years by the NINR to devise a methodology for measuring quality of life among nursing home residents. The funding catapulted us onto the national scene of unlocking the voices of older adults and disabled individuals, who were dependent on the care of others and/or government-funded services. Fulfilling the Small Business Innovation Research Grant mandate, the methodology was jump-started into general use and Vital Research continues to expand this particular business line today.

RISING BRUIN
RECENT ALUMNI AWARD

Alyssa Castillo, BS ’13
Registered Nurse, Ronald Reagan UCLA Medical Center
7N Cardiac Observation Unit

In the words of her nominator (a BS student):
Alyssa Castillo is the true embodiment of a nurse. Being a current UCLA nursing student, I have had the opportunity to learn from a diverse group of nurses with different styles and methods to deliver the best possible care to patients. However, from the first day I was paired with Alyssa, she stood out as a nurse and I hope one day I am able to emulate her level of care. Delivering the best possible nursing care, Alyssa’s practice revolves around the core nursing ethics of beneficence, non-maleficence, justice, dignity, fidelity, and patient autonomy. Alyssa goes above and beyond any nurse I have ever seen utilizing these nursing core ethics in every patient encounter.

In addition to providing the highest level of patient care, Alyssa was also my immersion experience mentor and preceptor. In addition to tending to her nursing duties, she took on a UCLA nursing student without any additional pay, in order to educate the next wave of nursing students and shape this profession. Her positivity radiates throughout the unit she works on, often earning many compliments from her peers, and creating a culture conducive toward providing quality patient care. Although I have a lot to learn on my journey to become a nurse, the guidance that Alyssa has provided me is something I am grateful for, and will cherish forever.

Kevin De Leon, BS ’12

Master of Science in Nurse Anesthesia, 2017 – Kaiser Permanente School of Anesthesia/California State University, Fullerton; Registered Nurse, Certified Registered Nurse Anesthetist
Kaiser Permanente Walnut Creek Medical Center

In the words of his nominator:
Kevin De Leon is the perfect example of a UCLA alumni: one who tackled one of the most critically challenging nursing departments at UCLA Ronald Reagan Medical Center, the liver transplant intensive care unit, excelled in all areas and then
returned to school for advanced education and successfully became a Certified Registered Nurse Anesthetist.

While working as a registered nurse at UCLA Ronald Reagan, Kevin was an active member of the unit practice council and was the central line associated blood stream infection (CLABSI) unit-based safety program project team leader. He quickly put into practice what he learned in his undergraduate career at UCLA: the ability to make positive changes in nursing practice to effectively improve patient care and outcomes in a variety of ways. In 2014, after only two years of being a bedside nurse, Kevin helped develop an anesthesia/critical care handoff report for the liver transplant unit.

Kevin exemplifies a perfectly astute UCLA alum. The type of nurse that everyone wants to work with and the type of nurse you want on your team in case of an emergency. He strives for excellence in his every day work. Recently becoming a CRNA, I have no doubt that Kevin will continue to make positive changes as a leader in the field of advanced practice nursing as he did as a bedside nurse.

Chris Balabis, Nir Shemer, Scott Dicks, Ghazaleh Maccabi, Stephen Austin, Gary Hunyh and Vitaly Oratovsky

GOLDEN BRUIN STAFF AWARD

THE SELECTION COMMITTEE CAME TO A UNIQUE DECISION REGARDING THIS YEAR’S GOLDEN BRUIN STAFF AWARD. RATHER THAN SELECTING AN INDIVIDUAL, THIS YEAR’S AWARD GOES TO A TEAM OF SEVEN—OUR ENTIRE INFORMATION & TECHNOLOGY (IT) STAFF. THE SCHOOL FACED SEVERAL INFORMATION AND TECHNOLOGY CHALLENGES THIS PAST YEAR, AND OVERCAME THEM WITH FLYING COLORS THANKS TO THE DEDICATION AND TENACITY OF OUR FEARLESS IT TEAM. A FEW EXAMPLES INCLUDE THE MIGRATION OF MULTIPLE STUDENT DISTRIBUTION LISTS, COMPLICATED SCORESHEET PROGRAMMING FOR THE ADMISSION OF INCOMING FRESHMEN, THE IMPLEMENTATION OF HEIGHTENED SECURITY MEASURES TO KEEP OUR INFORMATION SAFE AND SECURE IN THIS TIME OF INCREASED INFORMATION VULNERABILITY, AND MANY OTHER ISSUES THAT WERE READILY ADDRESSED DUE TO THIS TEAM’S COLLECTIVE INNOVATION. WE ARE SO THANKFUL TO OUR ENTIRE IT TEAM.
In a heartwarming episode of “We’ll Meet Again” Distinguished Alumna Reiko Nagumo ’56, MN ’58, tells host Ann Curry the story of her childhood friend, Mary Frances, who befriended her despite anti-Japanese racial tensions and pressures from Mary’s family to discontinue their friendship. Reiko never forgot about her treasured friendship with Mary Frances, and during the show, they met again for the first time in almost 70 years!

During the show, Reiko also returns to the Heart Mountain internment camp in Wyoming, where she and her family were incarcerated during WWII. “It was isolated and isolating,” she recounts as she shows Curry the camp.

Reiko knew as early as high school that she wanted to go to UCLA. Individuals at these internment camps did not have easy access to health care and rarely saw doctors. She didn’t visit a doctor’s office until she was 12 years old, when she saw a woman in a health care role for the first time- a nurse! This nurse left an indelible mark on her as one of her first positive role models. This eventually inspired Reiko to also become a nurse. From there she started seeing nurses in movies and felt a stronger need to want to help people. Her experience in the internment camps was instrumental in shaping her future nursing practice, as it allowed her to empathize with people who had very little resources. It also informed her work with patients in confined spaces, especially as a nurse in the American Embassies in several countries abroad, such as Egypt and Cambodia. Later in her career, Reiko served as a Health Consultant and then as a Nursing Administrator for a multitude of organizations.
The UCLA School of Nursing received a pledge of $2 million from the Shapiro Family Charitable Foundation. The funds are intended to endow a chair in Developmental Disability Studies.

The Shapiro Family Endowed Chair in Developmental Disability Studies will provide national and international nursing leadership in innovative academic programs and scholarship to care for individuals with developmental disabilities and their families.

“The Shapiros’ generous gifts will accelerate evidence to improve and support health care for these individuals,” said Dean Linda Sarna. “The chair and scholarships position the school as a champion to advance education, research, practice and health care policy in the area of developmental disabilities.”

Ralph, Shirley and Peter Shapiro, who drove the creation of the chair, were inspired by the long-time work of Professor Mary Ann Lewis whose studies on nurse-managed care for the developmentally disabled resulted in guidelines for health care protocols that have been disseminated to nursing students and practicing nurses throughout California.

“Individuals with developmental disabilities have a variety of health issues more serious and complex than the general population, from the moment of birth throughout their lives,” said Sarna. “Because of their ‘whole person’ approach, nurses are perfectly positioned to impact their care and quality of life.”

To further the school’s commitment and leadership in developmental disabilities, the Shapiros also recently provided program and scholarship assistance. They created the Dr. Mary Ann Lewis Endowment in Developmental Disability to support programs, scholarships and activities in the area of Developmental Disability. And through the United Cerebral Palsy Association of Los Angeles, they funded the Deborah Rasmussen Scholarship in Nursing for students with an interest in working with people with disabilities.

Ralph Shapiro is a longtime member of the UCLA Foundation board of directors. He has served on various advisory councils across the university. He earned his bachelor’s degree in business administration in 1953 and his law degree in 1958, both from UCLA. His wife, Shirley, received her bachelor’s degree from UCLA. She serves on the boards of UCLA Women and Philanthropy, the UCLA School of the Arts and Architecture, and the Fowler Museum at UCLA.

The Shapiros and their children Alison and Peter are the founders of the Shapiro Family Charitable Foundation, and Peter is the president.
Earlier this year, the School launched a campaign to physically transform the Factor Building. In preparation for our 70th birthday celebration next year, our bare walls will be adorned with inspirational art, reflections of our history, and showcases of scholarship, research and science. In February 2018, we embarked on a UCLA Spark crowdfunding campaign to help us install walls of art, walls of science, and walls of history. We are happy to report that we exceeded our $15,000 goal! Due to the generous support of alumni, students, faculty and friends, we reached 137% of our goal during our month-long campaign.

A series of paintings will be created by renowned artist and UCLA alum Gregg Chadwick ’81, and will depict a visual narrative reflecting the rich and diverse past, present and future of the School. Display cases will be installed on each floor to showcase innovative research, practice and education projects. Historical photographs, portraits, School magazine covers, and other memorabilia will showcase our history.

Chadwick, our faculty, our staff, and Alumni Board have all come together to help with this project, and you, our alumni and friends, have helped us support and cover additional costs, such as framing, art installation, enclosed display cabinets, and electronic touch screens.

If you haven’t participated and still would like to, it’s not too late! Email nursing.alumni@sonnet.ucla.edu and you can support this transformation today. Thank you for helping us in our journey towards creating surroundings that are inviting, inspirational, and educational.

San Diego Area Nurse Networking Night

Our alumni gathered in San Diego during the California Association for Nurse Practitioners Annual Educational Conference to reconnect and mingle for our nurse networking night. Attendees had a lovely time meeting fellow alumni and classmates while enjoying delicious hors d’oeuvres and a fun raffle for UCLA School of Nursing swag.

Stay tuned for more celebrations and reunions!

School of Nursing alumni attendees spanning four decades met and mingled at CANP
David Zelaya MSN ‘19

I have faced an inordinate number of experiences in my lifetime that led me to embark on my journey to become a nurse. I lost my father to an aneurysm, my sister to brain cancer, and my aunt to ovarian cancer. I am a cancer survivor. I could not imagine my battle with cancer without the support of my family, friends, and the nurses that stood by my side. One unforgettable nurse took care of me and helped me manage the acute postoperative pain. Throughout the years, it was this nurse and my aunt that made me realize I had found my calling. I wanted to give back to those that gave so much to me. I am a current MECN student and I give back because it’s just what nurses do. My mother and aunt, who were both RNs, always taught me to put others first and myself second. I give because I want to take care of other people.

Brenda Miller ‘83

I was disconnected from the UCLA School of Nursing for many years as an alumnus and have recently reconnected. Giving back is my way of showing appreciation for the great memories I had here as a student. I also gain fulfillment giving future nursing students the opportunity to attend the School of Nursing. The Dean and all the faculty and staff embraced my cohort from the very first day. I felt so welcomed and proud to be a student in the program. I remember in my undergraduate nursing program as a senior – my cohort protested with signs up and down Charles E. Young because the program was at risk of closing. My belief then was closing the School of Nursing would have been a devastating loss to an academically sound program. I did not want to see that happen and so I participated to “save the school.” I love UCLA!

Megan Guardiano ‘15 (pictured with dog)

I give back to the UCLA School of Nursing because the future of our nursing profession begins here, on the grounds where we ourselves first started. I want to support our nursing students – they have the potential, capacity, and heart to give and contribute so much to their patients and communities. I want these nursing students to know that our profession welcomes and needs them, that there is something for them out there, and that we are proud that they will bring our UCLA School of Nursing excellence to wherever they are meant to be.
Darryl Johnson, a loyal member of the School of Nursing Dean’s Advisory Board and School of Nursing Campaign Board, and dear friend and supporter of the School, passed away suddenly on March 3, 2018. A Bruin twice over with a B.A. in psychology and a certificate from the Anderson Executive Program, his longtime involvement at UCLA has touched many corners of campus, and his presence and true Bruin spirit will be missed deeply by so many.

In addition to his involvement with the School of Nursing, Darryl served as a director emeritus of the UCLA Foundation, served on the Board of Visitors of the Graduate School of Education and Information Studies, the Alumni Association Board of Directors and the Bruin Caucus Council. He was also a dedicated member of the Chancellor’s Centennial Campaign Cabinet.

In 2016, Darryl received the University Service Award, and was honored for his multiple contributions through campaigns, volunteer engagement and service leadership to UCLA.

Darryl was a member of the Board of Directors at Kinecta since 2003, past chair and director of Kinecta Federal Credit Union and chair of Kinecta Alternative Financial Solutions, Inc. He was a retired military colonel and served in the special forces. At UCLA he was a commander in the Bruin Brigade.

Darryl’s devotion and dedication to UCLA was inspiring to both students and alumni alike. His passion for UCLA and all things Bruin was infectious. He was the embodiment of the Bruin spirit who always believed that his alma mater could build a legacy that makes the community and world a better place.

You can read more about Darryl Johnson’s widespread involvement at UCLA on the UCLA Alumni page: alumni.ucla.edu/awards/darryl-johnson-70/
Remembering Margo McCaffery

NEW LECTURE SERIES ESTABLISHED BY DENICE ECONOMOU MS ’93

Nursing pioneer Margo McCaffery, RN, MS, FAAN, a trailblazer in pain management, and lecturer in the School of Nursing in the 1960s, passed away January 8, 2018. Margo leaves behind a legacy that has influenced and guided the understanding of pain management, and treatment of patients with acute and chronic pain in health care settings worldwide. She defined pain as “…whatever the experiencing person says it is, existing whenever he/she says it does.” Thanks to Margo’s work, nurses and all health care providers can better understand human suffering and the most effective interventions to alleviate symptoms and improve outcomes and quality of life.

Margo and her colleague and friend Chris Pasero authored the first comprehensive textbook on pain management: *Pain Assessment and Pharmacologic Management* (Elsevier/Mosby). Their devotion to preparing nurses to meet the pain needs of patients through evidence-based assessment and interventions provided a foundation through which the science of managing pain with academic scholarship and experience supported the integrity and value of nursing involvement and research in managing pain.

“Margo’s passion for caring for patients in pain ignited my professional goals when I heard her lecture to my graduate school class at UCLA in 1992. Her enthusiasm was contagious. I remember her admitting to almost being ‘tarred and feathered and run out of Texas for making such an outrageous statement. No one dared to believe that the patient could know their own pain better than the physician,” said Denice Economou.

UCLA School of Nursing alumna Economou and her husband James Economou, MD, have graciously established a lectureship in the School in honor of Margo’s many contributions. This will allow us to bring in outstanding researchers to provide an annual lecture about advances in the management of pain and palliative care for our faculty, students and alumni. For more information about plans for the first lecture, or if you would like to contribute to the Margo McCaffery Lectureship in Pain and Palliative Care at the School of Nursing, you may contact Amy Drizhal at adrizhal@sonnet.ucla.edu.

“Pain is whatever the person who experiences it says it is, existing whenever he/she says it does.”

— Margo McCaffrey, Pain Specialist
WE HAVE A NEW DEGREE PROGRAM

The Doctor of Nursing Practice!

Responding to the evolving landscape of healthcare, we are introducing a new degree program — a Doctor of Nursing Practice Degree (DNP).

The DNP focuses on the translation of research into advanced clinical practice to improve health outcomes. The program builds on traditional master’s programs by providing education in evidence-based practice, quality improvement and systems leadership.

“The changing demands of a complex health care environment require the highest level of scientific knowledge and practice expertise,” said Dean Linda Sarna. “Our new DNP program is ideal for the advanced practice nurse who wants to translate nursing science to clinical practice and improve health care outcomes.”

The UCLA DNP is a self-supporting degree program, meaning the program receives no state funding. The program is designed for working professionals and will be offered on Fridays and some weekend days and will take seven quarters to complete. It is advanced practice-focused and clinical hours can be obtained in the student’s work environment.

A central component to the program is the Scholarly Project. All students will be required to demonstrate research and quality improvement skills by completing a Scholarly Project. Directly related to a practice issue in a clinical setting, the Scholarly Project can be completed at the student’s place of employment.

“This degree is all about the better educated nurse,” added Sarna. “This DNP opens the door to a future of endless possibilities for nurses— as leaders in clinical settings, as administrators and as educators.”

The DNP program joins the top-ranked pre-licensure (Bachelor of Science and Master’s Entry Clinical Nurse), Advanced Practice, and Doctor of Philosophy programs.

Across the United States, there is a strong demand for the DNP. Last year the number of students enrolled in DNP programs increased from 18,352 to 21,995.

For more information, visit nursing.ucla.edu
COVER PHOTO:
Latino students from each of our nursing programs. From top: David Zelaya, MECN (see page 41 for his story), Aida Camacho-Ventura, BS (Gates Millennium Scholar), Katie Villanueva, APRN (Acute Care Specialty; next step APRN residency) and Gerardo Flores, PhD student (MECN ’12, research focus is soccer-related injury prevention and promotion of soccer-play as a means for health promotion).
WHEREVER OUR STUDENTS GO
(SHOWN HERE IN CUBA), UCLA!