Redefining the image of nursing
UCLA SCHOOL OF NURSING

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Over the summer, I had the opportunity to meet many of our incoming graduate nursing students – both for the Masters Entry Clinical Nurse and Advanced Practice programs. There are so many opportunities and paths for them to pursue in today’s nursing profession and to change the healthcare system.

The School is responsible for providing the education and opportunities necessary to help students face challenges that are occurring in our ever-changing healthcare environment. Quality patient care hinges on having a well-educated nursing workforce. Research has shown that lower mortality rates, fewer medication errors and positive outcomes are all linked to nurses prepared at the baccalaureate and graduate degree levels. Patients deserve the best educated nursing workforce possible. Each one of our faculty is playing a role to ensure our graduates know how to incorporate new technologies into patient care, address issues of the Affordable Care Act and understand the importance of evidence-based practice while providing high-touch, humanistic care. We are constantly reviewing curricula and working with our clinical liaisons to provide the best education experience and we are fortunate to be able to provide students with clinical experiences at some of the top hospitals in the United States including UCLA Health’s Ronald Reagan and Santa Monica hospitals, which ranked #3 on the latest US News and World Report Best Hospitals Honor Roll.

Healthcare is delivered in an array of settings. So, we are always looking for community partnerships. For example, in the Song Brown project, we
are able to send some of our family nurse practitioner students to clinics in underserved neighborhoods in Los Angeles to work alongside other healthcare providers to ensure that the needs of these vulnerable populations are met.

Our doctoral program is developing nurse leaders who will educate, influence practice, advance science and impact healthcare policy worldwide. Beginning in 2016, we will welcome our first interprofessional cohort of post-doctoral nurse and physician trainees as part of the National Clinical Scholars Program.

To ensure that the best healthcare is being delivered to patients, it is also critical that our nursing students are working as a team with other healthcare professionals. Our interdisciplinary health classes bring together advanced practice nursing, medical and dental students to learn to work as members of high-functioning healthcare teams. Communication, collaboration and shared decision making are all requirements necessary to ensure the best possible outcomes for the patient. And all of those requirements must be accomplished in a workplace that has fast and frequent changes.

According to the American Association of Colleges of Nursing, nursing leaders recognize a strong connection between a culturally diverse nursing workforce and the ability to provide quality, culturally competent patient care. We are proud to be one of the most diverse programs on the UCLA campus but it is not enough. We need to be attracting more students from underrepresented groups in nursing. One of our most exciting programs to encourage a diversity of nurses with research careers is our partnership with Charles R. Drew University of Medicine and Science, a historically black graduate institute located here in Los Angeles. So far, 10 students from Charles Drew have been accepted into our PhD program.

Identifying trends. Developing new models of education. Creating unparalleled opportunities. There is a bright future for UCLA nursing students and we are excited to light their way.
Using Diversity as An Opportunity to Excel — 
Q & A with Deborah Koniak-Griffin

In Fall 2014, Deborah Koniak-Griffin was appointed by Interim Dean Linda Sarna as the first Associate Dean for Diversity, Equity and Inclusion at the School of Nursing. This position is part of UCLA’s commitment to fostering a welcoming and inclusive climate for students, faculty and staff. In this Q&A, Deborah shares her thoughts regarding diversity, her goals and what we are doing at the School to promote a positive climate.

Why is diversity important?
We need to create a respectful and inclusive environment that embraces diversity, improves the work atmosphere for faculty and staff and impacts the academic achievement of students. Numerous studies show the benefits to students of having a diverse environment and the negative effects on learning of having a discriminatory environment. Similarly, the climate of the workplace influences faculty and staff in terms of job satisfaction, productivity and personal fulfillment.

Why now?
In 2012, the University of California conducted a large climate survey of students, faculty, staff and other appointees that assessed the experiences and perceptions about the campus/workplace environment. Based on this information, a systemwide diversity initiative was launched to develop an action plan that will build on successes as well as address those issues of concern. Here at UCLA, a new Office of Equity, Diversity and Inclusion was established in July 2015 and Professor Jerry Kang, who holds appointments in Law and Asian American studies, was appointed as the Inaugural Vice Chancellor. He will lead and coordinate efforts across campus.

What expertise do you bring to this position?
Professionally I’ve been working with individuals from culturally diverse backgrounds for over 40 years, many of whom have experienced discrimination and prejudice and been marginalized by society. This began in my early career as a public health nurse in North Philadelphia and continued as I conducted
community-based research in East Los Angeles, South Los Angeles and the San Fernando Valley. As the Director for the Center of Vulnerable Populations, I developed collaborations and partnerships with many communities. I’ve personally been the “outsider” as the professor from UCLA attempting to gain the trust and respect of many people of color in underserved communities. Throughout my career, I have encountered racial divides, power divides, economic divides and other issues that separate people and often lead to misunderstandings. I am concerned about promoting equity for all individuals and social justice.

What is your vision?
My vision is to promote and support diversity of faculty, students and staff and to enrich the environment of our school so that all faculty, students and staff feel they are treated fairly and with respect. That in our interactions, we demonstrate respect and appreciation for each individual’s unique contributions. And that differing opinions are embraced and respected.

“We need to create a respectful and inclusive environment that embraces diversity.”

You formed a Council on Diversity and inclusion. Who is involved and what is their role?
Having representatives from the faculty, staff and student bodies enables the Council to identify, discuss and make recommendations about climate issues and other concerns within our school as well as to make recommendations for strategies to promote diversity and inclusion in our school. Some of their responsibilities include:

• Serve as an advisory group to the Administration
• Review findings of the climate survey and consider next steps
• Develop plans for an educational series and lectures
• Support mentorship strategies for junior and mid-career faculty and students from underrepresented minorities

What are some of the challenges we face?
I believe it is important to listen to the students, faculty and staff to know what their challenges have been in the area of diversity. Faculty have multiple responsibilities and are challenged balancing their workload in the areas of teaching, research and service. As part of our service to the school and university, we need to place greater focus on supporting the development of others, particularly our new hires so they have a nurturing academic environment that is necessary for scholarly progress and career advancement.

Final thoughts...
My goal for the School of Nursing is to ensure a culture of openness and inclusion. Our School has a long tradition of caring for the underserved and vulnerable populations and we can share our experiences with the campus. However, we still have much to learn. The programs this year will help us in our efforts to embrace the rich diversity of our faculty, students and staff.
Ariel Rankin (MSN ’11, PhD ’15) had always intended to be a healthcare administrator. Yet, when she consulted with advisors and mentors, she was told that the path for nurse administrators began with numerous years working on the hospital floor as you slowly worked your way up to eventually achieve a Chief Nursing Officer role.

While Rankin was working on her PhD at the school, she attended a networking event for future healthcare leaders. What she heard was that for most healthcare fields, there was a much faster path to leadership. “Hmmm,” she thought. “There must be a way for nurses too.”

They say timing is everything. Enter the Kaiser Permanente Southern California (SCAL) Postgraduate Fellowship program. Started over 20 years ago, this program provides the opportunity for some of the best and brightest future healthcare leaders with educational and “hands-on” experience that will contribute to their professional development, as well as to their understanding of Kaiser Permanente. The SCAL program receives over 200 applicants a year. There is a very exhaustive process (questionnaires, personal essays, letters of recommendation and several rounds of interviews) and usually six individuals are chosen to participate in this two-year program.

The fellowship program had never actively recruited nurses in the past, but Greg Christian, Executive Director of Fontana and Ontario Medical Centers for Kaiser Permanente and one of the program sponsors, noticed a real need to get nursing candidates into the program. “Most of our candidates have masters in public health, healthcare administration or an MBA with a healthcare background. There was a significant need to attract individuals who would understand the inpatient side of the business.”

Enter Ariel. “She interviewed very, very well,” said Christian. “Her
The Postgraduate Fellowship in Health Care Administration recognizes talented early careerists who can develop their skills and leadership potential in a dynamic and unique environment.

If you are interested in the Kaiser Permanente Postgraduate Fellowship in Healthcare Administration, visit: adminfellowship.kp.org/adminfellowship

values matched up beautifully with our social mission of improving the health of our community – its preventive medicine, its holistic care and nursing has a real social calling to improve health outcomes.”

“In each round of interviews, her name went right to the top,” added Program Director Melissa Yee.

Christian went further. “What I really liked was her humility. We want people who are ambitious and want to have a successful career in an organization that will grow its leaders but we find the best leaders also seem to have a humble passion. They recognize that the cause of health is bigger than themselves.”

Ariel is one of the first nurses accepted to the fellowship program. Like the other fellows, she will be assigned to work with Kaiser executives who serve as preceptors. Fellows interact with various leadership teams and are exposed to the decision making process. This program is not just for observation; fellows are assigned to the highest strategic priorities for the organizations with measurable outcomes.

“You get to sit in on meetings and lead people in projects; it’s a real crash course on healthcare leadership,” said Rankin.

When the fellows complete the two-year program, they come out with a clear understanding of the ambulatory and hospital settings and how the regional offices work (in areas such as capital planning, research and marketing).

“We look at the fellowship program as a leadership development offering that adds to the pipeline of future leaders. A couple of our medical center COOs were fellows 7-8 years ago. They can move up through the ranks fairly quickly,” said Christian.

“Not only do fellows work on key strategic priorities for our organization, but they are exposed/interact with numerous health care leaders throughout the two-year program,” added Yee. “In addition, they become part of an extensive alumni network that supports each other’s career growth.”

Rankin started the program June 15 and is already immersed in one of the Kaiser hospitals. Her words of wisdom for others interested in this opportunity: “If you are passionate about leadership in a hospital setting and want to impact change, this could be the perfect opportunity for you!”
One of the first images of nurses most see is Florence Nightingale. Best known as the lady with the lamp, she is usually depicted standing over a wounded soldier’s bed with a lantern, her face showing care and concern.

But Florence Nightingale was so much more — she laid the foundation for professional nursing, established the first secular nursing school in the world, led social reforms and was a pioneer in the visual presentation of information and statistical graphics. But do we ever see pictures of her explaining her statistical analyses? No.

And 100 years later, we are still trying to get the image of nursing right.
Dr. MarySue Heilemann has taken issue with the media image of nursing. In her Director’s Lecture “From Silver Screen to the Web, Portrayals of Nursing in Media” given at the National Institute of Nursing Research (NINR) this past June, she raised important questions and offered some solutions to addressing the opportunity for change.

So why is the image of nurses so important to the profession? For the answer, Heilemann shared a quote by Joseph Turow, Robert Lewis Shayon Professor at the Annenberg School for Communication at the University of Pennsylvania and author of the book *Playing Doctor.* “Why are the images of nurses important? Some people say, ‘Well TV is just TV, it doesn’t really matter, it’s just storytelling.’ But the thing about stories is they are the intellectual diet of society. We learn about the world through the stories we tell. We reinforce our ideas about society through the stories we tell. Research has shown that people learn about occupations through stories.”

Today’s nurses use a combination of high tech and high touch to monitor patient health. Here, a nurse shows an elderly heart failure patient how to use a wireless monitoring system to transmit blood pressure information from home.
For generations, nursing has captured the imagination of the public. These pictures inspire, evoke empathy, appeal to the emotion and capture the imagination. Nurses are often depicted as basic caretakers, without special skills. This downplays the reality that nurses have to go to college to gain a science-based education, they gain skills through clinical practice and they have to be licensed.

The image of “nurses as angels” does not convey the education, critical thinking skills and hard work required to become a nurse. It diminishes the value of nurses by suggesting that nurses are supernatural beings who can care for an unlimited number of patients and still deliver high quality care.

Because nurses are such a trusted profession, they were used in advertising a number of different products. Nowhere is that more evident than in tobacco advertising where nurses were used aggressively to promote cigarette sales. Advertisements with nurses smoking even appeared in the American Journal of Nursing from 1933-1951!
The number of men pursuing nursing careers has jumped to nearly 10 percent in the past 40 years. Men provide unique perspectives and skills that are important to the profession and society. They are finding that the work is rewarding and versatile and provides job security.

Despite what is shown on TV and in the movies, ER nurses, not M.D.s, are usually among the first medical staff on scene when patients are brought into the hospital. They help make initial assessments, manage immediate needs and provide direction on where to send the patient.

Nurses use research to provide evidence based care to promote quality health outcomes. Organizations such as the National Institute of Nursing Research support research to develop improved, personalized strategies to treat and prevent the adverse symptoms of illness across diverse populations and settings.
And unfortunately, said Heilemann, the nursing story has not fared well.

There are three difficulties in nurse portrayals on TV according to Kathleen McHugh, Professor of Film, Television and Digital Media at UCLA. “The first difficulty is that the gender is predominately female which puts the characters at risk for being stereotyped related to sexuality, maternity and femininity. The second difficulty is that the work of nurses involves the care of people’s bodies. This puts nurses at risk of being stereotyped as angels of mercy for doing the work that others wouldn’t want to do or as battleaxes who are cold and uncaring towards the vulnerable. The third difficulty is about the requirement for compelling stories on television.” Heilemann elaborated that the hour by hour life-sustaining care given to patients by nurses offers many opportunities for compelling drama, but the stuff of nursing is usually given to physician characters, leaving no role for nurses. Heilemann pointed out that the nurse image is of global concern – nurse scholars around the world have analyzed the image of nurses and found that incorrect images not only impact the general public, but nurses themselves in areas such as education, turnover, recruitment and work behavior. Nursing activists also believe the stereotypes reduce funding allocation for nursing.

How can the image of nurses be changed? Heilemann suggests that one way is for nurses to take the opportunity to articulate the actual work they do. For example Theresa Brown, New York Times Opinion Columnist and author, encourages nurses to look into taking classes such as the ones offered for nurses at the Center for Health Media Policy at Hunter College in New York City to learn how to communicate their profession through articles, interviews, and media.

Heilemann ended her presentation with a call to action. “We need to continue the work through activism, collaborations with partners outside of nursing, strategies to enhance the talents and skills of nurses related to media, and research so we can gain an understanding about what is effective in improving the public’s image of nursing.”
Heilemann’s research is focused on helping Latina women overcome the stigma of getting therapy for depression or anxiety. Inspired by a UCLA/USC conference on Transmedia storytelling, Heilemann realized that the use of videos, interactive digital media, and blogs to engage people in target audiences was ideally suited to nursing interventions and outcomes. Drawing from her qualitative work with Latinas, she received an intramural grant from the School of Nursing, and teamed up with a Latino director and a cast of Latino actors from Hollywood to create her own series: Catalina: Confronting My Emotions. In the series, Catalina works with a nurse therapist, Veronica Sanchez, RN, PMHNP. Veronica acts just as nurse therapists do in real life — allowing Heilemann to tell the nurse story.

Heilemann also is collaborating with individuals in IT and Engineering to collect data through interactive processes using smart phones, tablets and computers.
ADVANCED PRACTICE NURSES, whether they are nurse practitioners or clinical nurse specialists, are playing a pivotal role in the future of health care. And at UCLA, we are educating the best and the brightest in the profession.

Nurse Practitioners: 50 Years and Thriving

1965 was a pivotal point in our nation’s history. Sweeping social and healthcare reforms included the Voting Rights Act and the launch of Medicare and Medicaid. With Medicare and Medicaid came challenges and opportunities. These two programs brought increased healthcare coverage for older adults, people with disabilities and those with lower incomes. But the number of primary care clinicians needed to care for this expanded audience decreased. Loretta Ford, a public health nurse in rural Boulder County Colorado saw an opportunity to do things better. Collaborating with a local pediatrician, in 1965 she started the first nurse practitioner program at the University of Colorado Schools of Medicine and Nursing.

Writing in Nurse Practitioner magazine, Tom Barol, APRN stated “The NP role was not created as a turf battle with nurses wanting to be physicians. It was created to fill a need. It did not begin as a coalition, organization, or by government directive but through a visionary nurse leader who saw that the nurse’s role in health promotion, disease
theory and clinical components and then implement those elements.”

In 2014, the California Endowment provided additional funding for FNPs to work in three of their 14 Health Communities. Known as the “Song Brown Special Program,” the school received funding to allow five students to work in clinics caring for the poorest and underserved. The students provided primary care for patients across the life span. By the end of the year, all five received job offers to continue with the clinic.

“This was our first year working with the UCLA Song Brown Program and initially I felt that it would be a very big commitment,” said Ruby Raya-Morones, MD MPH, Chief Medical Officer, South Central Family Health Center. “But after the year has gone by I found that it wasn’t so much that we were giving to the students, the students also brought much to our clinic.”

Dr. Mary Ann Lewis is committed to finding expanded opportunities for nurse practitioner students. In the late 1980s, she and two other nurses testified before the California Legislature asking that nursing programs that were preparing family nurse practitioners, pediatric nurse practitioners and geriatric clinical nurse specialists be able to compete for Song Brown funds that, at the time, only supported family practice residency programs. The legislature agreed about FNPs, and the Song Brown funds have made it possible for the school to update the FNP curriculum with the latest technology and thinking to provide quality primary care for persons across the life span.

“This funding has made the UCLA FNP program one of the strongest in the nation,” said Lewis. “It provided us with the opportunity to think about what would strengthen the

UCLA has its own place in the early development of educating the nurse practitioner. The Schools of Medicine and Nursing were among the first seven family nurse practitioner programs funded by the Health Resources Service Administration (HRSA) in 1971. In 1994, the school established one of the West’s first (and largest) acute care nurse practitioner programs.

Expanding Opportunities for the Family Nurse Practitioner

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FNP Graduate Carol Vasquez sees a patient at South Central Family Health Center.
This outstanding performance during the demonstration year led to the school being the only training program in the state (19 applied, 6 were funded) to receive full funding for 2015-16. Thirteen students will participate in this year’s training program with a strong effort on interprofessional education and underrepresented minorities. The community partners who will precept students in medical home teams (that includes physicians, social workers, nutritionists, community workers, RNs, and medical assistants) are Alta Med – Los Angeles, Antelope Valley Community Clinic, East Valley Health Center, North County Health Services, South Central Family Health Center, St. John’s Well Child and Family Center, Queens Care Health Center, and White Memorial Medical Center.

**Other NP Paths**

**THE OCCUPATIONAL HEALTH NURSE**

Five thousand workers die in the US every year due to injuries in the workplace and nearly two million become disabled from their injuries. Therefore, protecting the health of workers is critical to the bottom line of employers. The Occupational Health Nurse Practitioner’s primary focus is preventing work-related illnesses and injuries and protecting health and safety among workers. And because it is a road needed, but not pursued by many, there is a lot of scholarship opportunity available.

Julie Rochefort, MSN ’06, has been an occupational health nurse for Exxon Mobil for 18 years. Her job responsibilities are wide and varied — she is responsible for OSHA compliance for health surveillance exams and case manages workers compensation claims. She leads health promotion efforts including a yearly health fair and cholesterol screenings. She sees employees as patients, and she works with HR to help employees who have had health issues on accommodations or finding other opportunities.

“There are not a lot of occupational health nurses, so it’s a great career. And working in a corporate environment provides financial security.”

One of the most exciting things Rochefort has done is train with the fire brigade “I actually got to rappel down the side of a building. That was cool.”

There was never a question that Nila Cainglit was going to be a nurse (following in her mother’s footsteps), but she always had a fascination with industry, manufacturing and economics. In her first job as an RN at Ronald Reagan UCLA Medical Center, she met nurse practitioners who were managing complex post-operative cases. “They demonstrated a depth of clinical competence and expanded my vision on what nurses can achieve,
and I was inspired to pursue an advanced practice degree.”

As Cainglit explored nurse practitioner specialties, she met Professor Wendie Robbins who introduced her to occupational health, which was a “perfect blend of medicine and industry.” This immediately resonated with her and she chose the Occupational and Environmental Health Nurse Practitioner path.

When Cainglit graduated, she went to work for several prestigious organizations including her current role at Amgen Inc. “Amgen is an innovative human therapeutics company serving patients with serious illnesses across the world. Everyday, I meet people that are working diligently to deliver on our mission and it is energizing for me to support the health and productivity of our staff. Being an Occupational Health NP allows me to integrate health in a corporate environment and be a strategic partner to ensure the best outcomes for our staff. It has provided me incredible opportunities to leverage my UCLA School of Nursing education” added Cainglit.

**HOSPITALISTS – A DIFFERENT PATH FOR THE ACUTE CARE NURSE PRACTIONER**

The role of the hospitalist – a position dedicated to managing the care of patients during their hospital stay – is often filled by physicians. Eleven years ago, Tim Stacy, DNP (MSN ’04), believed that nurse practitioners could easily fill the role. He met with several different hospital administrators and ultimately found a hospital that was willing to try the idea. Within a year, the length of stay for Medicare patients at the hospital was reduced by 1.7 days and the medical authorization request approval rates increased from 68 to 87 percent.

Those results attracted the attention of the CEO of Prime Healthcare, who owns several hospitals in Southern California. He hired Stacy and ten years later Stacy is the lead hospitalist at Sherman Oaks Hospital.

Stacy believes the role of the hospitalist is a huge growth area for nurses and he works hard to promote the role, serving as a preceptor to two acute care students every year. Recently, Stacy hired three UCLA nurse practitioner graduates to join the staff.

Stacy enjoys the fast pace and rapid decision making process of the hospitalist role. For those interested in becoming a hospitalist, Stacy counsels “be prepared to work hard and be open to constant change. And you are going to do it all — so the more proficient you are in your bedside skills, the more successful you will be.”
The Clinical Nurse Specialist

The Clinical Nurse Specialist is one of the 2015 Top 10 careers offering big growth, great pay and satisfying work, according to CNN Money and MoneyTalks News, with expected 10-year job growth of 19 percent! The job was given an A in personal satisfaction, an A in benefit to society and a B for low stress.

Clinical Nurse Specialists (CNSs) play a unique role in the delivery of high quality nursing care. These clinicians are experts in evidence-based nursing and practice in a range of specialty areas, such as oncology, pediatrics, geriatrics, psychiatric/mental health, adult health, acute/critical care, and community health among others. In addition to direct patient care, CNSs also engage in teaching, mentoring, consulting, research, management and systems improvement. Able to adapt their practice across settings, these clinicians greatly influence outcomes by providing expert consultation to all care providers and by implementing improvements in health care delivery systems.

Tina Mamais has a dual designation as both a geriatric nurse practitioner and a clinical nurse specialist. She has been a CNS for four years and loves to going to work every single day.

“Early in my NP education, a CNS came and spoke at one of my classes and I knew, at that moment, it was what I wanted to pursue. And it has turned out to be everything I thought it would be and more.”

“Each day is different. I get to practice what I call the creative side of nursing. More than seeing patients, I am involved with technology and documentation and
provide in-services for the staff. I see our role as the bridge between the bedside nurses and hospital leadership because the CNS brings attention to systems issues that need to be addressed. With technological advancements that are being made, the CNS is able to provide the staff with the education needed in order to safely take care of patients and improve patient outcomes.”

The role of the CNS may not be for everyone. “You have to be strong. You have to be collaborative. You have to know what you don’t know and then get the answers and resources to the table so that you are able to work within the three domains of the CNS — patients, nurses and system — and ultimately provide the best possible healthcare to the patient.”

We’ve only just begun...

Advanced practice nurses have brought wonderful changes and improvements to the healthcare system for more than 50 years. Today, there are over 200,000 nurse practitioners, many of whom still fill a healthcare void in rural areas and urban neighborhoods. With the expanded health coverage gained by the Affordable Care Act, the demand for nurse practitioner care is greater than ever. Nurse practitioners continue to work to increase access to care by removing legislative, regulatory and institutional barriers that limit practice and reduce access to care. Twenty-one states, plus the District of Columbia now grant APRNs full practice authority.

We are making great progress but significant advocacy work is still needed.
Brandon Rice was an all-star wide receiver, first at Beverly Hills High School and then at UC Davis. He was drafted into the United Football League, but long-time knee issues ultimately ended his gridiron aspirations.

Patrick Hill was an award-winning fullback at the University of Miami and then played with the Tennessee Titans for two years before ultimately having his position cut from the team.
Both men were looking for new paths and ultimately gravitated to nursing. But they didn’t leave their football learnings on the field.

Rice was in limbo following making the decision to move on from sports after years of suffering from tendonitis in his knee. “Every athlete goes through that once you decide you are done with the sport. Ten years of my life was dedicated to the sport. So then, I had to ask myself: should I use my major (exercise biology) or something else. I had no interest in physical therapy, as I had spent much of my football career in rehab, but I knew I wanted to be in the medical field because I enjoy helping others. So that’s what interested me in learning about being a nurse.”

Hill added: “My aunt was a nurse and I found myself gravitating to volunteer in hospitals when I was in college so I had that interest. I had earned two degrees at Miami (bachelors in exercise physiology and a master’s in liberal arts with an emphasis in education) but wasn’t interested in pursuing either. When I applied to nursing school here, I had three football teams who had expressed interest in me. I have a chance to play and I have a chance to go to school. When my six-year old son realized that getting selected by the football team was not guaranteed and that he was not going on the road with me, he told me to choose nursing.”
Most athletes don’t think about what life will be like when sports is over. “Education gets you so much farther,” said Rice. “It gives you so much more opportunities. And it is hard to focus on both, so for most athletes, academics is secondary. But there are a variety of circumstances that can happen so having a degree gives you a choice. Most athletes only play in the NFL for three years. Then what?”

Both said that their interactions with nurses before getting into school made the job look so easy! Rice shared: “So after football I started working in an assisted living facility and I really liked it. I was telling one of the residents that I was thinking about trying to go back to football and she said ‘no you need to become a nurse. You’re good at this.’ Then I got a job as a unit secretary at Resnick Neuropsychiatric Hospital where I saw firsthand how the nurses worked. They made it look so easy. And it wasn’t until I got here that I found out how much knowledge is needed to perform the tasks to take care of patients. Getting in this program really gave me a new found respect for the intellect behind nursing.”

Hill added: “I thought that nurses were kind of like the water boys of football but I realized that nurses are the coordinators and they are really the ones that make sure the patient gets better. And if something isn’t working, they make the game play — they call the audible to make sure everything runs smoothly.”

Rice pointed out another football similarity: “The way that Peyton Manning commands the huddle is equivalent to a charge nurse on the floor; leading the team and making necessary changes throughout the game in efforts to attain a common, ultimate goal.”

Both say that the drive and initiative they put into sports is a benefit to them in their nursing career. “I am applying the same hard work and dedication to nursing that I put into football,” said Rice. “And I know that if I put in the hard work and dedication, I will be working on the floor in two years.”

Surprisingly, both have found that their former pals on the field applaud their decision. “One of my college teammates called me recently and asked a lot of questions about nursing school, because he is seriously thinking about applying,” said Hill. “And we’ll be happy to talk to any college athletes about nursing,” he added.

Following commencement, both are interested in working in the ICU. But neither one is planning on resting on their helmets. Both are looking at further nursing education, but when the time is right. In the meantime, they’ve hung up their jerseys and replaced the pads and cleats with scrubs and a stethoscope.
DNs to PhD Holders Say Thanks With New Fellowship

Thanks to the perseverance of Interim Dean Linda Sarna, 28 pioneers who received a DNs degree from the School are now able to convert their degree to a PhD!

To honor this great feat, nine of the recipients made generous gifts and pledges to establish the Dr. Linda Sarna Doctoral Fellowship. Barbara Riegel ’91 rallied Suzette Cardin ’95, Lynn Doering ’94, Anna Gawlinski ’93, Debra Moser ’92, Barbara Schneider ’93, Amy Rex Smith ’94, Cathy Ward ’95, and Mary Woo ’92 to make lead gifts to establish the fund. In addition, Dean’s Advisory Board member and PhD candidate Margo Minissian MSN ’05 added her support.

Gifts to this fund will provide much needed financial assistance to deserving nursing school PhD students, tomorrow’s leaders in education, practice, science and policy. Currently at $50,000, the ultimate goal for this fund is to reach $250,000 for an endowed fellowship, which will fully support at least one doctoral student each year.

To contribute to this integral fund, contact Amy Drizhal, Executive Director of Development at adrizhal@sonnet.ucla.edu or 310-794-2358.

Lee Inducted into Academy

Eunice Lee, PhD, GNP, Associate Professor, will be inducted as a Fellow of the American Academy of Nursing in Fall. Dr. Lee’s influential contribution to nursing and cancer control lies in her sustained program of research and her scholarship in the area of cancer screening and early detection. Specifically, her community-centered work in cancer screening among disadvantaged Korean Americans is a novel and effective community program. She was the first to develop and test a spouse-based educational program for Koreans designed to increase mammography use among Korean American women. This unique program leverages culturally-appropriate educational messaging that capitalizes on the inclusion of male spouses who are very often the decision-makers in Korean households. Korean American women, while having a lower incidence of breast cancer than Caucasians or African Americans, have one of the highest mortality rates from breast cancer among Asian American immigrants. Dr. Lee’s leadership is also evident through her active role in the Global Nursing Foundation, for which she chairs the national Scholarship Committee and is the President Elect of the California Chapter.

Quick Notes
WHY WE GIVE —
SHIRLEY 
& RALPH 
SHAPIRO

Shirley ’59 and Ralph Shapiro ’53 JD ’58 have deep and lasting ties to UCLA. The Shapiros have given their unwavering support and attention to the UCLA community for many years, having supported several units across campus — The David Geffen School of Medicine, the School of Law, the School of Dentistry, and School of the Arts and Architecture to name a few. Students at the UCLA School of Nursing have also benefited from the largesse of Shirley and Ralph Shapiro. In the past three years, the Shapiros have made two generous gifts to the School. “I am truly grateful for the extraordinary generosity of Shirley and Ralph,” says Interim Dean Linda Sarna. These additional resources make a huge difference in our ability
to provide support to our students who will become the next generation of exceptional practitioners and scholars who will transform healthcare and the profession of nursing.”

In 2013 the Shapiros established The Shapiro Family Dean’s Discretionary Fund, which most recently provided funding for eight students to attend the 2015 Western Institute of Nursing (WIN) Conference in Albuquerque, New Mexico. The theme of this year’s conference was Equity and Access: Nursing Research, Practice, and Education. Attendance at conferences, such as WIN, is critical to success in improving healthcare in the 21st Century. These experiences provide nursing students with important professional development opportunities such as networking with nursing leaders who are accomplished and published scholars and scientists, as well as multiple learning opportunities to present scholarly work in a welcoming environment, receive instant feedback from outstanding nursing scholars, and learn about the latest cutting edge nursing science for clinical, academic and research.

“Your experiences growing up in South Los Angeles and witnessing extreme poverty, racism, and low access to healthcare fostered my growth and knowledge in health disparities and how nursing can be the catalyst to providing change. With assistance from The Shapiro Family Dean’s Discretionary Fund, I attended the WIN conference, where I had the opportunity to meet with and receive mentorship from faculty sponsors who have expertise in working with minority populations.”

—Sharon Cobb, MSN, RN, PhD (C)

In 2015 the Shapiros established The Shapiro Family Student Emergency Loan Endowment, which will provide financial assistance to students in case of an emergency, illness, family obligations or other unexpected life challenges often impede a student’s academic progress by adding financial strain. Knowing there is an opportunity to obtain a quick, simple short-term loan with no interest through the School gives students a sense of peace.

“Several years ago I was inspired by the enthusiasm and drive of a young physical therapist who was planning to attend the UCLA School of Nursing. Since that time, Shirley and I have witnessed firsthand the true dedication and strong work ethic of nurses in a variety of settings. By giving to the UCLA School of Nursing, we are supporting its mission to prepare nurses and scholars to care, heal and make a difference in people’s lives.”

—Ralph Shapiro
SCHOOL OF NURSING DONOR HONOR ROLL
Gifts and Pledges for the period from July 1, 2014 through June 30, 2015

This Honor Roll recognizes our generous donors who have made gifts, grants and pledges of $1000 or more during this past fiscal year.

The UCLA School of Nursing is grateful to all of our alumni, friends, students, faculty, staff, and foundation and corporate partners for your contributions. Whether your gift is $50 or $500,000, your generosity benefits students and faculty at the School of Nursing, enabling them to reach new levels of success.

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For more information about ways to support the UCLA School of Nursing, please contact our Office of Development & Alumni Relations at 310-206-7813 or annual.giving@sonnet.ucla.edu.

It is important to us that we acknowledge you properly. If an error has been made in the listing of your name or gift, please contact Julia Campbell at 310-206-7813 or jcampbell@sonnet.ucla.edu.

In Memorium
Dolores A. Fehmer, MS ’69
Judith G. Riemer, BS ’77
Patricia M. Smyer, MN 90, DNS ’94
Gayla H. Nielsen, PhD ’08
Lillian C. Doran, BS ’60, MS ’65
Helen I. Weber, MS ’63
Gail P. Horsley, MN ’70
Allene P. Jones, MA ’68
Dianne S. Moore, MN ’70
From a young age, Jorge Lopez proved himself as a capable caretaker. Both of his parents have mental illnesses, and he took on the majority of the responsibility around the house by making sure they took their medications, ate a healthy diet, and made it to work on time. However, there were still several times when his parents were hospitalized.

Lopez, a Fresno native, decided to attend the UCLA School of Nursing to pursue a bachelor’s degree. “Nurses were my heroes during the scariest part of my life. [Nurses] made our experience easier, took care of us body and soul, and played an integral role in my father’s recovery. Being a natural caregiver and realizing that nursing is a noble profession that contributes to the greater good is why I chose nursing.”

As many students come to know well, finding the resources to cover college expenses is often challenging, and can make it difficult to focus on studying and gaining professional experience. Jorge was among several outstanding UCLA nursing students selected to receive an award from the Helene Fuld Health Trust Scholarship Endowment for Baccalaureate Nursing Students in 2014 and 2015. Without this type of support, Jorge would not have been able to afford the essential supplies for his clinical studies. This scholarship set him up for success not only in his career, but also in his life.

Jorge graduated from the UCLA School of Nursing in June 2015 with a bachelor’s degree. After graduation, he was accepted into the Versant New Graduate RN Residency Program at Lucile Packard Children’s Hospital Stanford (LPCH Stanford). In addition, he will be working in their Cardiovascular Intensive Care Unit (CVICU).

Besides his employment, he is collaborating with educators to establish a mentor program at Tehipite Middle School in Fresno—Jorge’s alma-mater that serves predominantly Latino students from low-income families. He is also planning to incorporate his passion for theatre and music to establish a hospital-based acapella group at LPCH Stanford to perform for patients and facilitate healing of the body and spirit of critically ill children.

Jorge’s long-term plans are to gain experience in a variety of settings before moving back to Fresno to serve the disadvantaged vulnerable populations of his hometown. He aspires to take on nursing leadership positions, and hopes to someday bring evidence-based practice to hospitals in Fresno. Says Lopez, “As a nurse, I want to advocate, inspire, heal and change lives.”

During Commencement, Jorge sang the Star Spangled Banner with fellow graduates.
The UCLA Centennial Campaign, launched in May of 2014, culminates with the celebration of the University’s 100th Birthday in 2019. The goal of this campaign is to raise $4.2 billion, all of which will be used to support the University in its mission of using the creation, dissemination, preservation and application of knowledge for the betterment of our global society. For nearly a century, UCLA has broken barriers and made life better for people in Los Angeles and all over the world. Imagine what we can do together over the next 100 years!

In tandem, the UCLA School of Nursing will be celebrating its 70th birthday in 2019. To honor this milestone, and to ensure the continued excellence and sustainability of the School, we are seeking to raise $32 million during the Centennial Campaign for UCLA. We are asking you — our alumni, faculty, staff, community, parents and friends — to join us in furthering our mission to prepare nurses and scholars to lead and transform the nursing profession through academic excellence, innovative research, superior clinical practice, strong community partnerships and global initiatives.

Your gift to the UCLA School of Nursing Annual Fund provides critical support for the School’s highest priorities and affords our leadership the flexibility to seize unique opportunities and address unanticipated needs.

Your participation will help the School of Nursing achieve its Centennial Campaign goal, which will empower the School with the resources to prepare the next generation of nurse leaders.

To make your tax-deductible contribution, please visit our website: http://giveto.ucla.edu/fund/ucla-school-of-nursing-annual-fund/

For more information, please contact:

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