

connections

A black and white photograph of a young child, possibly a girl, looking directly at the camera. She is holding a small, round pill in her open palm. The background is slightly blurred, showing other people, suggesting a clinical or community setting. The overall tone is serious and focused.

MAKING HIV TREATMENTS
EASIER TO SWALLOW

Innovation: Our Penchant and Our Passion

Over the course of our school's 90-year history, innovations, technology and transformative curriculum development have kept us at the cutting edge of nursing education, research and patient care. In the last



10 years alone, we have been able to expand our ability to educate nurses and the general public beyond the Puget Sound

region to rural areas and around the world. Our capacity for technology-enhanced and distance learning gives us the ability to stream entire courses to wherever our students have technical capacity to receive them.

Our students, faculty and alumni have a penchant for innovation—from the technologically complex to the startlingly simple. Here are just a few examples of how our people are using innovating thinking to profoundly change human health outcomes:

- *Keeping it simple.* While working with illiterate HIV/AIDS patients in South Africa, undergraduate student Karin Huster discovered that a picture really is worth a thousand words. Her AIDS medicine scheduler uses drawings to illustrate types of medicine, times of day to take them and how to administer the correct dosages. Not only is it effective, but it's low cost and very portable. (See "A Picture's Worth" on page 2)

- *Thinking outside the box.* Sometimes just thinking differently about a problem is all that's needed to find an innovative solution. For example, Basia Belza, associate professor in biobehavioral nursing and health systems, envisioned a new, practical way for frail elders to incorporate exercise into their daily lives—by having exercise activities occur in conjunction with group meals the elders are already attending. (See "Have Fitness, Will Deliver" on page 4)

OUR STUDENTS, FACULTY AND ALUMNI HAVE A PENCHANT FOR INNOVATION—FROM THE TECHNOLOGICALLY COMPLEX TO THE STARTLINGLY SIMPLE.

- *Harnessing technology.* Debby Martin, recipient of the UW Distinguished Alumnae Award for 2006, overcame her fear of technology early. In 1980, she used the one desktop computer in her department to invent a software program that transformed the way nurses gather and analyze data about patients. (See "Software Saves" on page 6.)

What fuels the engine of all this innovation at UW? Certainly our ability to recruit outstanding students, faculty and staff is at the heart of it, and increasingly, grant support from federal and private sources is helping us retain those talented people and enrich their experience here. For example, donors who establish endowed professorships assure us of the ability to attract and retain faculty such as

Dr. Belza, the recent recipient of the Aljoya Endowed Professorship for Healthy Aging. Financial support for our facilities helps us keep up with important technological advances in the field, such as computerized simulators and informatics, which is a discipline that combines nursing with information science and computer science. We look forward to further enhancing technology and innovation at the school through the recently launched Center for Excellence in

Nursing Education. This learning facility will use technology to prepare better nurses and distance-learning programs that address the nursing shortage.

Organizations that commit to excellence must embrace innovation and constant change. No single business model or approach fits all our various efforts to push the boundaries of what we know. That's why we build creative partnerships that help us venture into new territory and find better solutions. Thank you all for your willingness to partner—and embrace change—with us!

A handwritten signature in cursive script that reads "Nancy Woods".

NANCY WOODS, PHD, RN, FAAN

connections

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Student Develops Way to Improve Health Literacy, HIV/AIDS Medication Adherence

a picture's worth

BY ANNA EARNEST

When undergraduate student Karin Huster traveled to South Africa two summers ago to work with HIV/AIDS patients, she expected to witness lower levels of patient care technology than in the United States. What surprised her was the lack of tools available to caregivers and people with HIV to help patients stick to medication schedules, and know how and when to take their medicines and what side effects to expect. The lack of tools was even more apparent when working with people with low literacy levels

and children, who have more complex medication regimens.

Recognizing an opportunity to create something useful, Huster developed a picture-based medication scheduler targeting children as part of her honors project while working toward her bachelor's degree in nursing.

"I saw a lot of families come in who didn't know how to read or write, like a grandmother caring for six or seven kids because their mother had died, or a 12-year-old caring for her sick brother or sister," says Huster, who traveled to



Karin Huster

South Africa as part of a Citizens of the World Scholar experience. "Six or seven medicine regimens were impossible for her to manage

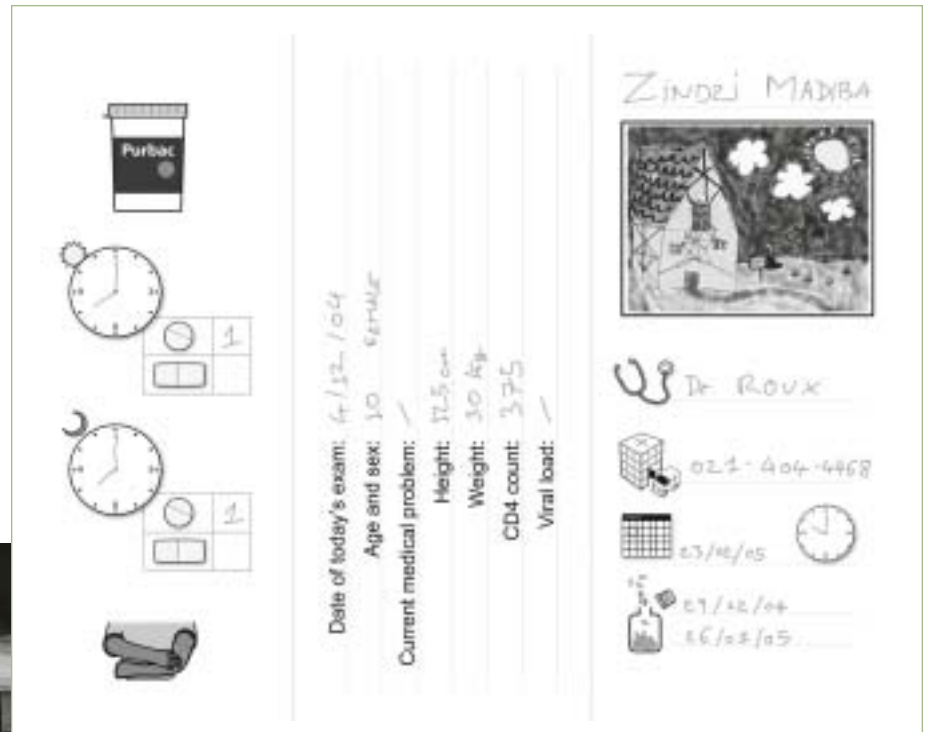
well, not because she didn't want to, but because she couldn't remember it all. So you started to see resistance to the medications they were taking because it was very difficult for them to adhere to the almost perfect levels we needed them to be at."

Huster worked at Microsoft for 11 years as a program manager before deciding that a profession in health care would be more meaningful for her. Her technical background came in handy, though, enabling her to call upon a fellow Microsoft designer to consult with her on the project. Together, they decided on graphics to illustrate type of medicine, time of day, form of medicine (injection, chewable tablet, liquid or pill) and how to administer the dose. The system enables the physician or health care worker to choose the type of medicines, dosage, frequency, side effects he or she wants to emphasize and what to take the medications with, and then print out a pamphlet for each patient with personalized medicine information in an easy-to-understand



In a hospital ward in South Africa, health-care workers and family members tend to infants being treated for HIV/AIDS.

Below: Karin Huster sits outside a dwelling in South Africa. Right: Picture-based, personalized instructions help illiterate HIV/AIDS patients take pills on schedule.



format—essentially a personal medical “passport” in picture format. Huster’s design even allows the child to customize his or her own scheduler with a photo or drawing, so that in a family where more than one person has HIV, it becomes easier to identify whose scheduler it is. She hopes that personal touch may also help make it a more an integral part of the child’s life.

Now in the master’s of nursing program at UW, Huster is currently looking for a clinical test group for her software. She hopes to use the development of the tool as subject for her master’s thesis, but is waiting to make improvements and additions on the software until after it is tested with actual HIV/AIDS patients.

“Finding a place where I can test the tool will be difficult,” she says. “I want a group in Kenya or Haiti, but we’re still determining where it will happen.” She is currently talking with

contacts in Kenya about working together. “Right now the software program is focused on a very narrow medication regime so it’s simple. If it works, we can move forward.”

Like Huster, many inventors face the possibility that their discoveries will become obsolete before they even get

“I WANT MY PROGRAM TO BE APPLICABLE TO MANY COUNTRIES, BUT HIV IS VERY DIFFERENT IN SOUTH AFRICA THAN IN THE UNITED STATES, SO THE TOOL NEEDS TO BE VERSATILE.” — NURSING STUDENT KARIN HUSTER

things working smoothly. She says her tool could have wide applicability if she can test it and make the necessary adjustments before advancements in medicine get too complex.

“It’s possible by the time I’m done there will be something else,” Huster says. “How can you make sure everyone knows about these inventions so they can be distributed to who needs

them? I want my program to be applicable to many countries, but HIV is very different in South Africa than in the United States, so the tool needs to be versatile.”

Huster points out that the tool works well with only a few medicines, but if your choice is broad, it becomes

difficult to cover all the combinations of medication regimens patients can be prescribed. “My intent is to take this to a next level, and design software that allows practitioners to generate custom medication sheets for each of their patients,” she says. “Pushing this even further, we are looking into integrating this fully as part of an open electronic medical record.”

Older adults who have fitness, will deliver

Nurses Find Ways to Serve up a Side of Exercise with a Hot Meal

BY ANNA EARNEST

Programs like Meals on Wheels and congregate meal programs have been around since at least 1954 helping ensure that older adults and disabled individuals have regular access to hot, nutritionally balanced meals. Now Basia Belza, professor of biobehavioral nursing and health systems and the Aljoya Endowed Professor in Aging, and her team are taking the concept a step further.

Belza wants to add exercise to the menu of offerings to older, frail adults—many of whom are from communities of color—through an exercise program called EnhanceFitness, formerly known as the Lifetime Fitness Program. “If you have people being transported in or coming in on their own and you have this captive audience, why not offer them more than just a hot meal?” says Belza, also a research scientist with the UW’s Health Promotion Research Center (HPRC).

Helping her deliver on this vision are partners from the University of Washington; Senior Services, a King County–area nonprofit agency;

and Loaves and Fishes Centers, Inc. “Organizations offering congregate meal programs are exploring and testing ways toward improving the overall health of older adults, not just their nutritional intake, so they are expanding their mission,” Belza explained.

Classes emphasize moderate-intensity aerobic conditioning, strength training, flexibility and balance exercises. EnhanceFitness has been shown to be

effective in various settings, such as churches, senior centers, public housing, hospitals, community centers and fitness centers, and with older adults from various ethnic groups. Belza was able to draw on work that her colleagues did through the HPRC in the School of Public Health and Community Medicine, where they translate research into applicable real-life health programs such as



Older adults learn exercises that will improve their ability to do common tasks, such as getting in and out of a chair, that reduce the risk of life-threatening falls.



Basia Belza

EnhanceFitness. EnhanceFitness is currently provided at more than 100 sites in 11 states and has earned nationwide recognition, including

awards from the National Council on Aging and the U.S. Department of Health & Human Services.

“EnhanceFitness has been found to improve quality of life, upper and lower body muscle strength, and balance, which is critical in reducing the risks for falls in older adults,” Belza says. The exercises are designed to help adults in daily activities, such as getting in and out of a chair, reaching in a cupboard, applying the brake while driving and carrying groceries. One of the participants said: “I am 84 years old and have scoliosis and walk with a cane.

This class is helping me to gain strength and remain mobile. I can walk in the yard, mow the lawn. It isn’t painless but as long as I keep going I will be OK. I really look forward to the class.”

To both test the program and determine how to best deliver it to the greater community, Belza and her team received a research grant from the Northwest Health Foundation. The grant allows the team to: adapt the EnhanceFitness program for people with arthritis, disseminate the program to 13 congregate meal sites in selected counties in Oregon and Southwest Washington, and build local capacity to offer EnhanceFitness after the grant is completed.

Through the grant, Belza established a partnership with Portland-based Loaves and Fishes Centers, Inc., a non-denominational meal provider. “Loaves and Fishes is a major provider of congregate meals in the Portland area



Using the EnhanceFitness program older adults can easily incorporate exercise into their lives by doing it in the same place where they gather for daily congregate meals.

and has been overwhelmingly enthusiastic about our partnership,” she says. “In disseminating a program like EnhanceFitness through an existing congregate meal program, we have the

Two UW graduate nursing students recently focused on EnhanceFitness for their master’s theses. Leslie Seman and Kuan-Chun (Michelle) Chiang studied factors related to what drives

“THE WORK WE’RE DOING IS CONTINUING TO BUILD ON PARTNERSHIPS WITH SENIOR SERVICES, LOAVES AND FISHES CENTERS, INC., AND THE UNIVERSITY OF WASHINGTON TO IMPROVE THE HEALTH OF OLDER ADULTS.”
— BASIA BELZA, PROFESSOR OF BIOBEHAVIORAL NURSING AND HEALTH SYSTEMS AND THE ALJOYA ENDOWED PROFESSOR IN AGING

opportunity to explore ways to make the program work efficiently and effectively. We’re looking at how we work with the center managers and staff, how we figure out space requirements, and how we market the program.” As part of the project, they have formed a Community Advisory Board consisting of key stakeholders in the local community to help them with dissemination and ongoing sustainability.

participants to stick with the EnhanceFitness program. Seman and Chiang both received de Tornay Scholarships through the School of Nursing’s de Tornay Center for Healthy Aging, which will help support their work in gerontology. They also presented their work at the International Congress of Physical Activity and Public Health held in Atlanta, in April 2006.

software saves

Nurse Entrepreneur Solves a Murder Mystery
and a Vexing Workload Problem

BY SHARON FREY JONES

In the early 1980s, nurse epidemiologist Deborah Martin '76 MN received an intriguing assignment from her supervisors at the Texas Department of Health: to work with a team investigating an increase in the number of deaths over a three-and-a-half-year period in the pediatric intensive care unit of a San Antonio hospital. Although the subject matter was difficult for the native Texan, the project combined her interest in infectious diseases with her love of deductive reasoning—both of which emerged while she was a student at UW. Her work on the case led to a landmark serial-murder conviction and a remarkable computerized tracking system that was years ahead of its time.

On the case, Martin's team immersed itself in hospital records and lab books. A forward-thinking physician epidemiologist brought a portable computer to the investigation. Martin had just taken a class to help alleviate her fear of using computers. So, even though she was working at a time when desktop computers were rare and technical knowledge rarer still, Martin decided to give it a try. She logged on to her department's one and only computer and began organizing the data into a database program.

A clear picture began to emerge and it was a decidedly grim one: The data indicated that one vocational nurse was statistically associated with the increase in deaths and cardiopulmonary arrests in pediatric intensive care. It was the

first time that epidemiologic data was used to convict a health care provider in a series of murders. The epidemiological evidence Martin's team collected later secured a conviction that sentenced the nurse to 99 years in prison.

After the case, Martin found she couldn't stop thinking about all the ways computers could help nurses.

"I was constantly consulting with nurses who had to keep track of infections and make handwritten line lists. The data was hard to analyze," she recalls.

"I had an idea for software that could help by tracking infections and providing reports to nurses and surgeons." She shared her idea with co-worker Tracy Gustafson, a physician and self-taught computer programmer, and Tracy jumped at the opportunity.

Their lives were soon consumed by the project. They spent evenings and weekends developing the software. Vacation time became an opportunity not for a break but to demonstrate the software to potential clients at infection-control tradeshows. On their lunch hours, they used pay phones to provide technical support to customers.

Four years later, in March 1988, Martin determined that her double life just wasn't working anymore. So, she resigned her position at the Texas Department of Health to run her software company full time. Today, Infection Control and Prevention Analysts Inc. (ICPA) has a staff of 18 and multiple software solutions that health care workers can use to reduce



Deborah Martin

and prevent hospital-acquired infections, improve employee health, monitor the health of the community, and other data-intensive work.

Some 1,500 hospitals in the United States, Canada and the Netherlands count themselves as clients.

Martin, now chief executive officer and managing partner of ICPA, credits her success to her training as a nurse and passion for taking care of people. "Ninety-five percent of our clients are nurses, and I believe if I weren't an RN, I wouldn't be credible," she says. "Tracy and I come to clients as practitioners, and we stay connected to the health-care community." That includes the UW School of Nursing, where she has lectured, collaborated on grants and recently helped develop the infectious disease focal area for master's students.

Her advice for would-be entrepreneurs: Explore your good idea, find a mentor, protect your idea from others who would try to profit from it, and don't give up your day job too early. She says, "It's great that nurses can now do so many different things with their careers."

Deborah Martin received the School of Nursing's 2006 Distinguished Alumni Award, presented May 11, 2006, in Seattle.



report to
contributors

UNIVERSITY OF WASHINGTON SCHOOL OF NURSING
GIFTS FOR FISCAL YEAR 2004-2005

Dear Friends of Nursing,



It is wonderful to have witnessed such remarkable success and personal acts of generosity in the past year, both through the Annual Fund and Campaign UW: Creating Futures. Our greatest priorities are securing our current faculty and recruiting new faculty members, as well as recruiting and retaining the top students in the country. Thank you for your support of this worthy mission.

We are pleased to report that contributions to the Annual Fund grew 15 percent over the previous year. The

Annual Fund is vital to ongoing success of the School of Nursing, as it provides leverage for Dean Nancy Woods to help support faculty innovations in teaching, creative undergraduate learning experiences and graduate student research.

Since publicly launching the capital campaign in October 2004, we have made tremendous progress toward our goals, particularly in creating professorships and student fellowships. In the 2004–2005 year, our generous donors created six new professorships and two new fellowships for graduate students. This support makes a significant impact on the education of tomorrow’s nurses and nurse leaders.

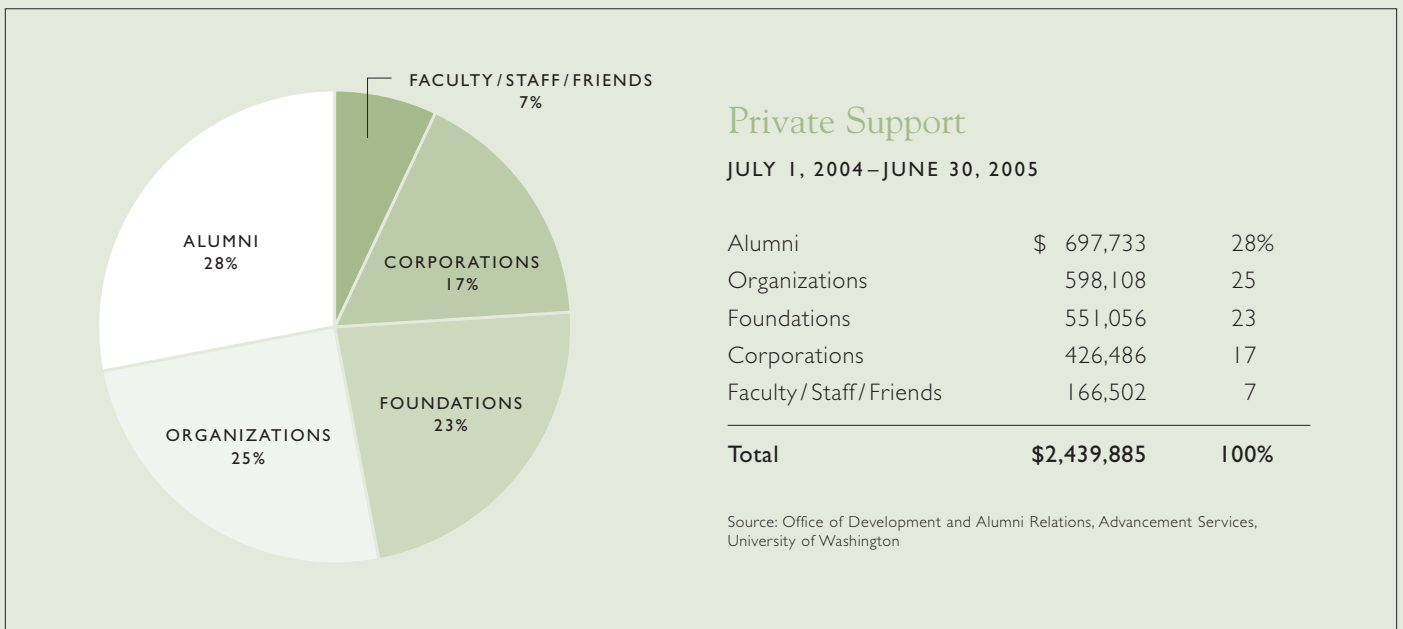
For example, the de Tornyay Professorship, which was recently awarded to Barbara Cochrane, provides for leadership of the de Tornyay Center for Healthy Aging, and it supports a professor’s work to advance scholarship and new leadership in gerontology. In another example, the newly created Kathryn Barnard Endowed Professorship in Nursing will support a world-class faculty member in leadership of the Center on

Infant Mental Health and Development, and in advancing infant mental health training, research, policy and treatment. These positions and those like them also create unique learning, research and mentoring opportunities for students.

Fellowships and scholarships allow bright undergraduate and graduate students who want to make a difference in nursing to attend the UW, have extraordinary learning opportunities and become future caregivers for each of us, our families and our friends.

Faculty and student recruitment and retention are at the heart of Campaign UW: Creating Futures. Our faculty and students are creating better futures—for our community and for generations of nurses to come. It’s through your support of the School of Nursing that, together, we continue to create better futures for us all.

ELI ALMO AND REBECCA ALMO
Campaign Advisory Board co-chairs



Thank You to Our Generous Contributors

PLANNED GIVING

HENRY SUZZALLO SOCIETY

The Henry Suzzallo Society honors individuals who have made deferred gifts to the university or formally shared their intent to do so. Donors have a unique opportunity to prepare for their future and create a legacy through planned giving, specifically life income gifts and gifts through their estates. These contributions provide substantial income and estate tax benefits to the donors while supporting the mission of the school. We welcome the opportunity to work with you. If you would like to include the UW School of Nursing in your estate plans or you intend to and are not yet listed, please contact the Office of Gift Planning at 206-685-1001, toll-free at 1-800-284-3679, or send e-mail to giftinfo@u.washington.edu.

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de Tornyay Term Professor Named

Barbara Cochrane, associate professor of family and child nursing, has been appointed to the position of de Tornyay Term Professor in Healthy Aging and director of the School of Nursing's de Tornyay Center for Healthy Aging. Cochrane's extensive work in promoting health in older women focuses on



helping women lead healthy lives and manage age-related symptoms, even those associated with chronic illness. Before joining the UW faculty, she spent 13 years as an investigator at Fred Hutchinson Cancer Research Center, where she is now a joint associate member. She has helped coordinate the clinical aspects of the Women's Health Initiative, the landmark study of post-menopausal women's health. Her research and

practice address hormone therapy and symptoms in post-menopausal women; risk factors and outcomes of frailty; women's response to cardiovascular disease; helping older women manage their risk of breast cancer; and helping families function and cope with breast cancer. Dr. Cochrane consults nationally on data and safety monitoring and has received national awards in research writing and women's health research. She earned her master's and doctorate in nursing from the University of Washington.

Cochrane's position is made possible through an endowed professorship from Professor and Dean Emeritus of the School of Nursing Rheba de Tornyay and her husband, Rudy. The de Tornyays have committed to fully endowing this professorship following Cochrane's five-year term.

Jean and Robert Reid
Sharon Smith
Andy Studebaker
Margaret and Raynard Tuttle

ANNUAL GIVING

The consistent annual support of donors provides resources for many of the School of Nursing's goals and programs. On the following pages, we honor individuals, corporations and foundations that made gifts of \$100 or more during the past fiscal year (July 2004–June 2005).

An asterisk denotes a 2003–2004 School of Nursing benefactor whose gifts during the past fiscal year or through cumulative giving over a lifetime total \$100,000 or more.

The school is also pleased to welcome indi-

viduals who contributed \$2,000 or more during the fiscal year to the President's Club, and individuals who contributed \$1,000 or more in the past fiscal year to the Dean's Club.

We are extremely grateful for the annual support from these individuals, organizations and foundations, whose commitment to the school helps shape a better future for students, faculty and our communities.

Donors are listed in alphabetical order. Donors who have asked to remain anonymous are not included in the listing.

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\$2,000 OR MORE

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Cramer Endowed Professorship Awarded

In January Karen Thomas became the first holder of the Ellery and Kirby Cramer Endowed Professorship in Nursing. Thomas, a professor of family and child nursing and 1986 alumna of the UW School of Nursing's doctoral program, joined the faculty in 1992. Her research focuses on the



effects of the neonatal intensive care unit environment on preterm infants, sleep processes in infants and children, and the development of biological rhythms in infants. She is a member of both the National and Pacific Northwest Associations of Neonatal Nurses and was invited to present the state of science paper on neonatal research at the 2005 Western Institute of Nursing Conference.

Her commitment to undergraduate and advanced education in the area of family and child nursing has led her to serve on multiple graduate, thesis and special project committees. Thomas received her bachelor's and master's degrees, both in nursing, from the University of Iowa.

Ellery and Kirby Cramer created the endowed professorship in support of a faculty member who has demonstrated nursing leadership. The Cramers' interest in supporting nurse teachers and mentors for students in light of the growing shortage of qualified nurses led them to endow the professorship.

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Spacelabs Medical Helps Create State-of-the-Art Learning Facility

As the School of Nursing expands its use of technology in teaching, it is also working to improve its on-site clinical learning facilities. A gift of eight patient monitoring systems from Spacelabs Medical Inc., valued at \$350,000, is helping the school create a state-of-the-art learning center. The monitoring systems, the same type as those found in hospitals using the Spacelabs equipment, support care decisions and allow caregivers to view, control, review and record patient data at all times and from a variety of designated locations.

"It means a great deal to me that we have a joined with Spacelabs Medical, a leader in patient care solutions, to prepare our students to work in the complex health care environment," says Dean Nancy Woods. "This technology will help us improve health care for individuals in our community and beyond."

Students who learn on the Spacelabs monitors also have an advantage when hired into hospitals with the equipment, as it helps ease their transition to the workplace.



KATHERINE HOFFMAN CIRCLE

\$500–\$999.99

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 Pamela Cipriano '81

FINE Award Leads to Improved Learning Through Video, Web

Students in the pediatric health assessment course are finding that learning difficult pediatric examination techniques is easier than expected, thanks to the efforts of Janet Cady, senior lecturer in family and child nursing, and Alan Gojdics, director of educational innovations for the school. With the help of a \$2,500 grant from the school's Fund for Innovation in Nursing Education (FINE), Cady and Gojdics have developed a set of pediatric exam videotapes, available online, that help explain what to consider while conducting a pediatric exam.

Cady, Gojdics, media developer Ashley Bond and a team of course faculty and Web development staff were able to satisfy students' desires to see the exams performed on live children without the scheduling and attention span problems associated with using real models.

"It's not uncommon to use models, but having a real child anchored in reality gives students an accurate picture of the interactions occurring between child, parent and nurse practitioner," says Gojdics.

In addition to enabling students to study the exam process, Cady and Gojdics plan to use the Web-streaming video content to make the information accessible to distance-learning students as well as those living near campus.

"We planned early on to create something that can be expanded," Gojdics says. "Our eventual goal is to use the videos as a foundation for more focus on the sub-components of the exam."

Students have already provided positive feedback on the videos, explaining in class how they slowed down complicated portions of the exam frame-by-frame to review techniques demonstrated, Cady says. Both hope to build on the success of the first video by using film footage to create individual chapters for each portion of the exam in the next stage of the project.

The FINE awards are made possible by a \$25,000 donation from AMN Healthcare. The awards are given to support innovative curriculum in the school.



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Scholarship Support Makes a Difference for Student, Kids' Nutrition

Diane Thomason '04 MN, a 2003–04 recipient of the Goldsbury Memorial Scholarship, has used her master's in health policy nursing to help change vending machine nutrition standards in Seattle/King County schools.

The Goldsbury scholarship is awarded to students who express an interest in public health nursing and demonstrate financial need. When Thomason's husband was laid off at the end of her first year in the master's program, she



was almost forced to choose between her education and working full time. But then a letter arrived, naming her as a scholarship recipient.

"It was a miracle, exactly when I needed it," Thomason said. "If people talk about going to nursing school, I tell them you have to go to UW. They really care about their students there."

Now a doctoral student at the UW School of Nursing, Thomason is seeing work for her master's thesis on vending machine nutrition policies for the Seattle/King County school boards become reality. Stricter guidelines on the high fat and high caloric snacks that are stocked in school vending machines were put into effect across the state of Washington in 2004, based on Thomason's work and state policy recommendations.

Thomason wants others to know about the impact that a single scholarship can make in the nursing profession. She credits her academic success to being given a chance to continue her education, and she plans to continue working in health policy and education.

"[Support] not only made a difference in my life, it made a difference in the lives of thousands of kids," she said.

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 Linda Haas '79

Recent Alumna Finds Giving Back a “Good Habit”

Julie Wittmann '01 BSN credits the training and the contacts she made while attending the UW's School of Nursing as a major factor in receiving a job offer from Seattle Children's Hospital & Regional Medical



Center soon after graduation. Wittmann is one of a remarkable group of recent School of Nursing alumni who regularly give back to their alma mater in appreciation for the education they earned.

“I know it's hard for any public university to maintain programming,” says Wittman, who has contributed to the school each year since graduating. “My husband and I just got into the habit of giving and it's a good habit to keep.”

Wittman's positive experience, like that of so many others, was helped along by the school's award-winning faculty members, who are committed to the education of student nurses. She remembers her clinical classes with former faculty member Sharon Parkman, now a lecturer, who was particularly inspiring in Wittmann's specialty area of pediatrics.

“My first year at the School of Nursing, I had Sharon as my clinical instructor,” she says. “She knew people at Children's [Hospital] and then I ended up doing my practicum there. I just learned so much from her.”

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C A M P A I G N U W

CREATING FUTURES

"I wanted to honor my son and the nurses who helped him during his life."

Evelyn L. Flannigan, Henry Suzzallo Society Member



James Binias

After he was diagnosed with multiple sclerosis, James Binias was able to remain at home with his family thanks to the excellent nursing care he received. As a tribute to these dedicated nurses, and in memory of James's desire to become one himself, his mother, Evelyn, established a bequest in the University of Washington School of Nursing to support future nurses studying at the Tacoma and Seattle campuses. This endowed fund will ensure that UW nursing students continue to create better futures for patients and their families.

If you would like to learn more about charitable bequests or other planned gifts, please contact the UW Office of gift Planning.

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Krysan Leaves Legacy of Support for Nursing Research, Gerontology

Germaine Krysan, an international nurse consultant with the United States Agency for International Development, the World Health Organization and the World Bank, died Aug. 1, 2005, leaving a legacy both within global health and at the UW School of Nursing.

Although her consulting work took her to Iraq, Ethiopia, Iran, India, Thailand and Kenya, Krysan, an alumna and longtime donor to the UW School of Nursing, chose to leave at least one legacy closer to home.



Krysan's dedication to furthering the education of students in the field of nursing led her to leave a charitable gift, creating the Germaine Krysan Endowed Fund, which will support UW nursing students working at the de Tornay Center for Healthy Aging or studying in the field of gerontology. In addition, a percentage of her estate is designated to support the de Tornay Center.

In her lifetime, she also made contributions to the school's Nursing Scholarship Fund as well as the American Nurses Foundation's Nursing Research Grants Program.

In an edition of the American Nurses Foundation's newsletter published prior to her death, Krysan explained her commitment to funding nursing research and why she continued to give back to programs in which she was involved: "My retirement from nursing occurred at a time when the role of nursing was expanding into clinical specialties and nurse practitioner programs," she said. "I realized that changes in nursing practice and education would depend on nursing research. I believed, and continue to believe, that I could contribute to nursing by supporting nursing research."

Krysan earned her bachelor's degree and certificate in public health nursing from the UW in 1950 and her master's degree in nursing from Teachers College at Columbia University. She served in the Army Nurse Corps during World War II and was a captain in the Commissioned Officers Association of the U.S. Public Health Service.

Patricia Zielinski '85
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IN-KIND GIVING

The School of Nursing is grateful for community clinical partnerships that allow us to sustain enrollment in our undergraduate program, particularly during a time of limited state resources. Our Clinical Teaching Partners provide a master's-prepared staff nurse who teaches a clinical course to UW nursing students.

- Children's Hospital & Regional Medical Center
- Harborview Medical Center
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- Northwest Kidney Centers
- University of Washington Medical Center
- Veterans Administration Puget Sound Health Care System
- Virginia Mason Medical Center

Herstrom's Support Provides for SON and Granddaughter's Future

When Arthur Herstrom's granddaughter decided she wanted to become a nurse and go to the University of Washington, he realized it was the perfect opportunity to give back to his alma mater as well as prepare for her future. Her diagnosis with leukemia at age 5 made the nurses at Group Health Hospital regular characters in her life, and Herstrom made regular donations to Group Health until her leukemia was in remission.

"At that point I decided it was time to look forward rather than backward, so when she said she wanted to be a nurse, I started contributing to the UW's School of Nursing," Herstrom recalls.

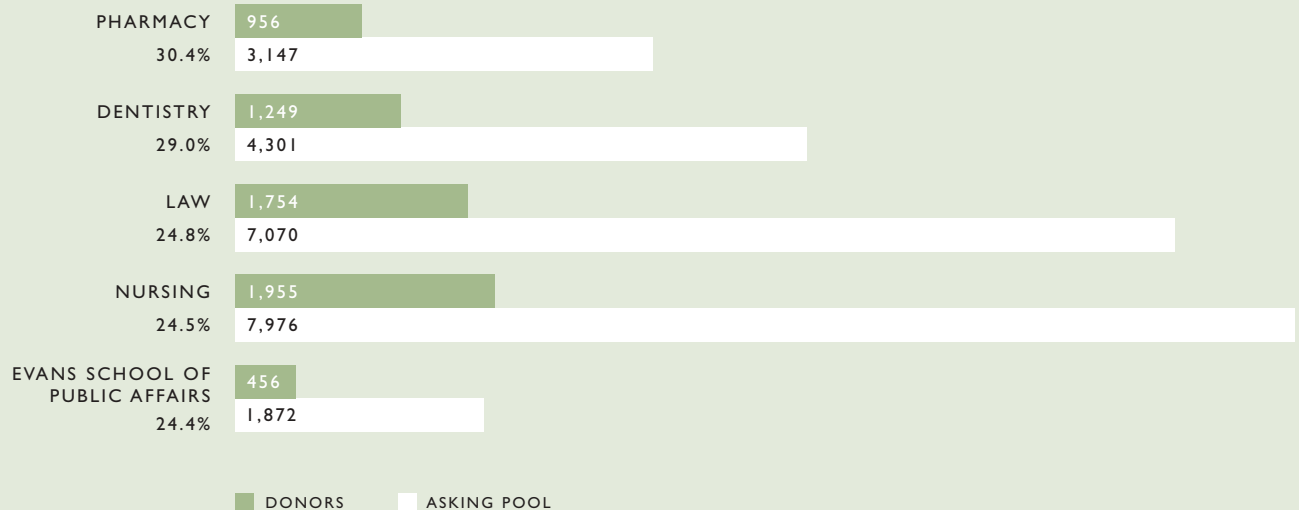
Herstrom, a 1949 graduate of the UW electrical engineering department, worked for Tacoma City Light until retiring in 1988. He is a member of the UW Alumni Association and the School of Nursing Dean's Club, supporting the Nursing Excellence Fund every month for the past two years. Although his granddaughter, now a teenager, is no longer sure she wants to pursue a degree in nursing, Herstrom says he still receives a great sense of satisfaction from giving to the School of Nursing.

"She changed her mind shortly after I started donating, but I figured I'd keep with it since she might have reconsidered," he says. "I enjoyed it, so I thought, why not continue?"

Top 5 UW Alumni Donor Participation Rates

The UW School of Nursing:

- Third highest participation rate among Health Sciences schools
- Fourth highest participation rate campuswide





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CREATING FUTURES

DEDICATION TO HEALTHY INFANTS SPURS ENDOWED PROFESSORSHIP

Kathryn Barnard has devoted her career to early childhood development. Now she wants to make sure that advances in this field continue beyond her retirement. So, she made a gift to the School of Nursing to create a new endowed professorship: the Kathryn Barnard Endowed Professorship in Infant Mental Health.

"Not only will this professorship support a world-class faculty member at the School of Nursing in perpetuity, but also it will support research in promoting the healthy mental and emotional devel-

opment of infants," says Nancy Woods, dean of the school. Dr. Barnard's work to improve the lives of infants and young children has been recognized with numerous awards and honors, including the Episteme Award, the highest honor in nursing.

"Awareness of infant mental health, even among many health professionals, is still in its early stages," says Dr. Barnard, the Charles and Gerda Spence Endowed Professor in Nursing and founding director of the UW Center on Infant Mental



Kathryn Barnard

Health and Development. "Creating a professorship in this field will assure that there will always be highly qualified faculty in place to advance knowledge about the critical first three years of life and to inspire the next generation of leaders and innovators."

NURSING TOPS IN UW FACULTY-STAFF MATCH PROGRAM

In keeping with the goals of the ongoing Creating Futures campaign, the UW has created a Faculty-Staff-Retiree Campaign for Students donation matching program.

The Campaign for Students allows the UW to match faculty, staff and retiree donations dollar for dollar, up to \$10,000. For donations over \$5,000, which create a \$10,000 endowed fund after the match, the endowment can be named for the person the donor wishes to honor and can target specific areas of student interest or academic pursuit.

So far in the campaign, the School of Nursing is among the top leaders in per capita gifts to the campaign, a notable achievement given the school's relative size to other schools on campus.

Don Berg, academic personnel officer in the School of Nursing, recently endowed a scholarship fund in his name



Don Berg

for students who are war veterans, have served in the military or show an interest in serving in the military and plan to earn a degree in nursing.

"I am an ardent supporter of the school's mission," Berg says. "The way the program is designed, using automatic payroll deductions, afforded me the ability to make the largest impact on the school with the minimal impact on myself."

Berg's experience working as a lieutenant commander in the Navy Reserve Corps, and more recently as a commander, made him want to focus on service men and women as the recipients of his endowed scholarship.

"We're going to have an entire generation of young people coming back from the Iraq war who need support," he says. "This scholarship helps benefit the nursing shortage and it helps benefit veterans, so it ties the two together."

For Frederica O'Connor, associate professor of psychosocial and community health, it was the loss of friend and School of Nursing colleague Mary Durand Thomas that made her want to contribute.

"The opportunity [to participate in the donation matching program] came up shortly after Mary died," says O'Connor. "The opportunity to establish an endowed fund in her honor continues her commitment to helping nursing students interested in psychiatric care."

Briefly

UW SCHOOL OF NURSING HONORS NURSES, VOLUNTEERS WITH 2006 LEADERSHIP AWARDS

The School of Nursing honored outstanding nurses and volunteers at its 2006 Nurses Recognition Banquet May 11 at the W Hotel in Seattle. King County Executive Ron Sims was the featured speaker. The banquet is held during National Nurses Week, celebrated annually May 6–12 nationwide.

In conjunction with 11 hospitals and health care related organizations, the program honored nurses and celebrated innovations in nursing.

The school presented four Leadership Awards. One award is designated for an alumnus of the school, and in 2004 the school added three new awards—open to anyone—to recognize the greater community's nursing leadership in research, humanitarianism and volunteerism.

- **Distinguished Alumni Award:**
Deborah L. Martin '76 MN, chief executive officer and managing partner, Infection Control and Prevention Analysts, Inc. (ICPA), has made an impact in the arena of health care with her work on computer tracking tools. Since co-founding ICPA, a patient safety software company, in Austin, Texas, Martin has become a leader in the area of infectious disease control. ICPA's products are used in more than 1,000 hospitals nationwide.

- **Distinguished Research Award:**
Kathryn Lee '77 MN, '86 PhD, the James and Marjorie Livingston Endowed Chair in Nursing at the University of California, San Francisco, is honored for her contributions to the fields of women's health and sleep research. Her studies on sleep disturbance and fatigue in women with cancer or HIV are internationally known, and she developed an instrument to measure fatigue levels that is used around the world.

- **Humanitarian Award:**
Gretchen Schodde '75 MN, founder and executive director of Harmony Hill Retreat Center, in Union, Wash., has continuously demonstrated her commitment to furthering the roles of nurse practitioners and fulfilling her calling as a nurse in the therapeutic community. In 1987 she founded Harmony Hill, a specially designed, nonprofit retreat center for individuals diagnosed with cancer. Schodde was one of the first nurse practitioners in Washington state.

- **Outstanding Volunteer Award:**
Jean and Bob Reid, honorary co-chairs of the School of Nursing Campaign Advisory Board and UW alumni, acknowledge the excellent nursing care they each have received as a factor in their support of the school. Through their \$5 million bequest to the School

of Nursing in 2000—the largest gift in the school's history—the Reids will provide scholarship support to undergraduate and graduate students unable to afford a nursing education.



Gretchen Schodde '68, Deborah Martin '76, Jean Reid '47, Nancy Woods '69, Bob Reid '48, and Kathryn Lee '77, '86

The program sponsor at the Gold \$10,000 level was Premera Blue Cross. Sponsors at the Silver \$5,000 level were ERA Care Communities, Northwest Hospital and the University of Washington Medical Center. Sponsors at the Bronze \$2,500 level were Cerner Corp., Children's Hospital & Regional Medical Center, Evercare, Group Health Cooperative, Harborview Medical Center, Northwest Kidney Centers and Swedish Medical Center, which sponsored two tables.

For information about nominating someone for next year's awards, contact Autumn Parramore at 206-616-9219 or pae@u.washington.edu.

AAN HONORS THREE FACULTY MEMBERS

Three School of Nursing faculty members were honored with induction into the American Academy of Nurses (AAN) last fall. Donna Berry, professor in biobehavioral and health systems, Sandra Motzer, associate professor in biobehavioral and health systems and Mary Salazar, professor in psychosocial and community health, were honored for their contributions to the field of nursing.

Berry, known for her work in patient-centered care and oncology research,

is also a nurse researcher for the Seattle Cancer Care Alliance. She has received funding from the National Cancer Institute and the National Institute for Nursing Research (NINR) for projects relating to treatment decision making and quality-of-life assessment in cancer patients.

Motzer is co-editor of the recently published fifth edition of *Cardiac Nursing* and is a leader in cardiac and cardiovascular nursing. She also has research funded

by the NINR that concentrates on immune functions and is an investigator with the school's Center for Women's Health and Gender Research.

Salazar was honored for her work in occupational and environmental health nursing. She served as director of the school's Occupational and Environmental Health Nursing program from its inception in 1989 to 2003, and her research focuses on health behavior and protection among working populations.

SON ADDS STUDY ABROAD IN COSTA RICA

Winter quarter came with a dose of sun and warm weather for 12 nursing undergraduates—the first group to study in Costa Rica as part of a new program.

Building on the success of the school's study abroad program in Thailand, nursing faculty Catherine Carr and Catherine Lindenburg, in coordination with Carmen Matthews, former director of international programs, created a similar program in Costa Rica. Lindenburg, who recently retired, lives in Costa Rica and was able to form a relationship between the University of Washington and the University of Costa Rica (UCR). That relationship provides program support that enables students at local hospitals and health care sites to complete required degree-track courses.

"Students take the same courses they would in Seattle but they are taught in Costa Rica," said Matthews. "It's unusual to have students take clinical courses abroad, but this enables students in professional education programs with rigid course requirements to spend time studying abroad."

Last spring, students applied to study abroad this winter quarter. During the fall

quarter, the selected students completed an online course designed to introduce the ethical and cultural considerations of working in a health care system outside the United States.



"There's a general belief that students need an understanding of global health," Matthews said. "The growing awareness that the largest non-white ethnic group in the United States is Hispanic indicates that nurses should know something about Hispanic health care beliefs and attitudes."

In addition to allowing students the

opportunity to learn from their surroundings, Carr and Lindenburg hope their partnership with the UCR will enable UCR nursing students to learn from the classes as well.

"Professional nurses in the area are very interested in having the ethics classes in a hospital auditorium," says Carr, associate professors in family and child nursing. "Having nursing students from UCR [in the classes] provides perspectives and concerns very different from ours."

WOODS APPOINTED TO STATE COMMISSION



Susan Woods

Washington Gov. Christine Gregoire appointed Susan Woods, associate dean for academic services, to a four-year term as acting director of the Washington Nursing Care Quality Assurance Commission.

Woods joined the University of Washington School of Nursing in 1980 and is currently a professor in biobehavioral nursing and health systems. She has published numerous articles and books on cardiac nursing, most notably as coeditor of the award-winning *Cardiac Nursing*, fifth edition.

Woods' work in the field of cardiovascular biology earned her the 1995 Katherine A. Lembright Award for Cardiovascular Research from the American Heart Association. She was also honored with the Alumni All-Around Award from Oregon Health & Science University and the Distinguished Research Award from the American Association of Critical Care Nursing.

Woods earned both her bachelor's and master's degrees from the UW in '73 and '75, respectively, and her PhD in nursing from Oregon Health & Science University in '91.

BOOTH-LAFORCE TOPS AMONG NIH GRANT-GETTERS, SUCCESS TO BE STUDIED

Cathryn Booth-LaForce, professor and vice chair of the Department of Family and Child Nursing, has been identified as being among the top 5 percent of National Institutes of Health grantees for her research productivity. Her research centers around children's social-emotional development, specifically focusing on the effects of various factors on children's development from infancy to middle childhood. As a result of her efficiency, Booth-LaForce will be one of the subjects of a study by researchers interested in how productive grantees positively influence their colleagues to achieve greater successes themselves.

Briefly

BAKER CHOSEN AS HARTFORD RESEARCH SCHOLAR



Maggie Baker

Maggie Baker, research assistant professor of biobehavioral nursing and health systems, was named a 2005–2006 Geriatric Nursing Research Scholar by the John A. Hartford Foundation Institute for Geriatric Nursing. Selected for her significant research in gerontologic nursing and strong leadership potential, Baker is one of 11 nurses selected for the program this year. Her research focuses on physiological and psychological measures of stress in elderly patients reported to adult protective services.

Baker currently serves as director of the Advanced Practice Forensic Nurse Specialist training grant. The program is designed to foster gerontological nursing research, with the goal of changing the contributions of nurse researchers to enhance evidence-based practice and improve the quality of health care for older adults.

CHRISMAN RECEIVES MENTORSHIP AWARD



Noel Chrisman

Noel Chrisman, professor of psychosocial and community health, received a 2006 Anna M. Shannon Mentorship Award from the Western Institute of Nursing, in honor of his support and education of nursing professionals in the West. Winners are recognized for their service as role models, involvement in professional nurse development and inspiration of others.

Chrisman's work as a self-described "clinically applied anthropologist" focuses on cross-cultural nurse competence training. He currently is involved with a Centers for Disease Control and Prevention project called Racial and Ethnic Approaches to Community Health (REACH) 2010 that works with prevention intervention for diabetes patients in minority and multicultural groups. He has been a member of the School of Nursing faculty since 1973, and has been part of the team that directs Advanced Practice Community Health Systems Nursing since 1989.

HEITKEMPER HONORED WITH PFIZER AWARD



Margaret Heitkemper

Margaret Heitkemper, the John and Marguerite Corbally Professor in Public Service, was named recipient of the first Pfizer Award by the Friends of the National Institute of Nursing Research (FNINR). She received the award at FNINR's Nightingala event Oct. 11, 2005, in Washington, D.C.

Heitkemper serves as professor and chair of the Department of Biobehavioral Nursing and Health Systems and director of the Center for Women's Health and Gender Research. Her research focuses on women's health, stress and gastrointestinal function. It has been continuously funded by the National Institutes of Health since 1983. She received the American Gastroenterological Association's Janssen Award for basic and clinical research in 2003 and was named a Robert Wood Johnson Executive Nurse Fellow in 2002.

SWARTZ NAMED A GATES LEADERSHIP SCHOLAR

Brent Swartz '06 BSN was named a 2006 Mary Gates Leadership Scholarship recipient for his work establishing the UW Rotarac Club, a Rotary club for students and young professionals. Swartz served as UW Rotarac's first president, and spent his term in office making connections with other Rotarac clubs, including those in Costa Rica, where he will spend winter quarter as a participant in the school's Study Abroad Costa Rica program. Mary Gates Leadership Scholarships are awarded to students who demonstrate a passion and imagination about their leadership abilities and seek out activities and projects that allow them to develop those abilities further. The Mary Gates Endowment provides financial support for undergraduates in three other areas besides leadership: research, honors and venture fellowships. After receiving any of the four types of scholarships, students become Mary Gates Fellows.

SCHOOL EXPANDS EFFORTS IN RURAL HEALTH NURSING

A new grant from the Department of Health and Human Services will help the school recruit, retain and graduate students living in remote or rural areas of Western Washington into rural health nursing. Faculty members Eleanor Bond, professor of biobehavioral nursing and health systems (BNHS); Sandra Motzer, associate professor of BNHS; Brenda Zierler, associate professor of BNHS; and Judith Kelson, training grant manager of BNHS, received a grant to strengthen and extend distance learning support for Advanced Practice Specialist and Adult Nurse Practitioner courses and clinical experiences for rural and remote nursing. The three-year grant, "Preparing Advanced Practice Nurses for Rural and Remote Washington" will also strengthen the school's existing relationship with Providence Everett Healthcare Clinic, developing the site as a teaching center for advanced practice nurses who work with medically underserved populations.

\$3 MILLION GRANT FUNDS CLINICAL RESEARCH TRAINING PROGRAM ACROSS MULTIPLE DEPARTMENTS

Clinical researchers are in higher demand today than ever before due to the challenges health care professionals face translating technological advancements into better patient care. In response, the National Institutes of Health created the Roadmap Initiative grant program to help recruit and train students in clinical research across a wide range of fields. The UW recently became one of nine universities in the country to receive a \$3 million grant in support of the newly developed multidisciplinary pre-doctoral clinical research training program.

The program, led by Pamela Mitchell, associate dean for research at the UW School of Nursing, and Susan Marshall, associate dean for curriculum at the UW School of Medicine, is coordinated through the Center for Health Sciences Clinical Education, or HSPICE. It includes the schools of nursing, medicine, dentistry, pharmacy and social work as well as educators and faculty members from the departments of rehabilitation

sciences, epidemiology and health services. Students accepted into the program will take classes from multiple concentration areas and work on multidisciplinary research projects across schools.

“While basic principles of clinical research are taught in each of the professional programs, the examples vary widely across schools,” says Mitchell, co-director of the program. “One of the expectations of the granting agency is that we introduce some uniformity of language and examples across the schools’ curricula.”

Recruitment into clinical research is an emphasis of the program. While several schools have clinical research courses or educational pathways for doctoral students, the UW’s program will focus specifically on raising the interest and skill of pre-doctoral students in the professional programs in clinical research.

“There’s such a need to take basic scientific research and translate it into treatments to ameliorate disease and prevention,” Mitchell says. “There is also

need for practicing nurses, physicians and other health providers to be able to translate the results of clinical research into everyday practice. This program will help provide some of those basis skills.”

Important aspects of the program include the use of faculty mentors with experience in interdisciplinary team research and intensive experience for students in conducting clinical research with those mentors. Program seminars for the students consist of nursing medical, pharmacy, dental, social work and public health students discussing their projects together to promote a true educational balance across the participating departments.

“It’s part teamwork development as well as training on how to conduct research,” Mitchell says. “The program is overseen by an interdisciplinary advisory group to assure a true balance among the professions in student selection, mentoring and curricular development.”

\$1.1 MILLION GRANT TO SUPPORT WOUND AND OSTOMY EDUCATION



Joie Whitney

Wound and ostomy care are growing areas of need for nurse specialization, but access to education programs is mostly limited to urban areas.

A team from UW’s Continuing Nursing Education (CNE) is developing a program to create more-accessible education opportunities. Joie Whitney, the Harborview Medical Center Endowed Professor in Critical Care and faculty liaison for the UW Wound Management Education program, is the primary investigator for the team.

The three-year, \$1.1 million project, titled “Increasing Access to Ostomy and

Wound Care Education,” will enable registered nurses to receive national certification in the specialty area of ostomy management. The new award expands CNE’s existing wound care program to include ostomy care. The entirely online-based ostomy course is the first of its kind on the West Coast, Whitney says. The grant will also provide more distance learning opportunities for nurses to augment their skills and knowledge in wound management for use in their existing nursing roles and encourage evidence-based practice in those areas.

“The program is important for two reasons: First, it will be available to anyone, anywhere,” Whitney said, “and second, because there aren’t that many programs in the United States that offer ostomy education.”

Statistics from the Wound and Ostomy Care Nurses organization provide a sobering picture of the need for wound and ostomy educational outreach. In the western state area of Washington, Oregon, Alaska, Montana, Wyoming, Idaho and Hawaii, there are only 168 certified providers of wound and ostomy care, and in some areas as little as 10 or fewer nurses certified in ostomy care.

CNE-affiliated team members include Renee Andersen, co-director of the Ostomy and Wound Program; Donna Rydberg, co-director of the Ostomy Program; and Betty Hanrahan, co-director of the Wound Program.

The project is funded through a grant from the U.S. Department of Health and Human Services. Visit www.uwcne.org to learn more about the program.

Briefly

WSNA INDUCTS THREE FROM SON INTO NURSING HALL OF FAME

Two School of Nursing alumni and a professor were inducted into the Washington State Nurses Association Hall of Fame on March 6, 2006. Induction into the Hall of Fame recognizes significant lifetime achievements that registered nurses have made in the areas



Patricia Greenstreet



Barbara Innes



Lois Price-Spratlen

of patient care, leadership, education, public service, nurse advocacy, heroism, patient advocacy or clinical practice.

Patricia Greenstreet '75 BSN went on to earn her juris

doctorate from the UW School of Law in 1984 and now works as a practicing attorney and patient advocate at Chemnick, Moen and Greenstreet.

Barbara Innes '63 BSN was a member of Sigma Theta Tau nursing honor society and an Alpha Tau Delta nursing honorary. She is currently director of the RN to BS Program and an associate professor of nursing at Seattle Pacific University's School of Health Sciences.

Lois Price-Spratlen received her PhD in 1976 from the School of Architecture and Urban Planning. She is a professor in the School of Nursing's Department of Psychosocial and Community Health and has been the University of Washington Ombudsman since 1988.

PRICE-SPRATLEN RECEIVES 2006 MLK SERVICE AWARD

Lois Price-Spratlen received a Martin Luther King Jr. Community Service Award Jan. 12 in recognition of her leadership in diversity efforts. The honor was part of the annual tribute to the slain civil rights leader organized by UW Health Sciences.

Price-Spratlen, professor in psychosocial and community health, has demonstrated her deep commitment to promoting diversity in the School of Nursing as well as the entire university and the community at large by supporting educational opportunity through her fund raising on behalf of African American students; assisting with recruiting, mentoring and supporting diverse students, faculty and staff; and promoting participation in the UW Alumni Association multicultural activities.

Price-Spratlen, who is also university ombudsman for sexual harassment, has been instrumental in broadening the understanding of many in our community about the value of a diverse faculty, staff and student group. She has been a role model for how to face challenging situations and deal with them directly and constructively. She has stimulated transformational change in how we view ourselves in the School of Nursing and how we aspire to be a more diverse organization.

She is an active member of the Mary Mahoney Professional Nurses Organization, as well as the founder of its endowment. This endowment has created a fund-raising campaign to help provide scholarships to African American students so they may continue their education.

Price-Spratlen is currently the chair of the King County Board of Ethics. She has made prevention through education a primary focus, implementing an ethics education program designed to reach all employees and appointed and elected officials.

WEBSTER-STRATTON PRESENTS UW ANNUAL FACULTY LECTURE

Carolyn Webster-Stratton, professor of family and child nursing, presented the 2006 UW Annual Faculty Lecture Feb. 21. This honor is bestowed on one faculty member each year to recognize outstanding accomplishments in research, teaching or academics. Webster-Stratton gave a talk titled "Helping Young Aggressive Children 'Beat the Odds': Parents, Teachers, Schools and Dinosaurs."

Webster-Stratton reviewed how and why aggression develops in children. Early childhood is a strategic time for schools and families to focus on socializing children. She showed how "friendly dinosaurs" can help take the bite out of anger by teaching children self-control processes such as emotion management, problem solving and social skills, and avoiding physical aggression.

Webster-Stratton's expertise in the field of behavioral problems in young children enabled her to help develop corrective curricula, such as the widely used video-based training program *The Incredible Years* for teachers, parents and therapists of children ages 4 to 8. She works as director of the UW Parenting Clinic and has received the prestigious Research Scientist Award from the National Institute of Mental Health.

Webster-Stratton joins previous School of Nursing recipients of this award Kathryn Barnard, the Charles and Gerda Spence Endowed Professor in Nursing, and Dean Nancy Woods.

Webster-Stratton's talk is re-broadcast occasionally on UWTV. A schedule and online streaming video can be viewed by going to www.uwTV.org and searching for such terms as "aggressive" or "beat the odds."

GRANT HELPS IMPLEMENT PATIENT SAFETY TOOL KIT

Researchers from the UW School of Nursing received an Implementing Patient Safety grant from the Agency of Healthcare Research and Quality (AHRQ). Using first-year funding of about \$300,000, the multi-disciplinary team will develop a deep vein thrombosis (DVT) toolkit for distribution to health care providers and patients in the western United States.

DVT is a common yet serious clinical disorder that occurs when blood clots

form in deep veins, usually after surgery. An estimated 2.5 million cases of DVT are diagnosed each year in the United States. The DVT Toolkit will serve as a safety device for clinicians, facilities and physicians to increase the implementation of standards of safety practices when dealing with patients at risk for blood clots.

Led by principal investigator Brenda Zierler, associate professor in biobehavioral nursing and health systems, along with Pamela Mitchell, associate dean for

research at the School of Nursing, the team is based at the UW Medical Center and partners with the UW Patient Safety Committee and Health Sciences Partnerships in Clinical Education.

The grant funds will be used to increase implementation of the toolkit with the goal of improving health care team communication and reducing medication errors. The grant was one of 15 awarded to patient safety projects that were ready to implement.

Basia Belza, associate professor of biobehavioral nursing and health systems, received two awards at last fall's annual meeting of the Association of Rheumatology Health Professionals (ARHP). She was honored with the President's Award and the ARHP Star Award. The President's Award is given to a member performing outstanding service within the present year in advancing the goals, ideals and standards of ARHP. Upon the 40th anniversary of the organization, selected members received an ARHP Star Award for making contributions to the field and the organization during its 40-year history. Belza, who studies physical conditioning and fatigue management in chronic disease, was honored for her research and service in improving the quality of life for those living with arthritis.

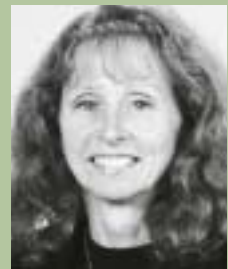


Vivian Lee, Nancy Woods and Jeanne Benoiel

National Association of Medical Minority Educators at the spring 2006 banquet for

their service in promoting students of color in the biosciences.

Cynthia Dougherty, research associate professor of biobehavioral nursing and health systems, and her colleague **Merritt Raitt**, a physician at the Portland VA Medical Center, received the Excellence in Clinical Practice Award from the Veterans Affairs (VA) Puget Sound Health



Cynthia Dougherty

Care System. The award recognizes leadership in advanced clinical practice for managing a group of patients with severe heart disease. Dougherty and Raitt started a clinic at the Seattle VA last year for people with an implantable cardioverter defibrillator (ICD), a pacemaker-like device. They formed the clinic as a formal way to follow up on patients involved in their clinical trial study titled "Anti-arrhythmic effects of spironolactone in patients with an ICD." Dougherty currently follows about 167 ICD patients in Seattle and Tacoma, with an average of one to two new patients each month. The clinical trial is in its third year of a four-year study.

Margaret Heitkemper, professor and chair of the Department of Biobehavioral

Nursing and Health, has been named as one of 16 appointees to the National Institutes of Health (NIH) National Commission on Digestive Diseases (NCDD). The newly created NCCD provides funding and national recognition for research relating to gastroenterology. Appointees serve for the duration of the commission and were selected by the director of the NIH on the basis of their expertise as academic or medical practice community members.

Terri Simpson, associate professor of biobehavioral nursing and health systems, with co-author **Kim Field**, Washington State Tuberculosis Program Coordinator, presented "Strategies to Include Tuberculosis in Nursing Education" at the International Nursing Research Conference in Yantai, China, last fall. With a partner school in the National Tuberculosis Curriculum Consortium funded by the National Heart, Lung and Blood Institute of the National Institutes of Health, Simpson and Field are developing educational materials for the University of Washington's undergraduate and graduate nursing programs.

Alumni News

THE BASIC 45S: THE UNIVERSITY OF WASHINGTON SCHOOL OF NURSING HARBORVIEW SECTION CLASS OF 1955



THEN

Basic 45s class at graduation. Back row, left to right: Joan Bachand Baker, Margaret Clarke Gray, Alice Johnson Bays (deceased), Evona Harford Brim, Fukiko Arkawa. Front row: Nina Maekawa Chinn (Basic 44), Mary Ann Vogle Williams, Genevieve Miller, Thelma Pegues



NOW

The Basic 45s class of 1955 celebrated its 50th reunion on June 13, 2005, at the Edgewater Hotel in Seattle. From left are: Evona Harford Brim, Joan Bachand Baker, Ed Baker, Thelma Pegues, Maxine Lambert, Fukiko Arakawa, Mary Ann Vogle Williams (by window), David Williams, Genevieve Miller, Mark Miller, Margaret Clarke Gray, Hisa Arakawa (sister of Fukiko).

Calling themselves The Basic 45s, the University of Washington School of Nursing Harborview Section class of 1955 recently celebrated their 50th reunion. The eight members of the class traveled from places as far away as Fairbanks, Alaska, and Oakland, Calif., and as near as Redmond to enjoy dinner at the Edgewater Hotel Restaurant in downtown Seattle last summer. Their memories from the time spent together during their student nursing rotation at Harborview Hospital and the strengths of their friendships are evident in their recollections from their nursing school experience.

“The Basic 45s were a unique group in size, experience, ethnicity and working together. We lived on the same floor in Harborview. The others shared their free meal tickets so my husband, Marques, could eat more times with me.”
—Genevieve Miller

“Being small, our class got to know each other well. The married students’ husbands were ‘part of our class’ as was Linda, Thelma’s daughter.” —Margaret Gray

“I sought admission and was very well received; in fact, surprisingly so. Rumors of discrimination had been aired in the black community about the U of W School of Nursing.” —Thelma Pegues

“A striking feature about the uniform was that no matter how short or tall you were, the hemline was 11 inches from the floor. If a group of students were standing in a row you could draw a straight line across the hemline.” —Thelma Pegues

“Evona and Genevieve, two of my classmates, were especially jewels. They tipped me off by calling me at home if my name was posted on the bulletin board for [patient] assignments so that I could arrive prepared.” —Thelma Pegues

Q&A: GUESS WHO...

- 1: This member of the Basic 45s had a staph infection in her thumb her first day at University Hospital.
- 2: This member of Basic 45s was the focus of a chapter in a book about registered nurses in Seattle.
- 3: This member of Basic 45s worked in diamond exporting in Israel, creating the company that is now called BlueNile.com.
- 4: This member of Basic 45s did home visits in Alaskan villages and received diagnoses from doctors by radio.
- 5: This member of Basic 45s was the first public health nurse nominated as President of the Washington State Public Health Association.
- 6: This member of Basic 45s had a role in developing the Deo Little and Betty Pesznecker film, “Mrs. Reynolds Needs a Nurse.”

Bonus Question: This person connected to the Basic 45s was actually in the film.

1: Fukiko Arakawa, 2: Thelma Pegues, 3: Mary Ann Vogle Williams, 4: Margaret Gray, 5: Mary Ann Vogle Williams, 6: Joan Baker. Bonus Question: Maxine Lambert Parrick, faculty adviser

Michele Issel '91 PhD has been named a Fulbright Senior Specialist. Through her five-year appointment, she will provide up to six weeks of education and research assistance per year to a collaborating agency. She currently works with nursing faculty at the Pontificia Universidad Catholica de Chile on their research of diabetes management, including electronic medical records, in a low-income suburb of Santiago, Chile. Issel is a clinical associate professor in the community health sciences division of the School of Public Health at the University of Illinois, Chicago. She also has been named editor of *Health Care Management Review*.

Diane Morrison Langemo '70 MN received the Sharon Baranoski Founder's Award for national leadership in wound care, presented at the Annual Advanced Clinical Wound Symposium in Phoenix, Ariz. Langemo was also inducted as a fellow in the American Academy of Nursing and completed a term as president of the National Pressure Ulcer Advisory Panel. She is a Chester Fritz Distinguished Professor Emeritus at the University of North Dakota College of Nursing and has an independent business in nursing research, education and medico-legal consulting.

Sharon Parkman '90 MN, '99 PhD has been appointed as assistant dean for undergraduate studies at Seattle University's College of Nursing. Parkman's experience working with undergraduate students includes serving as a teaching assistant while pursuing her doctorate and then teaching at the UW School of Nursing from 1990 to 1993. She has served on the undergraduate curriculum evaluation committee at Seattle University for the past four years and will use her knowledge of curriculum design and evaluation during her three-year term as assistant dean.



When it comes to reunions, the Basic 10s class of August 1953 likes to horse around. Six of the nine living members of the class celebrated their 52nd reunion at a classmate's ranch on Kohala Mountain near Kamuela, Hawaii. Pictured left to right are Joan Proctor Goodwin, Helen Hoover Rash, Lois Burley Hall, Velma Meister Correy, Verna Rice Munn (on horseback) and Phyllis Anderson Richards (ranch owner, holding reins). The two-week reunion took place in spring 2005 at Kahua Ranch, a working ranch where Richards and her husband have lived for more than 50 years. The class tries to meet every two years.



The Basic Ws recently celebrated their 60th reunion. Attending were, left to right: Wilda McOmber, Muriel Dykeman, Mary Russell Bauer, Patty Van Zandt, Ann Nieder, Norma Sundstrom and Virginia Graham.

In Memoriam



James P. Bush

James P. Bush '73 MA died Feb. 5. He was an associate professor emeritus in biobehavioral nursing and health systems and had worked at the School of Nursing since 1974. His research and classes revolved around the interactions between patient and nurse, and the educational opportunities available to nursing students to further knowledge of those interactions. He also is remembered for his support of underrepresented minority undergraduate students.

Norma "Jean" Bushman '59 BSN, '61 MN died April 30. A professor emerita at Seattle University, Bushman taught nursing for 35 years, until her retirement in 1995. An endowed chair position in nursing is named in her honor at Seattle University.

Rochelle "Shelle" Crosby '78 MN, '90 PhD, died Jan. 15 after a long battle with cancer. A longtime resident of



Rochelle "Shelle" Crosby

Seattle, Crosby worked at the King County Division of Mental Health for many years. In 1990, she received the Mildred M. Disbrow Award for excellence in the development and testing of nurse theories. The School of Nursing presents the award each year to the writer of an outstanding doctoral research paper.

Ellen M. Danishek '39 BS died in February after a brief illness. Her career included working in the labor and delivery unit at Harborview Hospital; working in surgical nursing at Children's Orthopedic Hospital after the births of her four children; and running her husband's medical office until his retirement.

Maria C. Humphrey '76 MN was known for her work with Native American health services in Alaska, Washington and Oregon. In the '70s she worked as the director of social-human services and nursing supervisor for the Seattle Indian Health Board while pursuing her master's degree at UW. She received a service award for her development of the first Seattle Neonatal/Well Baby Clinic for urban Native Americans. Humphrey died July 31, 2005.

Delores "Deo" Little, professor at the School of Nursing from 1959 to 1984, died April 23. Well-known for her involvement with the award-winning film "Mrs. Reynolds Needs a Nurse," Little was inducted into the Washington State Nurses Association (WSNA) Hall of Fame in 1998, in honor of her achievements both as an instructor and nurse practitioner. She began her career at Stanford University Hospital, worked at Firland TB Sanitorium and Harborview Medical Center, and then joined the School of Nursing, in what is now known as the Department of Psychosocial and Community Health. A sought-after lecturer, known for her humor and straightforward approach to promoting the nursing profession around the world, Little presented more than 300 papers, authored over 60 publications and participated in more than 20 research projects in her lifetime. She served on the WSNA Board of Directors from 1959 to 1972 and pushed for more collective bargaining power for staff nurses in the workplace. Honored by her peers and students, Little was a School of Nursing Distinguished Alumni Award winner, Lifetime Achievement honoree from the Washington State Nursing Foundation in 1998, and in 1992 was presented with the UW Health Sciences Service Award.

Betty Rairdan '90 MN died at age 60 after a long battle with cancer. Rairdan, a UW preceptor for many years, was an associate professor of nursing at the Mark and Huldah Buntain School of Nursing at Northwest University for the past five years. Rairdan was known for her work

as a nurse missionary, working for 14 years in Pakistan. Later, after becoming a nurse practitioner, she worked with the prison population at the Monroe Correctional



Betty Rairdan

Center for 10 years. Upon becoming one of the first faculty members at the Buntain School of Nursing, she traveled to India with 18 nursing students. Margo O'Callaghan, a volunteer with Continuing Nursing Education for the past 15 years, died Jan. 22 in a car accident along with her service dog, Fast Eddie. O'Callaghan suffered a stroke at age 29 and although paralyzed on her right side, she became one of the top disabled equestrian riders in the country.

Lois Anita Pederson '60 BSN died Feb. 14 after a long battle with leukemia. She earned her nursing degree from Trinity Hospital in Minot, N.D., in 1949, where she worked for several years before moving to Seattle to work at Swedish Hospital from 1954 to 1963. She earned a second degree in nursing from the UW, and spent 19 years as a nurse missionary in Ecuador. In 1985, she went to Indonesia on another missionary assignment, where she established and managed a small clinic, trained locals as health care providers and wrote a number of health-related stories to promote literacy.



Eva Ruth Silberger

Eva Ruth Silberger '88 BSN, '95 MN, died unexpectedly Jan. 15. She graduated cum laude from the UW, and worked in the Cardiac Intensive Care unit of the UW Medical Center until her death. Her family has created the Eva Ruth Silberger Memorial Endowed Fund

in her memory to help provide support for the UW School of Nursing.

Muriel Standeven-Foster '49 BSN died May 6, 2005, in Seattle. With degrees from both the UW and Teachers College at Columbia University, Standeven-Foster was a member of the UW nursing faculty, teaching in the Department of Psychosocial and Community Health from 1965–1970. Her retirement from her position of associate professor of nursing at San Diego State University in 1986 ended her 40-year career in the field of public health.

Mary Durand Thomas, associate professor in the UW School of Nursing's Department of Psychosocial and Community Health, died April 9. Thomas was known for her

professional dedication and commitment to passing on her knowledge to her students, especially in the area of psychi-



Mary Durand Thomas

atric-mental health nursing. She received the International Society of Psychiatric-Mental Health Nurses' Education Award in 2002 in honor of her work championing the need for sophisticated identification of mental illnesses and physical disorders. Her use of distance-learning programs and complex case examples characterized her ingenuity in using any and all materials available to complete the education of her

students. When she implemented graduate education programs in psychiatric-mental health nursing at both the University of Washington and Washington State University, more than a dozen nurses were able to earn advanced degrees, many of whom still practice in Washington state hospitals.

Joanne Adelaide Woodhull Goepfert '67 MN died Aug. 15, 2005, after a 12-year battle with Alzheimer's disease. Goepfert received her bachelor's degree in nursing from the University of Kansas and taught there until moving to Seattle to earn her master's degree. She was active in nursing while raising her four children and was working toward her PhD in nursing from the UW when she became ill.

Message Corner

OH, YEAH! I REMEMBER HER...

Don't lose touch. Take a few minutes to share your latest news or memories with fellow alumni. New job? Volunteer work? A special trip? Reunions? Honors? Please send updates and/or your favorite photo, new or old, along with a brief description of who's pictured, the date and the place, and we'll run it in an upcoming issue. Please include your name, class year and program, along with your contact information. Send alumni news and photos to *Connections*, University of Washington School of Nursing, Box 357260, Seattle, WA, 98195-7260; unrau@u.washington.edu; 206-543-3019.

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Join the UW Alumni Association today, and \$10 will go to the scholarship fund of your UW college. You will get a ton of member benefits, and you'll be showing your Husky pride. What could be better than that?

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Continuing Nursing Education Calendar

For information about these events or to place your name on the mailing list for continuing education programs, call Continuing Nursing Education at 206-543-1047 or visit www.uwcne.org.

AUGUST 30–NOVEMBER 2

Wound Management Education
Program 2006

SEPTEMBER 22–DECEMBER 1

Nursing Leadership and Management
in Long-term Care

OCTOBER 26–27

Fourth Annual Update in
Medical-Surgical Nursing

AUGUST 30–JANUARY 10

Ostomy Management Education
Program 2006

OCTOBER 4–7

29th Annual Pacific Northwest
National Conference on Advanced
Practice in Primary and Acute Care

NOVEMBER 6–7

Foundations in Chemotherapy

NOVEMBER 13

Immediate Response: Essential Skills
for Urgent Clinical Situations

On the Cover

School of Nursing undergraduate student Karin Huster's summer studies in South Africa inspired her to develop a picture-based guide to help HIV/AIDS patients, like this 9-year-old Kenyan boy, take their medications correctly.

Call for Award Nominations

UW School of Nursing alumni, friends, faculty, staff and other professional colleagues are encouraged to recommend one or more individuals to be recognized at the annual Nurses Recognition Banquet, to be held in Seattle May 10, 2007. These awards honor our greater community's outstanding nurses and volunteers who have advanced nursing through their exemplary leadership and commitment to health care. The school will present the Distinguished Alumni Award, Distinguished Research/Faculty Award, Humanitarian Award and Outstanding Volunteer Award. The nomination deadline is Nov. 3. For details, visit www.son.washington.edu/giving, or contact Autumn Parramore at 206-616-9219 or pae@u.washington.edu.

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