A Community of Partnerships
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Key to Partnerships

- Green: School supplies (notebook, binder, ruler, etc.) collected for student backpacks for Teen Summit organized by the Community Nursing Organization.

- Orange: Winter caps, scarves and blankets donated for the School of Nursing annual drive for CHIP (Children's Health: Involving Parents).

- Blue: Medical equipment (thermometer, knee hammer, fluids, blood pressure cuff, tongue depressors, stethoscope, etc.) used in local health screenings by student nursing groups.

- Pink: Toothbrushes donated for Nursing Students without Borders annual trip to Belize.

VCU Nursing Connections is the official magazine of the VCU School of Nursing and is published twice yearly. Comments and letters may be directed to the editors.

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A Message from the Dean

VCU's Quest for Distinction

VCU is on a Quest for Distinction – to become a preeminent public, urban research university. Theme IV of Quest, the next stage of VCU’s strategic plan, is to “become a national model for community engagement and regional impact.”

VCU is one of only 40 public research universities in the country to receive both the Community Engaged Institution designation and Very High Research Activity status from the prestigious Carnegie Foundation for the Advancement of Teaching. The VCU School of Nursing has been consistently ranked in the top 25 of schools of nursing in the country for National Institutes of Health funding for research and has a proud heritage of community engagement and regional impact that dates back to our founding director and initiator of professional nursing in Virginia, Sadie Heath Cabaniss (to learn more about the foundation laid by Ms. Cabaniss, read Corinne Dorsey’s article on p. 11). But I am here to tell you that while the VCU School of Nursing is proud of our rich history, we are not resting on those laurels.

Our faculty, students and alumni embody community engagement through a variety of individual and group projects, and we are educating the next generation of nursing leaders who will continue this tradition on local, state and national levels.

The cover story provides an overview of how we at the VCU School of Nursing are engaged with our community – through the health disparities work of the School’s Community Nursing Organization; our partnership with the VCU Health System; through Una Vida Sana, a collaborative project of the VCU Schools of Nursing, Dentistry and Pharmacy that provides health screenings to uninsured Hispanic patients; and student led initiatives like Nursing Students Without Borders and the Women’s Health Nursing Group. The article on The Cabaniss Leadership Challenge by alumna Corinne Dorsey shows one dynamic way that our alumni are serving the school by raising money for endowed scholarships for nursing students, endowed professorships to support faculty and funds for leadership in nursing research, education and service. All of this makes it clear to me that our faculty, students and alumni are providing leadership locally and internationally to address the most important health care issues facing our communities.

“Our Time. Right Now.” The rallying cry during the VCU Rams’ fantastic run to the Final Four could not be more apt as we launch a new vision for VCU to be the nation’s top public, urban research university. VCU’s Quest for Distinction marks an exciting new chapter for Virginia Commonwealth University and for your VCU School of Nursing. Stay tuned!

Nancy F. Langston, Ph.D., R.N., FAAN
Dean and Professor, VCU School of Nursing
Executive Director for Academic Nursing, VCU Health System

P.S. If you have examples of VCU Nursing leadership in research, education, practice or community service that you would like to share, please contact Angela Flagg, our new communications director, at flaggal@vcu.edu or (804) 828-1071.
VCU nursing students participate in providing healthcare as far away as Belize, as well as locally in Richmond's public housing communities. Photo courtesy of Kate Bower.
Danita Gregory offers glowing reviews every time she’s asked about the Mosby Resource Center, a facility that promotes health and wellness, located right in her neighborhood.

“If you feel like something is wrong, you can just walk in and they will take care of you,” Gregory said. “You don’t have to go downtown – it’s like a walk right out my front door.”

For some of her fellow Mosby residents, the convenient location may have been lifesaving, according to Gregory.

“Quite a few people didn’t even know they had high blood pressure,” she said. “Now they’re taking pills.”

Nearly every month there are cases like this that demonstrate the impact the VCU School of Nursing has on the community. The Mosby Resource Center, which held a grand opening ceremony last April, is one of the School of Nursing’s outreach projects designed to prepare students to be successful nurses and strong patient advocates.

In partnership with the Richmond Health District, the Richmond Redevelopment and Housing Authority and the Mosby Tenant Council, the VCU School of Nursing provides services to promote health and wellness among Mosby residents, including screenings, checkups and nutrition information. With Fay Parpart, R.N., assistant professor, as the nurse practitioner on-site coordinating various health screenings and other services, the center also offers “real-life” experience for SON students as they perform clinical services at Mosby and other RRHA resource centers as part of their required course work.

“This is a wonderful opportunity for our students to learn while giving back to the community,” Parpart said.

Through partnerships with RRHA, community organizations,
the VCU Health System, alumni and others, the School offers nursing students experience in a wide range of health care settings. This focus on hands-on learning while serving the community is a proud tradition that continues to make a difference.

Improving Our Community
Since the days of Sadie Heath Cabaniss, the School’s founding director and initiator of professional nursing in Virginia, the VCU School of Nursing has valued the importance of supporting health care within the community. While the scope of that effort has evolved throughout the years, supporting community health efforts remains an important part of nursing education today.

The School’s Community Nursing Organization (CNO) coordinates and supports many of the service and community efforts of nursing students, faculty and staff. Within the last two years, the CNO has been led by Stephanie Ferguson, Ph.D., R.N., FAAN, also a VCU Nursing alumna. Since taking the position of director of the CNO, Ferguson has organized a number of activities focused on improving health for children and families.

“We’re excited to partner with schools and community organizations to talk with parents and kids about staying healthy. A healthy lifestyle sets kids up for a successful future that can positively impact all areas of their lives,” said Dr. Ferguson.

“The VCU School of Nursing is committed to working with community organizations to improve health for families throughout Richmond.”

Dr. Ferguson’s community involvement and focus on underserved communities has linked the School of Nursing with many resources in the community. She is co-chair of the Mayor’s Breastfeeding Commission, represents the School on the Community Engagement Council at VCU and is very active with the Boys and Girls Club. She also has consulted with and provided technical assistance for the Richmond City Health District.

Through the Community Nursing Organization, the School of Nursing collaborated with the Hayes E. Willis Health Center in August 2010 to host a Teens and Tweens Summit. The event featured speakers who addressed a variety of topics, including planning for college, conflict resolution and study skills. The School’s staff also supported this effort by volunteering at the event and organizing a school supply collection drive. Each student participant received a backpack filled with supplies for the new school year.

In fall 2010, the School also launched a partnership with the Salvation Army Boys and Girls Club in Church Hill to host Family Fun Night. Nearly 100 parents and kids attended the hands-on session focusing on nutrition, healthy meal preparation, hand washing and exercise. The evening concluded with a warm, healthy meal for attendees and recipes that families could try at home.

“I’m just so excited about the collaboration between our organization and the VCU School of Nursing. The nursing students planned hands-on learning sessions and really connected with the kids,” said Hugh Jones, executive director of the Salvation Army Boys and Girls Club.

The event was organized by VCU nursing students as part of their clinical work for the Community Health Nursing course. Nine nursing students helped organize the event with the guidance of nursing faculty.

“Our students led the planning for the Family Fun Night, developed the program and assisted with the design and implementation of many of the sessions. This is a wonderful opportunity for our students to learn about community health and effective health education and to give back to our community,” Parpart said.

This fall, Melissa Gomes, Ph.D., R.N., and her community health clinical students coordinated another family night event at the Salvation Army Boys and Girls Club in Church Hill, this time focusing on violence and bullying prevention.

“We are trying to create an awareness of the issue while providing an educational program that was both informative and fun for all who attended,” Dr. Gomes said. “Our goal is to make a difference and promote a better understanding of this important problem facing our youth.”

Student organizations are also taking an active role in the local and global health community. Nursing Students Without Borders (NSWB) has taken two trips to Belize to provide health screenings to children and volunteer in health clinics. In addition, the organization supports local health efforts by collecting children’s books for physician offices and volunteering at local health outreach efforts.

In 2010, a group of students united by a common interest in women’s health issues organized the Women’s Health Nursing Group (WHNG). WHNG hosts regular speakers who focus on women’s health and volunteer in Richmond communities to provide health information.

The School of Nursing has filled a major void by sharing health information with the community through its partnership with RRHA. More than 2,000 public housing residents have visited the resource centers since the first one opened in Fairfield Court in December 2009, according to Amy Popovich, M.S.N.,
R.N., public health nurse, RRHA Resource Centers and the Richmond Health District. In addition to centers at Mosby and Fairfield, others are located in Whitcomb and Creighton Courts.

“The School of Nursing has gone above and beyond to provide support, not only financially, but also through involvement of faculty and nursing students,” Popovich said. “The residents really appreciate having a place within walking distance where they can go to ask questions and get resources to meet their health needs.”

The centers meet more than the residents’ health needs, according to Ferguson. Although the clinic is only open on Wednesdays, the resource center offers tutorial programs for children, job readiness sessions and other information programs during the week to help residents maintain their well-being.

“Some of our students help out with these programs,” Ferguson said. “It’s an opportunity for our students to serve and really learn about the social determinants of health, such as safe housing, public transportation, and employment.”

In an effort to be more engaged in the Mosby community, the School has extended its partnership beyond the resource center. Parpart represents the Mosby Resource Center and the School as a member of the community-based organization Health Connections, also in Mosby. In August, Parpart, along with Marie Chapin, M.S., R.N., CPNP, assistant professor, offered back to school physicals, immunizations and developmental screenings for the community. A month later, the School of Nursing partnered with the Mosby Tenant Council to give away 100 backpacks filled with school supplies during the annual Mosby community day.

Health System

A key strength of the VCU School of Nursing is its partnership with the VCU Health System (VCUHS). Through clinical experiences with VCUHS, nursing students see a wide range of patients and conditions. As a Level 1 trauma center with Magnet status, VCU Medical Center offers nursing students experience and knowledge that can’t be found at all nursing schools.

“As nursing students in a Magnet Designated hospital, they are able to learn in an environment that is empowering – where practice is based on the most current evidence, while being mentored by highly educated and experienced faculty and staff,” said Lauren Goodloe, Ph.D., R.N., assistant dean for clinical operations of the VCU School of Nursing. “The VCUHS is committed to creating a safe and welcoming learning environment for our nursing students.”

In addition to working with top-notch nurses, physicians and other medical professionals within VCUHS, nursing students also benefit from excellent facilities. The new Critical Care Hospital provides a state of the art neonatal intensive care unit and floors dedicated to adult ICUs.

The Critical Care Hospital has also provided a great opportunity for nursing researchers. Mary Jo Grap, Ph.D., R.N., FAAN, is one of the scientists who relies on patients, nursing staff and physicians as they engage in research that makes a difference in the lives of patients and improves health care for all.

The relationship with the VCUHS is a two-way street. Nurses aid the school by serving as clinical instructors and preceptors. Likewise, nurses often look to the School as they consider furthering their education at the master’s or doctoral level.
Collaborations
A major asset of the VCU School of Nursing is its collaborations with fellow faculty and medical professionals. Throughout the university, faculty and staff partner to strengthen research, education and service.

Una Vida Sana is just one example of successful partnerships. A joint project of the Schools of Nursing, Dentistry and Pharmacy, this program makes a difference for Hispanic patients in the Richmond area. Through a Community Engagement Grant, Una Vida Sana recruits faculty and students from VCU to provide health screenings to the uninsured.

Allison Gregory, M.S.N., R.N., FNP-BC, clinical assistant professor on the nursing faculty and a board member of the Virginia Board of Nursing, initiated this project for the School of Nursing.

"Una Vida Sana is a great project that provides a needed service to the uninsured in our community. This has been a wonderful experience for our students who have the opportunity to give back to the community and practice their nursing skills," she said.

Gregory credits Mark Ryan, M.D., a faculty member with the VCU School of Medicine, with launching this effort and lending the support of the physician community.

In addition to service, the School works with the Department of Bioengineering to support various research efforts by helping scientists develop tools and measures critical to success.

Alumni and Friends
Nursing education at VCU would not be possible without the generous support of alumni and friends. Through donations of time, money and ideas, the School is able to fund scholarships, build and maintain the building and garden and guide students on their path to nursing.

Currently, VCU School of Nursing alumni, led by Corinne Dorsey, N’54, are in the beginning phase of the Cabaniss Leadership Challenge, a $4 million campaign to raise money for endowed scholarships and professorships (see Cabaniss Leadership Challenge, p. 11). In addition, the School has an Advancement Council, chaired by Gail Johnson, N’67, comprised of area business and health care leaders committed to advancing nursing and the mission of the School. The Cabaniss Leadership Challenge Committee and the VCU Nursing Advancement Council are working together to reach the $4 million goal and to raise awareness of nursing and the VCU School of Nursing in Richmond and beyond.

Alumni also provide continual support to students. Whether they’re helping students find a job in a new city or volunteering for the Connector program, alumni are providing an invaluable service to students and the School.

“From the moment we commit to being a nurse, we commit to service that transforms lives,” Dr. Saxby added.

For people like Danita Gregory, the School’s service made its mark.

“It’s just amazing” she said. “I hope they will always be here and never leave.”

Photo courtesy of Kate Bower.
Last January, VCU School of Nursing students with Nursing Students Without Borders (NSWB) traveled to Belize with 600 pounds of supplies and performed health screenings on over 300 school children. Every child received a goody bag of oral hygiene supplies, writing utensils, and fun items like stickers and stick-on tattoos. Each nursing student spent one day volunteering at a local clinic and met with a doctor in a nearby town to learn about the healthcare structure within the country.

Nursing Students Without Borders also held a fundraiser at Capital Ale House in March with 25% of all food proceeds designed to fund future endeavors. A big thank you goes out to all of the friends who came out to support NSWB and enjoy a great meal in the process. NWSB participated in the 2011 Relay For Life in April.

¡Una Vida Sana! has been visible in multiple community events recently. The group members provided cardiometabolic disease screening and health counseling at the Sacred Heart Center in February and Iglesia Monte de Sion (Mount Zion Church) in March. ¡Una Vida Sana! also participated in an outreach event at Ramsey United Methodist Church in April, held in conjunction with the City of Richmond Hispanic Liaison Office's tax preparation event.

The NURS 415 (Community Health) Clinical Section 001 worked with the Salvation Army Boys and Girls Club (SBGC) last semester. The students planned a Family Fun Night in April, mixing fun with educational sessions and dinner. Club members, ages 6-15, as well as parents and guardians, attended.

The VCU/MCV Campus Community Health Fair was held in March at Armstrong High School in Richmond. This was the fourth year of the MCV-organized community health fair; however, it is the first at which any nursing students have been part of the organization and planning process. The goal of the health fair was to have participation from all MCV Campus disciplines, provide the community insight into what these disciplines do, and provide free basic health services.

A group of eight senior nursing students assisted with the Homeward “Point in Time Count” in January at St. Paul’s Episcopal Church on Grace Street as part of their community health nursing clinical with Allison Gregory, R.N., FNP-BC. Her clinical section is focusing on the homeless population in Richmond, VA and used the experience to give the students a taste of what kind of information Homeward, along with other organizations and service providers, is hoping to learn about the homeless community and what kind of data needs to be collected to improve services and get people connected to stable housing. Surveys were administered to the people who came for a free hot lunch. The students were able to sit one-on-one with individuals to collect the survey data. Each student surveyed between four and 10 individuals. They will use data from previous Point in Time Counts in putting together a Community Health Assessment of Richmond’s homeless community as part of their clinical requirements, and will later plan and implement health promotion projects to meet the needs in this community.

The Women’s Health Nursing Group (WHNG) participated in the Black Community Love Festival held in September at Second Baptist Church just south of the VCU Monroe Campus in the Randolph community. WHNG used this as an opportunity to educate the African American community about three issues: teen pregnancy, domestic/sexual violence, and breast cancer. They provided teens with "survival guides" promoting healthy lifestyle choices and provided information on many resources available. WHNG also used a recent American Cancer Society report to talk about the morbidity/mortality rates related to breast cancer in the African American community nationwide and discussed the importance of breast screening exams. ♦
Save the Date
for Reunion Weekend 2012!

April 20th - 22nd

Calling all classes that end in 2 and 7! All advanced degrees will also be welcome for a special celebration. More info is on the way!

Questions? Contact Kelly Gotschalk at (804)828-2993 or kjgotschalk@vcu.edu.

The Real VCU School of Nursing is on Facebook.

Reconnect with former classmates and faculty. See what’s happening on a daily basis in the life of the School. Facebook is also a great tool in planning reunions and events.

Become a fan today!

Search: The Real VCU School of Nursing Page
VCU School of Nursing Center for Clinical Learning Adds New Pediatric Simulator

The VCU School of Nursing Clinical Learning Center recently welcomed one of the newest pediatric simulators in the industry to its growing interactive education inventory. Fresh off the assembly line, the SimJunior™ is about the size of a five-year-old, said Sandra Voll, M.S., R.N., CNM, WHNP, FNP, clinical assistant professor and CLC director.

“He’s a high fidelity simulator – he can talk, breathe and has pulses,” Voll said. “This completes the family of simulators we expose students to as part of our clinical education, she added, noting that the CLC’s interactive patient simulators include five adults, one geriatric, one infant and one newborn.”

The SimJunior, developed by Laerdal with the American Academy of Pediatrics, is designed to enable instructors to scale their training to meet individual needs. It includes easy-to-use software that gives instructors the ability to create basic or advanced scenarios.

Through the innovative user interface and scenario design, instructors can control the simulator’s responses during a training session with the push of a button on a handheld remote control or a laptop PC. They can create multiple physiological changes at once to present life threatening scenarios for students. The interactive manikin gives immediate feedback so students can think critically and adjust their care plan accordingly.

One of the most advanced and comprehensive clinical simulation centers on the East Coast and recognized in 2010 as a Laerdal Center for Education Excellence, the VCU School of Nursing’s CLC provides unique educational experiences beyond traditional lectures. The addition of SimJunior is the latest example of the Clinical Learning Center’s efforts to integrate cutting edge technology into its pediatric training programs.

“The simulator is very interactive and offers a real-world learning experience for our students,” Voll said. “We’re committed to ensuring our students master the skills they need to provide care to pediatric patients.”

VCU Nursing to Launch Ph.D. Hybrid Program in Fall 2012

Pending approval, the VCU School of Nursing will enhance its current Ph.D. program by incorporating a hybrid instructional format beginning Fall 2012. The program will include a combination of online courses and traditional classroom experiences to offer students a dynamic, interactive learning experience that will prepare them to become nurse scientists. This new format is designed to expand the Ph.D. program’s reach to a wider range of highly motivated, independent students who aspire to become scholars, make a significant difference in the field of nursing, and study with nationally recognized nurse scientists who conduct biobehavioral clinical research.

With the establishment of its NINR-funded P20 Center for Biobehavioral Clinical Research (CBCR) in 2004, the School placed itself among a few elite institutions in the nation focusing on the development of biobehavioral science for nursing. In 2009, NINR awarded the School of Nursing a P30 grant, expanding the CBCR into the Center of Excellence for Biobehavioral Approaches to Symptom Management. Center researchers are making important discoveries that advance nursing knowledge, particularly by enhancing symptom management and biobehavioral outcomes. Faculty, post-doctoral fellows, and doctoral students have a wide range of opportunities to interact with the Center by consulting with center scientists, utilizing center services or support staff, and attending center symposia.

Rated among the nation’s best graduate nursing programs, the VCU School of Nursing offers unparalleled training opportunities for Ph.D. students due to the experience of the highly trained faculty, state-of-the-art facilities, and collaboration with VCU Medical Center, a level 1 trauma center with Magnet status. Our faculty members are nationally recognized for their contributions to research and education. Their commitment to advancing the nursing profession is reflected in VCU being ranked as a top, urban public research university with national and global rankings in sponsored research.

Throughout their studies, Ph.D. students engage in experiences that foster their development as nursing leaders, educators and nurse scientists. Role development is enhanced through mentored research and scholarly experiences, as well as development of interdisciplinary research. To learn more about the Ph.D. in nursing program’s hybrid format, contact the VCU School of Nursing’s admissions office at 804-828-5171.
The Nursing Division of the Medical College of Virginia Alumni Association of the Virginia Commonwealth University (MCVAA of VCU) and the Virginia Commonwealth University School of Nursing are in the early stage of planning and fundraising for the Cabaniss Leadership Challenge, a campaign to develop more donors and raise $4 million to be used for nursing scholarships, professorships and a chair for the position of the dean of the VCU School of Nursing. A steering committee comprised of alumni leaders and faculty representatives, chaired by Corinne Dorsey, (Diploma 1954, MCV; B.S. in Nursing 1965, RPI) will oversee the Cabaniss Leadership Challenge. The steering committee expects to announce the completion of the campaign in 2013 at a gala celebration to honor both Sadie Heath Cabaniss and Nancy F. Langston, who plans to retire that year. It is anticipated that an announcement will be made to name the School of Nursing Building for Cabaniss, thus returning the name to a building that is dedicated solely to nursing.

To help kick off the campaign and show my commitment to the effort, I made an initial pledge of $10,000 at the end of 2010, and I am offering a challenge to my fellow MCV, St. Philip and VCU Nursing alumni friends and colleagues to join me in this important effort.

For more than eighty years, there has been a building on the MCV Campus with the name “Cabaniss Hall.” From 1928 until 1967, Cabaniss Hall housed several classrooms, administrative offices and the nursing student dormitory. The name Cabaniss Hall was transferred to a new dormitory building that was opened in 1967 to provide housing for the nursing students. The former Cabaniss Hall became the Nursing Education Building. The rooms were altered to provide classrooms and faculty offices for the growing VCU School of Nursing. In more recent years, the newer Cabaniss Hall has become a dormitory for individuals other than nursing students and the Nursing Education Building was demolished when the decision was made to erect a new building for the School of Nursing. In 2007, the new, state-of-the-science VCU School of Nursing Building was opened. Subsequently, the Nursing Division of the MCVAA of VCU voted to take the steps necessary to name the new building for Sadie Heath Cabaniss and thus assure that a building for the education of nurses on the MCV Campus would continue to honor this outstanding Virginia nursing leader.

What makes Sadie Heath Cabaniss so special that she deserves continuing recognition and honor in Virginia? She might well be described as the quintessential nurse among a group of outstanding founders and leaders of the late 19th and early 20th centuries. Born in 1865 in Petersburg, Virginia, Sadie Heath Cabaniss was a graduate of the Johns Hopkins School of Nursing. She came to the Old Dominion Hospital in Richmond (today the Virginia Commonwealth University Medical Center) to be the supervisor of the operating room. Her strengths and abilities were soon recognized and she was asked to organize a “training school” for nurses. She established a program based on the Nightingale system and graduates of this school were soon taking their places in leadership roles in nursing. Today, this school is the Virginia Commonwealth University School of Nursing. While still with the School, Cabaniss organized the “Nurses Settlement,” where her students provided care, under her direction, for citizens of Richmond who had little or no access to care. She resigned from her position with the School in 1901 and devoted her efforts to the Settlement. The Settlement exists today and is known as the Instructive Visiting Nurses Association (IVNA).

Not content with these two achievements, Cabaniss was active with the American Nurses Association (ANA) from its beginning, largely because of her association with the Johns Hopkins Alumnae Association and with Isabel Hampton Robb, Director at Johns Hopkins and first President of the ANA. She was well aware of a national movement to organize state nurses associations. Under her leadership, a group of nurses met on June 13, 1901 at the Nurses Settlement “to organize the Virginia State Association [later the VNA] of nurses with the purpose in view of elevating the
standard of the nursing profession, strengthening their power and usefulness by cooperating and mutual interest, and obtaining legal recognition as a professional body.” Cabaniss was elected president at that meeting and Virginia joined Illinois and New York as the first three states to have state nurses associations. In 2001, the VNA celebrated its Centennial and this year marks its 110th anniversary.

The VNA immediately began the process of obtaining a “registration law” or a “Nurse Practice Act” in Virginia. Cabaniss worked with her cousin, Charles T. Lassiter, a member of the General Assembly, to develop the language of the bill that became Virginia’s first Nurse Practice Act. It was adopted by the General Assembly and signed into law by Governor Andrew Jackson Montague on May 14, 1903. The first four laws governing the practice of nursing in the United States were enacted that year in North Carolina, New Jersey, New York and Virginia. The Virginia law was unique in that it was the only one of the four where all of the five members of its Board were nurses. Cabaniss was elected as first president of what is today known as the Virginia Board of Nursing and served two five-year terms on the Board.

Cabaniss continued her career in public health positions in Virginia, North Carolina, Georgia and Florida. She returned to Virginia after World War I and worked in Virginia until shortly before her death in 1921. In addition to the honors mentioned above, the VCU School of Nursing has a Cabaniss Society that recognizes significant annual donors to the School. As part of the Centennial Celebration of the VNA, she was named a Pioneer Nurse by the VNA in 1999, and inducted into the Virginia Nursing Hall of Fame with its first class in 2001. She has been a member of the ANA Hall of Fame since 2002.

The completion of the Cabaniss Leadership Challenge will also honor Dean Nancy Langston as she retires from her position with the School of Nursing. The Steering Committee intends to recognize her leadership and contributions to nursing by establishing an endowed chair to be held by future VCU School of Nursing deans. It is easy to connect Langston and Cabaniss. Cabaniss began the educational program for nurses that is the VCU School of Nursing in the 19th century. Langston was Dean of the School when it celebrated its Centennial and plans to leave that post during the 120th year of the School. Langston has brought national and international recognition to VCU and to nursing in Virginia through her service as president of the National League for Nursing, and her influence is seen in the increase in endowments for the School and the acquisition of monies for research at the School. Her commitment to the recognition of the contributions of diverse individuals and groups continues to be a presence in the mission of the School. Dr. Michael Rao, President of VCU, has said of Langston’s tenure: “the school has moved to the forefront of nursing research … This commitment … improves the educational experience for our nursing students, teaching them valuable lessons about lifelong learning and commitment to improving health care for all.” In addition, he said that “the establishment of an endowed chair will go a long way toward helping us attract an exemplary dean to continue Dr. Langston’s accomplishments after her retirement.” What better way to celebrate Langston’s retirement than to report achievement of a goal of $4 million dollars to be used for nursing scholarships, professorships and a chair for the position of the dean! What better way to welcome a new dean than to announce this achievement at a celebration in 2013!

Now, what can you do to meet the Cabaniss Leadership Challenge? Make a gift that means something to you, one that goes beyond your checkbook – a thoughtful gift. For some that will mean making a gift through a bequest or other planned giving vehicle, for others it will mean establishing an endowed fund through gift of $10,000 or more over five years, and for others it will mean a gift of $1,000 or $100. And now a suggestion I got from Dr. Langston: For those of you who can’t establish your own endowed funds (the minimum is $10,000), consider creating a “circle of giving” to achieve the same goal. For classes celebrating reunions, consider a class gift campaign as part of your celebration. My class and many others have been successful establishing endowed funds for scholarships, the Heritage Room and professorships. For example, 10 classmates, family or friends could give $1,000 each and together establish an endowed scholarship fund. Or, for our more recent graduates, 100 of you giving $100 each could establish an endowed scholarship fund. More than the amount you give, by establishing an endowed fund, you will be establishing an amazing, lifelong connection with the VCU School of Nursing, its students and faculty. I urge you to join me in accepting the Cabaniss Leadership Challenge to advance nursing research, practice and service, providing the margin of excellence to recruit and retain the best and brightest and to ensure the legacy of leadership of our outstanding School of Nursing.

To donate to the Cabaniss Leadership Challenge, please make a check payable to the VCU School of Nursing with a notation: for The Cabaniss Leadership Challenge. Mail the check to James T. Parrish, Director of Development, VCU School of Nursing, P. O. Box 980567, Richmond, VA 23298-0567. For more information, or if you wish to discuss planned gifts, multi-year pledges, or establishing your own named endowment fund, contact James Parrish at (804) 828-5172 or jtparrish@vcu.edu. For credit card donations, visit the VCU School of Nursing’s website: nursing.vcu.edu and click on the “Make a Gift” button.
Since the fall of 2010, more than 390 students graduated from the School of Nursing. Despite a tough economy, many had positions lined up after graduation, like Cindy Kapinos, Cindy Kapinos who is an R.N. at Henrico Doctor’s Hospital, and Kelly Turner, who is working in Acute Care Pediatrics at VCUHS and is continuing at the VCU School of Nursing for a master’s degree in the Family Nursing track.

There are also some stories of excellence in the quest for the degree from the School of Nursing. Take for instance Reid Byrne, a former marine corps captain, interfaith minister, doula and massage therapist. In March of 2010, she started a position in the mother infant unit at HCAs Johnston-Willis Hospital where she did her senior synthesis. While in school, Reid was instrumental in helping to launch the Women’s Health Nursing Group. Prior to graduation, she was inducted into Sigma Theta Tau, the honor society for nursing, and was awarded the Mayme B. Wilson Lacey Award at the School’s Recognition Ceremony. Reid recently came back to visit the School of Nursing and talked with a student group that have trained to become doulas. She has been a doula for six years (since shortly after the birth of her first child).

Kin Choi was a chemistry major originally and later earned a Ph.D. in Pharmacology. He came to nursing as an accelerated student and has earned a B.S. and a R.N. title. In December, he was inducted into Sigma Theta Tau. A past receipient of the Lynn Bell, Phi Kappa Phi, Gwaltney, Theresa Thomas, and Greentree Hirsh scholarships, he received an Advanced Education Nursing Traineeship. Kin is currently involved in Dr. Mary Jo Grap’s SIBRE study to gain insights to help critically ill patients and is pursuing a master’s degree in nursing. He hopes to be an adult health nurse practitioner in the future.

Congratulations to our Newest Graduates!

Congratulations to the graduates!
Here are some quick facts concerning the winter, spring and summer graduates.

December 2010
- Traditional B.S. - 0
- R.N.-B.S. - 94
- A.B. (will include A.M. students graduating with B.S. degree) - 97
- Traditional M.S. (will include A.M. students receiving their M.S. degree) - 30
- Post M.S. - 4
- Ph.D. - 2

May 2011
- Traditional B.S. - 57
- R.N.-B.S. - 36
- A.B. (will include A.M. students graduating with B.S. degree) - 0
- Traditional M.S. (will include A.M. students receiving their M.S. degree) - 6
- Post M.S. - 0
- Ph.D. - 2

August 2011
- Traditional B.S. - 0
- R.N.-B.S. - 8
- A.B. (will include A.M. students graduating with B.S. degree) - 0
- Traditional M.S. (will include A.M. students receiving their M.S. degree) - 30
- Post M.S. - 3
- Ph.D. - 1
In the fall of 1957, a group of teenagers were dropped off at Cabaniss Hall at MCV to begin studying for their baccalaureate degree in nursing. These teenage girls were for the most part from small towns and many had never or seldom been in a large city, ridden a train, flown in a plane or traveled far from their homes. The 1950’s was a special time since televisions were new in homes and usually had only two or three channels with no sex or bad language. Such programs as I Love Lucy, My Three Sons, and Show of Shows held our attention even through the snowy picture. Illegal drugs were unheard of and life was pretty innocent.

Cabaniss Hall was a beautiful old building that had an antique elevator with a brass expandable gate which had to be closed in order for the very slow elevator to move. The rooms were crowded with three old white metal hospital beds (no cranks), two small closets, one dresser (four small drawers), and one desk (with an ink well) and no air conditioning. Three girls occupied each room which left little room for crinolines or dresses.
Thank goodness we had the high pipe in each room that pumped hot water to the radiator. We used it as extra closet space for clothing.

The first year was all academic and the stacks at the library were used daily for study. It was a hard adjustment and the classes were very difficult. The day-students came to classes each day and studied before going to their homes each night. We met our new dean, Dr. Doris Yingling, and the many changes she made. Before graduation, we lost half of our original class, mostly due to academics. We had no football games, no homecoming queen and none of the usual college campus atmosphere but instead, we had to study a lot. Our academic year was eleven months in duration as we had only one month off each summer.

Our second year, we moved to Randolph Minor Hall in new rooms on the floors that had been added. This year brought an exciting adventure because we were finally assigned to go into the hospital and wear our little blue uniforms, white hose and shoes. The
shock of seeing and caring for so many very sick people was stressful. Trying to learn medical surgical nursing, how to give a bath, make an occupied bed, and leave the unit in perfect order was challenging. The little teenage girls had to grow up quickly! We learned many nursing procedures and appreciated any encouragement from our instructors. Time in the hospital was scheduled and we were assigned specific patients based on our class subjects.

Our junior year was so great because we finally were delivered a brown package that contained several white uniforms, caps and a blue wool cape with a red lining. Trying to starch and iron those flat limp items was a challenge, but thanks to the upper classmen we learned quickly. We actually looked like the nurses we had seen in picture! This year we moved into private rooms, which was very exciting. Academics continued, but we now began three-month rotations on specialties such as obstetrics, medical surgical nursing, psychiatry and extras like the various clinics, central supply and dietetics. We could work for pay on our days off in the services that we had completed. We also could stay at MCV during part of our summer vacation and work for pay. Many of us did just that and went home for only two weeks.

Our senior year was the very best since we had finally “made the grade” with the black velvet band on our caps. This year we rotated through such specialties as public health, operating room, pediatrics and administration. We were in charge of patient units and made out assignments. We were being prepared to join the professional work force.
Graduation at the Mosque (now called the Landmark Theatre) was very exciting as our families were witnesses to our accomplishments. Following completion of state boards, we packed up our belongings, said goodbye to our classmates and began our lives while we awaited the results. Because of our extensive clinical experience, internships were not necessary.

We all recall such wonderful memories as birthday parties, the Christmas Dance at the Mosque, dating, harmonizing around the grand piano, our senior program, the cancan kick line, formal teas with the silver tea service in Cabaniss Hall, Lee playing the piano and singing, playing bridge, the Campus Room, the Egyptian Building, the Skull and Bones and so many others. We would be remiss if we didn’t name at least some of the people who touched our lives in positive ways such as: Mrs. Ruby Brandis, (housemother), Ms. Fox( housemother), Ms. Jane Roane (who cleaned our rooms and took care of us when we were sick), and our instructors and professors such as: Ms. Ann Steigleder, Mrs. Dot Hall Patrick, Ms. Millie Bramble, Ms. Mary Ann Robinson, Mrs. Jean Loving, Mrs. Eleanor Moser Browning, Ms. Patterson, Dr. Hughes, Dr. Myra Williams Thornton, Mrs. Doris Hines, Ms. Wiseman, Mr. Pitts, Dr. Hayter and Ms. Weidmer.

Our class appreciates the many blessings of our experiences at MCV and how well we were prepared for our personal and professional lives that followed. We will forever be attached to the memories of our beloved classmates and the pleasure of being a part of this class and MCV.
Paula Saxby Welcomes New Role as President of MCV Alumni Association

College alumni are known to express their school pride and loyalty in different ways. Some don attire in school colors or display a school license plate on their cars. Others cheer on their alma mater at athletic contests or return to campus to reconnect with classmates at reunions. And then there are those who take it even further, volunteering time and talent to support their alma mater’s mission and goals.

VCU School of Nursing alumna Paula Saxby, Ph.D., M.S., R.N., is on a mission to tap the time and talent of more alumni. Dr. Saxby recently became president of the MCV Alumni Association, a role she will serve in for the next two years.

“We have the opportunity to increase membership, as well as get alumni engaged in their school and in the university as a whole,” Dr. Saxby said. “Our goal is to get alumni involved at different levels, including with students.”

Her presidency demonstrates the School of Nursing’s record of developing leaders and offers increased exposure for the School among all VCU alumni.

“The School of Nursing is proud that one of our alumni has the opportunity to take the alumni association to new heights of excellence,” said Nancy Langston, Ph.D., R.N., FAAN, dean of the VCU School of Nursing. “We look forward to supporting Dr. Saxby’s efforts as we explore new approaches to getting more nursing alumni involved with the university.”

Dr. Saxby’s service with the alumni association began when she served as vice president of the Nursing Division for two terms. She then served as a board member-at-large for two years, became president-elect for two years and took on her current role in July 2011. It’s a volunteer position, but Dr. Saxby welcomes it wholeheartedly, even amidst the challenges.

“There are discussions being held by both the VCU and MCV Alumni Associations boards to become better aligned with the university’s new strategic plan “Quest for Distinction,” said Dr. Saxby, who works full-time as deputy executive director of the Virginia Board of Nursing and also serves as an adjunct professor in the School of Nursing. “The challenge for me as president is to move the university agenda forward while preserving and celebrating the heritage of MCV. “I’m very committed to doing both.”

Dr. Saxby is no stranger to overcoming challenges. When she was just out of high school she worked in a Bethesda, Md. primary care physician’s office as an assistant.

“I drew blood, gave injections and did lab results,” Dr. Saxby said. “He trained me to do everything”.

When her first husband, who was in the Navy, was transferred to Portsmouth Naval Hospital, she found herself in Portsmouth without a job. That’s when nursing school at Old Dominion University seemed like the best option.

“At that time I chose to attend ODU because there was talk about the entry into practice of nurses at the baccalaureate level,” she said. “Interestingly enough, we’re still talking about that 40 years later.”

Dr. Saxby earned a B.S.N. from ODU and then worked as a nurse in Norfolk before moving to Richmond to pursue an MS in psychiatric nursing and Ph.D. in nursing administration and health sciences research at the VCU School of Nursing. She said she considered both VCU and UVA for continuing her nursing education, but chose VCU because of the faculty and the program.

“It didn’t hurt that I got divorced and then married someone from Richmond,” she added, while chuckling. She also had her first child while in the Master’s program, and then had her second child while in the Ph.D. program.

Dr. Saxby’s Ph.D. from VCU was more than just a personal accomplishment – it represented a milestone for the School of Nursing, since her class was the first that graduated in the doctorate program. She recalled how helpful it was to have Dr. Mary Corley as her nursing administration/leadership mentor and Dr. Janet Younger on her dissertation committee.

“She (Dr. Younger) was very helpful and supportive of me doing my own statistical analysis of my dissertation,” Dr. Saxby said.

Before her current position at the Virginia Board of Nursing, Dr. Saxby worked in various nursing and leadership positions, including assistant director of nursing at the Psychiatric Institute of Richmond, professor in the VCU School of Nursing, licensing administrator at the Department of Social Services, and project director of the Women’s Stress Resource Center (a National Institute of Mental Health funded research grant) at the UVa School of Nursing.

At the Virginia Board of Nursing, Dr. Saxby manages the approval process for all pre-licensure nursing education programs and nurse aide education programs in Virginia. In addition to working full-time and leading the MCVA, she teaches a nursing ethics course at the School of Nursing in its R.N. to B.S. program.

Dr. Saxby recommends that all levels of nurses continue their education toward advanced degrees in nursing. She also encourages School of Nursing alumni to get involved with alumni activities and engagement with the students.

“We need your support now more than ever before,” Dr. Saxby said. “It’s not only a nice thing to do, but it’s also a very rewarding experience.”

VCU School of Nursing 20
Nancy Langston, Ph.D., R.N., FAAN, dean of the VCU School of Nursing, was presented with the Virginia Nurses Association’s highest honor for nursing excellence, the Nancy Vance Award, on Sept. 24 during the VNA annual meeting at the Jefferson Hotel. Created in 1948, the award is meant to inspire nurses to the same selfless service that Miss Vance practiced so successfully throughout her life. As a leader in nursing in Virginia during the early twentieth century, Miss Vance created the Five-Point Program for Health for Virginia school children, which resulted in improved health for thousands of Virginia’s children. In addition, her personal commitments were to maternal child health and to improving the care of people with cancer. The award, the five-point star, is a constant reminder of nursing excellence.

“Dr. Langston is the ideal recipient for this honor, given her commitment to the highest nursing standards throughout her career,” said Susan Motley, executive director of the Virginia Nurses Association. “Her exemplary leadership has made a significant impact on nursing education, research and service in the community.”

The Virginia Nurses Association also recognized two VCU School of Nursing faculty members among the top 40 nurses under age 40 in the Commonwealth for their leadership, dedication to innovation, research and advocacy; and community engagement. Alison Montpetit, Ph.D., R.N., critical care clinician and associate professor, and Angela Starkweather, Ph.D., R.N., researcher and associate professor, were recognized with the 40 under 40 2011 Future of Nursing Leadership Award. VCU School of Nursing alumni Kevin Shimp, BSN, and Joyy Intal, BSN, MS, both nurse managers at VCU Medical Center, were also recognized with this honor.

“I am pleased to see our faculty and alumni being recognized for their leadership,” Dr. Langston said. “This acknowledgment reflects the quality of the education students receive at the School of Nursing.”

Dr. Langston has served as a faculty member and in administrative positions at several different nursing schools prior to joining VCU in July 1991. Under her visionary leadership, the VCU School of Nursing has become one of the top nursing schools in the nation for research funded by the National Institutes of Health, a leading graduate school for nursing education and a trailblazer in community outreach.

Dr. Langston’s commitment to service extends beyond the School of Nursing. She has a lengthy record of involvement in local civic organizations, such as the Richmond Fan Free Clinic Board of Directors and on the disaster management planning committee of the Richmond Chapter of the American Red Cross. In addition, she has an extensive history of involvement in professional nursing organizations at local, state, regional and national levels. At the national level, she served on numerous committees of the American Association of Colleges of Nursing and served as the president of the National League for Nursing, the oldest nursing organization in the U.S. The recipient of numerous awards, including the 2007 Richard B. Caspari Award from the Richmond Chapter of the Association of periOperative Registered Nurses and the 2004 Outstanding Leadership Award from the National League for Nursing, Dr. Langston was inducted as a Fellow in the American Academy of Nursing in 2001.

Dr. Langston holds a bachelor’s degree in nursing from the University of Arkansas, a master’s degree in nursing from Emory University and a doctorate in education from Georgia State University, with a focus on administration in higher education.
Dr. Debra Lyon Inducted as Academy of Nursing Fellow

Debra Lyon, Ph.D., R.N., FNP-BC, FNAP, FAAN, professor and chair of the VCU School of Nursing’s Department of Family and Community Health Nursing, is one of 142 nurse leaders nationwide who were inducted as Fellows during the American Academy of Nursing’s 38th Annual Meeting and Conference on Oct. 15, 2011, in Washington, D.C.

“Selection for membership in the Academy is one of the most prestigious honors in the field of nursing,” said Academy President Catherine L. Gilliss, DNSc, R.N., FAAN. “Academy Fellows are truly experts. The Academy Fellowship represents the nation’s top nurse researchers, policymakers, scholars, executives, educators and practitioners.”

The recipient of numerous awards, fellowships and honors, Dr. Lyon was selected based on her significant contributions to nursing and health care. She is the Collins-Teeffy Distinguished Professor in the School of Nursing, where she has also conducted NIH-funded research in areas that include symptom management in women with breast cancer and complementary and alternative therapies for symptom management.

“We are extremely proud that Dr. Lyon’s commitment to nursing excellence is being recognized on a national level,” said Dean Nancy F. Langston, Ph.D., R.N., FAAN. “She is an outstanding example of the high caliber of faculty and researchers who are providing visionary leadership and guidance to ensure our students remain among the best trained nurses in the country.”

Dr. Lyon received her B.S.N., M.S.N. and Ph.D. from VCU’s School of Nursing and served as a post-doctoral fellow at the National Center for Complementary and Alternative Medicine at the National Institutes of Health.

VCU Nursing Night at the Siegel Center

VCU Men’s Basketball vs. Towson Tigers

When: February 8, 2012
Where: Verizon Wireless Arena at the Siegel Center
Game Time: TBA
Start Time of Pregame Event: one hour and a half prior to the time of the game
Ticket Cost: VCU Students - $10, Alumni, Faculty & Staff - $15
Alumni Updates

**Brenda Young Taylor, N ’66,** has retired from her nursing career, will be celebrating her 45th wedding anniversary in 2011, and is the proud parent of one daughter and six grandchildren.

**Barbara S. Deller, N ’71,** is currently employed at Johns Hopkins University as a Senior Technical Advisor and Faculty Associate in both the School of Nursing and School of Public Health.

**Jeanne TieR.N.ey McConnel, N ’76,** is working as an A.P.R.N. in a hospital-based Vascular Surgery practice in Newark, DE.

**Deborah A. Crowley-Lisowski, N ’80, M.S. ’88,** has returned to the University of Pittsburgh’s School of Nursing to be the Project Director for an RO1 research study entitled “Promoting Physical Activity in Older Adults with Comorbidity.”

**Rachel K. Cobb, N ’86, Ph.D. ’08,** is currently employed by the VCU School of Nursing as a Collateral Research Associate Professor.

**Alison Thompson Martin, N ’86, N.P. ’05,** is a recent new mom to a daughter, Scarlett Elizabeth Martin, and has been married for five years now. She is a R.N.C, CPNP in Care Coordination with VCU Health System.

**Kasey Pelton Bensky, N ’87,** is working as a Staff CNRA at Presbyterian Hospital in Charlotte, NC.

**Sonya Elder, N ’87,** is currently working as the FIMR Coordinator with VCU Health System here in Richmond, VA.

**Jonathan K. Branch, N ’89,** is currently employed as a Cardiovascular Nurse Specialist at Walter Reed Army Medical Center in Washington, DC and resides in Columbia, MD. When Walter Reed closes, he is transferring to the Cardiology Department at Bethesda.

**Kathryn Beaton, N ’91,** is working as a Certified Nurse Midwife with VCU Health System.

**Faith D. Mason-Bettis, N ’91,** is currently working as an R.N. with VCU Employee Health Services.

**Stephanie Carter Stamper, N ’91, M.S. ’02,** is employed as a Transplant Outreach Coordinator for VCU Health System.

**Janet Humphrey, N ’92,** is currently employed as an R.N. with UNC-Chapel Hill in Chapel Hill, NC.

**Jeanne Saunders, N ’93,** received her M.S.N. from the University of Phoenix in 2003 and Ed.D. in Healthcare Education from Nova SoutheasteR.N. University in 2009. She is currently employed at Daytona State College as a Professor of Nursing in the Psychiatric/Mental Health Nursing Department.

**Marie Fuentes-Rivera, N ’96,** is employed as a Staff Nurse at Florida Hospital BMT in Orlando, FL.

**Carla T. Crossin, N ’97,** is currently working as a Clinical Nurse III with VCU Health System here in Richmond, VA.

**Jonathan Dru Riddle, N ’99,** is living in Fort Worth, TX and is employed as a C.R.N.A. with Baylor All Saints Medical Center.

**Stacy Brinkley, N ’00,** is employed with Riverside Health System in Richmond, VA as a Nurse Practitioner.

**Melinda Kight, N ’01,** is the mother of 2 1/2 year old twin girls and is married to Ken Kight, N ’02. She is working as a Clinical Coordinator with VCU Health System.

**Melissa Pesses Pennebaker, M.S. ’01,** is currently working as a Nurse Practitioner in Louisiana.

**Marcia M. Jefferson, N ’02,** is currently working at The Allergy and Asthma Center in Fort Wayne, IN.

**Thamera K. Smith, N ’02,** is working at Sentara CarePlex Hospital in Hampton, VA as the Manager of Patient Care Services & Education.

**Jill F. Diede, N ’03,** received her M.S.N., F.N.P. in 2006 and D.N.P. in 2009 from the University of Colorado, Colorado Springs and is currently the Chief of the Disease Management Clinic at Evans Army Community Hospital in Ft. Carson, Colorado.

**Andrew Breen, N ’04,** is currently working as an R.N. with VCU Health System.
Megan Roberts, N ’04, M.S. ’06, is teaching at the Southside Regional Medical Center School of Nursing in Petersburg.

Jill M. Barrett, N ’05, is employed in the CCU/ICU of Twin County Regional Hospital in Galax, VA and also serves as an Adjunct Clinical Instructor at Wytheville Community College.

Leslie Gaines, N ’05, is employed as a NICU R.N. with George Washington University Hospital in Washington, DC.

Angela P. Bataille, N ’07, M.S. ’09, is employed as a Study Program Director with the VCU School of Nursing.

Nita Kofchock, N ’07, N.P. ’09, is working as a Nurse Practitioner with the Planned Parenthood Association of Utah.

Chantel Skipper, N ’07, passed her C.P.N. certification in June 2010 and graduated from the Acute Care P.N.P. program at UMD-Baltimore in May 2011.

Donna C. Smith, N ’07, graduated from State University of New York Institute of Technology’s F.N.P. Master’s Program in May 2011.

Tanika Tapscott, N ’07, is working at Rady Children’s Hospital in San Diego, CA and is beginning a pilot research study on the effects of warmed IV fluids on pediatric sickle cell patients in an acute pain crisis.

Helen Willis, N ’07, is employed at CJW Medical Center as the CVICU Clinical Coordinator and is currently pursuing an Adult Acute Care NP Master’s.

Alva Rose, N ’08, is employed with Life Evac of Virginia as a Flight Nurse.

Elizabeth Huggins, N ’09, is working at Vanderbilt University Medical Center as an Adult Critical Care Resident.

Jaime Markham, N ’09, M.S. ’10, is working at Neurosurgical Associates in Midlothian, VA as an Acute Care Nurse Practitioner.

Chresten Clapp Talaiver, N ’09, got married in May 2010, and is employed with HomeChoice Partners in Norfolk, VA as an Infusion Coordinator.

Ph.D. Dissertation Defenses

Lorraine Anderson, Ph.D. ’11
African American Males Diagnosed with Schizophrenia: A Phenomenological Study

Nancy Baugh, Ph.D. ’11
The Relationship of Eating Behaviors, Hunger Control, and Physical Activity to Weight Loss and Quality of Life in Laparoscopic Adjustable Gastric Banding Patients

Julie Strunk, Ph.D. ’11
Managing the Health Care Needs of an Adolescent with Autism Spectrum Disorder: A Parent’s Experience

Mamoona Arif-Rahu, Ph.D. ’10
Facial expression to discriminate between pain and absence of pain in the non-communicative critically ill adult patients

Linda Bennington, Ph.D. ’10
The Relationship of Maternal Infant Bonding and Spirituality and Mother’s Perception of Childbirth

Yen-Ju Ho, Ph.D. ’10
Maternal attitudes and breastfeeding behavior in Taiwan

Susan Johnson, M.S. ’81, Ph.D. ’10
Understanding Nurses’ Experiences of Providing End-of-Life Care

Karen Mellot, M.S. ’91, Ph.D. ’10
Patient Ventilator Dyssynchrony: Types, Frequency, and Patterns in Critically Ill Adults

Barbara Reyna, M.S. ’94, Ph.D. ’10
Mother-Infant Synchrony During Infant Feeding
Dr. Kyung E Ana is an Associate Professor in the Department of Adult Health and Nursing Systems. She received her Ph.D. from Ohio State University in 1999. Her dissertation title was Gender Differences in the Associations between Anxiety Early After Acute Myocardial Infarction and Subsequent In-hospital Complications. Her most recent position was Associate Professor at the University of Texas Medical Branch, School of Nursing. She is a certified Auricular Acupuncturist and a Neurofeedback Therapist, Advanced.

Dr. Candace W. Burton is an Assistant Professor in the Department of Family and Community Health Nursing. She received her Ph.D. from the University of California San Francisco in 2010; her dissertation title was Young Women’s Experiences of Dating Abuse: A Multi-Method Analysis of the Relationships between Depression and Suicidal Ideation, Risky Behaviors, and Abuse in Dating Relationships. Dr. Burton received her B.S.N. from the University of Virginia, where she continues to serve as a member of the Sexual Assault Response Team (SART).

Dr. Melissa Gilbert Gomes is an Assistant Professor in the Department of Family and Community Health Nursing. Since the Fall of 2009 she has been a Ruth L. Kirschstein NRSA T32 Post-Doctoral Fellow in the Center for Health Equity Research at the University of Pennsylvania School Of Nursing. She received her Ph.D. from Hampton University in 2007; her dissertation title was A Question of Relational Aggression Experienced by African American Adolescent Females. Her clinical experience is in pediatric nursing.

Dr. Ann Hamric is the Associate Dean of Academic Programs. She received her Ph.D. from the University of Maryland in 1996; her dissertation title was Relationships Between the Moral Perspectives of Care and Justice, Selected Individual and Contextual Factors, and Nurse Activism in a Sample of Practicing Nurses. She most recently served as a Professor in the University of Virginia School of Nursing. The author of numerous advanced practice nursing books and articles, she is a Fellow of the American Academy of Nursing.

Dr. Susan C. Johnson is a Clinical Assistant Professor in the Department of Adult Health and Nursing Systems. She completed her Ph.D. at VCU in August 2010; her dissertation title was Understanding Nurses’ Experiences of Providing End-of-Life Care in the United States Hospital Setting. She is certified by ANCC as a Nursing Administrator Advanced (CNAA). Dr. Johnson was previously Chief Nursing Officer at HCA/Henrico Doctors’ Hospital.

Dr. Marty Montpetit is an Assistant Professor and Director of the Biobehavioral Laboratory Services. He completed his Ph.D. in philosophy, medical sciences, physiology and biophysics from the University of South Florida College of Medicine in 2008; his dissertation title was Functional Remodeling of the Cardiac Glycome Throughout the Developing Myocardium. He most recently served as Program Director of Health Science at South University in Richmond, VA.
Carleen DiMeglio is a Clinical Assistant Professor in the Department of Adult Health and Nursing Systems. She received her M.S.N. from Catholic University in 2005 and is certified by ANCC as an Adult Psychiatric-Mental Health Clinical Nurse Specialist. Her most recent position was as a PMH CNS and Primary Care Depression Management Coordinator at the Cambridge Health Alliance in Cambridge, MA.

Lana Sargent is an Instructor in the Department of Adult Health and Nursing Systems. She received her M.S.N. at Regis College in Worcester, MA. She most recently served as Associate Director of Medical Services and as a Family Nurse Practitioner and Geriatric Nurse Practitioner at the Family Health Center of Worcester. She was also a Faculty Instructor at the University of Massachusetts Worcester Graduate School of Nursing.

Elke Zschaebitz is an Assistant Clinical Professor and Master’s Program Clinical Preceptorship Coordinator. She received her M.S.N. from Midwestern State University in Wichita Falls, TX. She most recently served as the Family Nurse Practitioner/Lead Clinician at the Planned Parenthood Health System in Charlottesville, VA. Elke is an Advanced Practice Nurse – Family Nurse Practitioner.

Isac Crouch, Technician in the IT Department, joins us from the G2G program in VCU Technology Services, where he was responsible for repairing student machines. Isac is certified to repair Dell, HP, Lenovo and Mac computers.

Angela Flagg, Director of Communications, joins us from Johnson, Inc., a marketing and communications firm in Richmond, VA. A former writer for the Richmond Times-Dispatch, she has also worked as a Marketing Director at HCA Virginia Health System and as Media Relations Coordinator at Virginia State University. Angela graduated with a bachelor’s degree in journalism from Penn State.

Sharon Glenn, Administrative Professional in the Adult Health and Nursing Systems Department, has rejoined the School of Nursing. Her most recent position was Department Administrative Assistant for the Office of Estate and Planned Giving at Xavier University in Cincinnati, Ohio.

Julia Ratliff, Development Assistant, comes to us from a previous position at the VCU School of Medicine. She is currently completing her B.S. in Biology and plans to begin a Master’s in Public Administration in the fall of 2012.

Kathi Scearce, Program Administrator in the Office of Academic Programs, comes to the VCU School of Nursing from a previous position with Virginia’s Department of the Treasury and brings with her a wealth of technology skills.
Taking classroom concepts and applying them in a clinical setting is an important part of preparing nurses for integration into the workforce. Preceptor programs are a critical part of helping to bridge that gap between theory and practice.

The VCU School of Nursing is always looking for experienced, knowledgeable advanced practice nurses and other healthcare professionals who are willing to serve as mentors to graduate nursing students and guide their clinical practice experience. The preceptorship program benefits both the students and preceptors in advancing their careers and the nursing profession.

For students, preceptors answer questions, offer feedback and provide overall guidance in how to provide the best care in the actual clinical setting. For experienced healthcare professionals, participation in a preceptor’s program offers professional growth and enhances motivation to stay current on the latest clinical practices. It’s also very rewarding to be part of ensuring that the quality of knowledge within the nursing field continues to advance and remains effective in meeting varying patient needs.

The VCU School of Nursing accepts the following professionals as preceptors: Board Certified or Board Eligible physician, certified nurse practitioner, clinical nurse specialist, nurse midwife, social worker, clinical psychologist or other psychiatric clinician with a Master’s degree. All prospective preceptors must hold an active license to practice in Virginia or other state where he/she practices currently.

The School of Nursing values the time and effort that preceptors put into students. A special dinner is held each spring to recognize participants in the program.

"Preceptors are important partners in the education of future advanced practice nurses," said, Elke Zschaebitz, M.S.N., FNPBC, Assistant Clinical Professor and Master’s Program Clinical Preceptorship Coordinator. "With the growing workforce shortages in the Commonwealth, we hope to help meet the demand..."
In Memory

July 2010
Mrs. Alice T. Cole, SP ’45

August 2010
Mrs. Lucille H. Ward, N ’44
Mrs. Jane G. Joyner, SP ’45
Mrs. Rosemary C. Via, N ’53
Mrs. Mary Jane Kroncke, N ’54

September 2010
Mrs. Hazel W. Harris, N ’45
Mrs. Kate Van Doren Holbrook, N ’46
Dr. Julian S. Stoutamyer, husband of
Mrs. Elizabeth C. Stoutamyer, N ’60

October 2010
Mrs. Dorothy Knowles Thomson, N ’34
Ms. Anna Mae Fowler, N ’59
Ms. Marguerite Hydorn, Retired Faculty

November 2010
Mrs. Martha C. Arbin, N ’48
Mrs. Emily H. Baxter, N ’52

In Memory

January 2011
Dr. E. Wilson Watts, Jr., husband of the late
Mrs. Barbara A. Watts, N ’54
Mrs. Doris B. Detwiler, N ’60
Mrs. Barbara F. Ellington, N ’76

February 2011
Dr. Ethelyn E. Exley, Faculty Emerita

March 2011
Mr. Sammer S. Ballout, N ’04

April 2011
Mrs. Louise Lomax Winters, SP ’42
Mrs. Phyllis M. Lee, N ’77
Mrs. Marynia R. Cheatham, SP ’35
Ms. Elizabeth S. Wicks, N ’80

May 2011
Ms. Maleda Tate Cox, SP ’61
Mrs. Lois P. Henley, N ’47
Mrs. Janice O. Cacciapuoti, N ’81
Mrs. Geneverette M. Oldham, N ’54

June 2011
Mrs. Doris P. Ohan, N ’50
Ms. Lillian A. Bowman, SP ’45
Mrs. Janet E. Ornstein, N ’37
Mrs. Elizabeth S. Nolde, N ’41

July 2011
Mrs. Evelyn F. Laupus, N ’43
Ms. Beverly D. Brown, N ’94
Mrs. Janet M. Stepp, MS ’88

August 2011
Mrs. Jean T. Sykes, N ’59
Ms. Nancy K. Marden, MS ’84

September 2011
Mrs. Ann F. Joyce, N ’55
Mrs. Kathleen P. Robertson, N ’37
Ms. Crystal D. Richardson, N ’04

Preceptor as Mentor
Preceptors are more than clinical educators – they are also mentors, allowing the student sufficient freedom to grow and progress within the role. Preceptors recognize the growing competency of the student within a given semester and encourage greater independence in the areas of diagnostic reasoning, assessment skills and patient management.

Preceptor as Clinical Expert
Preceptors are recognized as clinical experts within their area of practice, and thus provide a unique focus of performance for the student. As experts, they have much to share with students. Preceptors recognize that not all of the learning experience occurs during direct patient care, so they provide opportunities for students to participate in journal clubs, committee meetings, discharge planning discussions, and hospital rounds.

Preceptors are in the vanguard of applying research findings within their practice disciplines, thus demonstrating research-informed practice as well as evidence-based practice. The unique ways that individual APNs and physicians incorporate research findings and clinical practice guidelines in their practice expands the student’s understanding of the process of implementing evidence-based practice.

Preceptor as Team Member
The preceptor actively demonstrates effective collaboration with other health care team members. Collaboration may extend beyond the realms of the actual clinical setting into the community and acute or primary care environments. The preceptor is pivotal in negotiating care among levels of patient care teams, often pointing out to students the ramifications of medical regimens upon the patient’s work, lifestyle and beliefs. In addition, preceptors are members of the teaching-learning team, which also includes the student and the course faculty.

Preceptor as Evaluator
The preceptor provides ongoing assessment and evaluation of the student’s progress, strengths and areas needing improvement. Preceptors maintain contact with course faculty, advising them of any student related learning or performance concerns as soon as these may be evident. They also provide an accurate, constructive written evaluation of the student’s progress at midterm and at the conclusion of practicum.

If you or someone you know is interested in becoming a preceptor for graduate students, please contact Elke Zschaebitz at (804) 828-3406. ◆
Reunion Weekend 2011

Reunion 2011 was held the weekend of April 16th on the MCV Campus. Many Nursing Alumni came back to reconnect and celebrate with their classmates. The proof is in the photos! You can see more on the Real VCU School of Nursing Facebook page or at www.mcvreunion2011.shutterfly.com.
Upcoming VCU Nursing Events

**December 9, 2011**
*1 p.m.* Sigma Theta Tau Induction Ceremony - Younger Auditorium, VCU School of Nursing
*3 p.m.* MCVAA Nursing Pinning Ceremony - Larrick Student Center, Court End Ballroom
*7:30 p.m.* VCU School of Nursing Recognition Ceremony Richmond Convention Center

**December 10, 2011**
*10 a.m.* - VCU Commencement
Siegel Center

**February 8, 2012**
*6 p.m.* - VCU Nursing Night
Siegel Center: Auxiliary Gym (Pre-game Meetup)

*Times and locations are subject to change. Please contact the School of Nursing at (804) 828-0724 to confirm prior to day of event.*

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