Where did they go from here?

Recent graduates illustrate that a UCLA School of Nursing degree, combined with talent and hard work, is a recipe for success.
No matter how many times we have gone through it as faculty, staff and administrators at the UCLA School of Nursing, the Commencement ceremony every June never fails to be an emotional day – a time when we confer degrees upon our students, sending them on the next chapter of their journey to make people’s lives better through nursing practice and research. These students, among the best and brightest in our profession, choose to devote two or more years of their lives to working toward that degree – often making tremendous sacrifices, both financial and in time spent with family and friends – because they aspire to increase their knowledge, improve their skills and advance to positions of greater responsibility. That is why, come June, even those of us who have seen more of these ceremonies than we can count continue to be moved as if it were our first, looking upon these ambitious and talented graduating students like proud parents.

What becomes of these individuals after they leave us? In this issue of UCLA School of Nursing News, we catch up with seven recent graduates who have used their UCLA School of Nursing education to succeed in key positions in health care, administration and academia. They demonstrate that for all of the hard work and sacrifice that goes into earning a degree from our school, there is a tremendous reward – not only in the sense of accomplishment that they feel on the day of their graduation, but also in the great things they are able to do in their careers, for themselves and for the many individuals touched by their work.

Marie J. Cowan, R.N., Ph.D., FAAN

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The UCLA School of Nursing has redesigned its Web site (www.nursing.ucla.edu). Among the new features is a link that enables online giving. If you would like to support the school with a donation, see the “Make a Donation Online” link under “Alumni and Friends” on the homepage.

Have You Seen?

- Named student scholarships and endowed funds can be established based on funding amounts. Endowed scholarships can be established for a minimum of $50,000. Endowed graduate fellowships can be established for a minimum of $100,000. The UCLA School of Nursing appreciates contributions in any amount.

- You can make a gift to the UCLA School of Nursing that will provide income for your lifetime as well as an immediate income tax charitable deduction.

- If you are 75 years of age, you can establish a charitable gift annuity that has a 7.1% payout rate that will continue for your lifetime. The older you are the higher the payout rate.

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- Bequests are a significant source of support for the School of Nursing.

**Gift Annuity Payment Rates**

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Please call for current benefits and rates for two persons.

For more information, please call Naz Kaykhosrowpour at (310) 206-3662 or visit www.giftplanning.ucla.edu

Los Angeles City Council candidate and UCLA School of Nursing alumna Flora Gil Krisiloff (center), M.N. ’78, M.B.A., visited the school to speak on the topic “From Nursing to Politics.” Krisiloff, a nurse practitioner and West Los Angeles resident, was narrowly defeated in her bid to win the 11th Council District seat in April. Pictured with her (l. to r.) are: Assistant Vice Chancellor for Government and Community Relations Keith Parker; Dr. Mary Ann Lewis, professor at the school; Dean Marie Cowan; and Director of UCLA Local Government Relations Diana Bruggemann.

Dr. Joan Lynaugh (r.), professor emeritus and Term Chair of Nursing and Health Care History at the University of Pennsylvania School of Nursing, was the guest speaker at the school’s Bullough Lecture in March. Pictured with her are Dean Marie Cowan and Dr. Vern Bullough.

Rita Wadhwani, a second-year student in the school’s joint Nurse Practitioner/ Clinical Nurse Specialist program, was the recipient of UCLA’s “Outstanding Graduate Student Award” for 2005.
Where did they go from here?

As these recent graduates illustrate, a UCLA School of Nursing degree, combined with talent and hard work, is a recipe for success.

Each June, graduates of UCLA School of Nursing programs walk across the stage at Commencement, filled with the dreams their completed education enables them to pursue. What becomes of them after they leave? The seven recent graduates featured in this issue are emblematic of so many of the school’s alumni who have used their degrees to advance in the nursing profession and make a difference in the lives of the people they touch through their work.

LISA GILLETTE, M.S.N. ’04
Director of Nursing
USC/Norris Cancer Hospital, Los Angeles

A year after graduating from the school’s M.S.N. in Nursing Administration program, Gillette is responsible for all four of the inpatient nursing units at the 60-bed cancer research and treatment facility, including two medical-surgical units, a bone marrow transplant unit and an intensive care unit. Approximately 120 employees report directly to Gillette, whose wide-ranging responsibilities include – but are not limited to – patient satisfaction, staff satisfaction, recruitment, retention, staffing, Joint Commission on Accreditation of Healthcare Organizations preparedness, and various projects in which she analyzes current systems and data in order to improve the quality of care for the facility’s patients, and the environment for its nurses.

With the hospital not currently employing an inpatient clinical nurse specialist, Gillette steps in as an educator. As USC/Norris Cancer Hospital undergoes the process of moving to a new facility, Gillette is also involved in the complex decision-
education at UCLA provided me with a strong foundation in nursing education, leadership, and research that I use daily in my career,” she reflects. “I look forward to continuing to work with Donna McNeese-Smith [associate professor and coordinator of the school’s M.S.N. in Nursing Administration program] on her research with substance abuse treatment and managed care, as well as promoting collaborative projects between UCLA and MSMC.”

MARY WICKMAN (Crook), Ph.D. ’04
Chair, Department of Nursing
Mount St. Mary’s College

Immediately after graduating with her Ph.D., Wickman applied for the position of chair of the Department of Nursing at Mount St. Mary’s College (MSMC), where she earned her bachelor’s degree in nursing in 1974. She was appointed to the position effective last January 3. MSMC established its baccalaureate program in nursing in 1952 and now offers associate, baccalaureate, and accelerated nursing degree programs.

For her doctoral studies, Wickman focused on adolescent health and risk behaviors. “I was fortunate to be able to have an outstanding committee chair, Nancy Anderson, who provided expert guidance and mentoring through the dissertation process,” she says. Wickman’s dissertation study looked at the belief of invincibility among military-dependent teenagers. She developed an instrument called the Adolescent Invincibility Tool (AIT), then tested the instrument with 125 teens. The findings of her study provided specific recommendations for clinicians in engaging and working with teens to promote health in this age group.

Wickman arrived at MSMC during a time of large-scale expansion in all programs to meet the needs of the current nursing shortage. “My education at UCLA provided me with a strong foundation in nursing education, leadership, and research that I use daily in my career,” she reflects. “I look forward to continuing to work with Donna McNeese-Smith [associate professor and coordinator of the school’s M.S.N. in Nursing Administration program] on her research with substance abuse treatment and managed care, as well as promoting collaborative projects between UCLA and MSMC.”

MARY WICKMAN (Crook), Ph.D. ’04, assumed the position of chair of the Department of Nursing at Mount St. Mary’s College in January.

MAYNARD LAMUSAO, M.S.N. ’02
Nurse Practitioner Program Coordinator
Occupational Health and Wellness Clinic
Buena Park, Calif.

Lamusao coordinates the nurse practitioner program at an occupational health and wellness clinic that represents a unique joint venture between Pepsi and Johns Hopkins University to promote health and quality occupational injury/illness care for employees at the Pepsi bottling plant in Buena Park, Calif.

It’s a challenging role for which Lamusao, a graduate of the school’s Occupational and Environmental Health Nurse Practitioner Program, says he was well prepared. “Providing quality care to workers while understanding the employer’s cost considerations is my constant conundrum,” he says. “To navigate this murky is-
sue, I derive insight from the rigorous mix of didactic courses, top-notch clinical sites, eagerly available instructors, and subsidized out-of-state internships provided by the Occupational Health NP program. I am so thankful that my training emphasized ‘real-world’ situations that go beyond theory and text.”

Lamusao’s position involves regular meetings with managers, budgeting, training student nurse practitioners, analyzing injury trends, creating health and wellness promotion activities, pursuing occupational health research, assisting in the opening of new Pepsi clinics, and treating work and non-work related injuries and illnesses. Autonomy is particularly valued at the clinic, where Lamusao works alone.

The concept of an on-site occupational health clinic is new to Pepsi, so its rank-and-file supervisors’ understanding of employee confidentiality was a minor initial challenge, but one that was easily resolved through open communication, Lamusao says. “Beyond the many challenges of the position, I have found it to be extremely rewarding,” Lamusao reports, “especially when I know that employees return home to their families injury-free, safer, and healthier than when they first reported for work.”

AARON STREHLOW, Ph.D. ’01
Administrator and Director of Clinical Services
UCLA School of Nursing Health Center at the Union Rescue Mission

At the school’s groundbreaking health center, a nurse practitioner-managed facility providing primary health care to the homeless and indigent population on Skid Row in downtown Los Angeles, Strehlow’s responsibilities include overseeing daily operations and management, supervising the professional and non-professional staff and volunteers, and providing primary care. Approximately 2,500 patients attend the center each year, for a total of 8,000 visits. The center is part of the National Health Care for the Homeless Program funded primarily by the U.S. Bureau of Primary Health Care.

While Strehlow has held the same position for more than two decades, the Ph.D. has made an important difference in several ways. On the National Health Care for the Homeless Council, he now chairs the Research Coordinating Committee. “That has connected me with other nationally known researchers with whom I have been able to collaborate on studies,” he explains. Because Strehlow does not hold an academic title with the university, he is unable to be an independent principal investigator (PI). However, he collaborates with PIs at the UCLA School of Nursing and David Geffen School of Medicine at UCLA on interventions for hepatitis B and C, diseases that are particularly prevalent among the homeless population.

“Most doctorally prepared nurses are working in academia,” Strehlow notes. “But increasingly, the profession is seeing the value of doctorally prepared clinicians. That’s a position that makes me an unusual role model for the master’s students, to be able to bring theory to the practice level and help them see how their clinical questions can be answered through research. It’s been a great blend for me, to be able to bring research into practice, and to take advantage of my clinical skills in research.”

PETER ANDERSON, M.S.N. ’01
Fellow in Hepatology
University of Southern California

Last year, Anderson decided to leave his private practice in HIV/AIDS to accept a unique one-year fellowship opportunity in hepatology at USC, sponsored by the American Association for the Study of Liver Diseases (AASLD). The association’s NP//PA Clinical Hepatology Fellowship Program, which provides salary and benefit support for 30 certified and licensed physician assistants or nurse practitioners pursuing a full year of training focused on clinical care in hepato-
tology, is designed to increase the number of trained mid-level practitioners in clinical hepatology, to facilitate the transition (or shift in emphasis) into clinical hepatology for mid-level practitioners and to increase access for liver disease patients to adequately trained clinicians.

The program was attractive to Anderson for several reasons. “I have long felt that the fellowships and residencies that are the educational mainstay of a physician’s training are most often lacking in the education of nurse practitioners,” he says. “The chance to participate in such a rich and intense educational experience was highly attractive and, indeed, unique.”

Anderson’s mentor, Dr. Karen Lindsay, is a nationally renowned leader in the hepatitis C (HCV) treatment field who is principal investigator and co-author of the HALT-C Trial, an NIH-funded, multi-center prospective clinical trial that focuses on long-term HCV treatment and follow-up. “Because of my abiding interest in caring for HIV-infected patients, I thought, and have found, that advanced training in liver disease would allow me to more expertly manage HIV and hepatitis co-infected patients,” Anderson says, noting that HIV-infected individuals often require management of the hepatic complications that can result from HIV medications and HIV disease management.

He credits his UCLA School of Nursing education with making the successful fellowship possible. “The experience of self-directed learning and the joy of mastering new disciplines was something that I found deeply satisfying,” Anderson says. “The AASLD fellowship was a chance to return to academic medicine and learn an exciting new area of expertise. Had I not had the excellent training of the School of Nursing, I would not have been able to make the most of this fellowship.”

Anderson is currently developing several options for when the fellowship ends. “Hepatitis C treatment is very complex and not without significant side effects,” he says. “It is a perfect place for nurses to use their caring skills to guide patients through a difficult treatment and work with them to afford every possible chance to achieve success.”

MADY STOVALL, M.S.N. ’04
GYN-Oncology Nurse Practitioner
Cedars-Sinai Outpatient Cancer Center
at the Samuel Oschin Comprehensive Cancer Institute

Stovall earned her associate’s degree and began working as a nurse in 1995, starting at a small community hospital in Texas. Her work as a traveling nurse brought her to UCLA Medical Center, and Stovall’s love of Los Angeles led her to seek a permanent position in the city, working at Children’s Hospital of Los Angeles in the bone marrow transplantation unit. But eventually, she realized that her lack of graduate training was limiting her professional advancement. So Stovall enrolled in the UCLA School of Nursing’s accelerated “bridge” program, enabling her to earn her baccalaureate degree in 2003 and her master’s degree the following year.

“It was extremely humbling to be back in school as a 30-year-old woman, sitting in a molecular biology or biochemistry class with some of the world’s brightest 19-year-olds,” Stovall recalls, smiling. “But it was also a very satisfying experience to find out that I could keep up.”

While a student, Stovall began working at the Cedars-Sinai Outpatient Cancer Center at the Samuel Oschin Comprehensive Cancer Institute one day a week; upon graduation, she was offered a full-time position as a nurse practitioner working with a group of five gynecologic oncology surgeons. “It’s a trailblazing role I’m playing here,” she says. “Because the surgeons are in the operating room so much of the time, they needed an advanced practice nurse who could be available for the cancer patients...
when they call.” Since graduating, Stovall has become a board-certified adult nurse practitioner and has gotten her furnishing license, enabling her to write prescriptions.

“UCLA gave me the ability to be resourceful, to be adaptable, and to implement evidence-based practice in the work setting – not just doing something because I think it’s right, but making sound clinical decisions based on research,” she says. “That’s made a huge difference.”

KATHY MADRID, M.S.N. ’02
Nurse Practitioner
Bogachiel Clinic
Forks, Wash.

It’s a long way from UCLA to Forks, Wash. (population: 3,163), but for Madrid it has been an extremely fulfilling journey. Immediately after graduation, she moved to the rural community to work on a two-year contract for the Quileute Indian Reservation. Upon completion of the contract, Madrid was hired at the Bogachiel Clinic, where she provides urgent care and women’s health services, and uses her neuropsychiatric nurse practitioner subspecialty training to perform pain management, with full prescribing privileges.

The small-town setting comes with many unique challenges. Approximately one-fourth of the patients Madrid sees have a mental health diagnosis, and at least 10 percent have some form of developmental disability. The remote location means that urgent care must be more all-encompassing. “I’ve had to learn how to do casting and suturing, to treat abdominal pain… it’s a little of everything, and you have to make do with the limited resources you have,” Madrid says. In addition, being in a small town means always being on call – even at the grocery store. “People will walk up to me in the aisles and point out their rashes,” Madrid says, laughing. “I can’t get through without talking to 15 people.”

Although she is from Los Angeles, Madrid always envisioned herself practicing in a rural setting. “I have to admit, I didn’t realize I would have as much autonomy as I do, and that was somewhat intimidating at first,” she says. “But I have a lot of support from the other providers, and my UCLA School of Nursing education has prepared me so well. The focus on looking at the patient’s life rather than just his or her medical problem really applies here. And at the school, everyone was so passionate about what they were doing that it was very energizing. It pushed me to always reach higher in my work.”