



The

# PULSE

Fall 2012

A PUBLICATION OF THE SCHOOL OF NURSING

Master's Curriculum Recharged ..... 1

Letter from New Board Chair  
Robin Kanarek '96 ..... 2

Advisory Board Meeting ..... 2

Greenwich Dinner ..... 3

Scholarship supports Quality  
Improvement ..... 3

Grant Encourages Nurses to be  
Architects of Change ..... 3

Students Visit Lourdes ..... 4

Student Partnership on a Project in  
Nicaragua ..... 5

New Board Member Richard Murphy ..... 5

Diving Diva ..... 5

Dr. Meredith Kazer is Associate Dean ..... 6

HRSA Grant for Nurse Practitioners ..... 6

EMDR and Sex Offenders ..... 6

Publications and  
Faculty News ..... 7

Welcome Faculty ..... 7

Message from the Dean ..... 8

## Master's Curriculum Recharged

The recent Institute of Medicine report on the Future of Nursing states “**Nurses must achieve higher levels of education and training to respond to ...increasing [healthcare] demands.**” (IOM, 2010, p. 2). Given the great needs in healthcare, it is essential to re-examine master’s nursing education in order to ensure that educational institutions are meeting both the needs of nurses interested in obtaining advanced degrees and the needs of healthcare systems. There is also a strong call for developing models of inter-professional collaboration in education and practice. Research supports the ideas that these models will lead to improvements in healthcare delivery and health outcomes.

Fairfield’s School of Nursing (SON) is a national leader in health professions education at the baccalaureate, master’s and practice doctorate levels. We are known for our commitment to excellence, innovation and creativity, and our engagement with community partners. The overall goal of this curricular innovation is to build on the SON’s successes to revise the master’s of nursing (MSN) curriculum which may serve as a national model to implement two of the *Future of Nursing’s* recommendations: **Recommendation #2: Expand opportunities for nurses to lead and diffuse collaborative improvement efforts and Recommendation #7: Prepare and enable nurses to lead change to advance health.**

The model of master’s level nursing education is being developed collaboratively with health and non-health professional colleagues, including those in the Dolan School of Business, the College of Arts & Sciences, the School of Engineering, and the Graduate School of Education and Allied Professions. This curriculum will be implemented collaboratively with partner institutions including The Veterans Administration (WHVA) Connecticut Healthcare System; Stamford Health System; St. Vincent’s Medical Center, a member of Ascension Health; and Danbury Hospital, a member of Western Connecticut Health System. The SON deeply values their input in creating a master’s program of distinction.

Moving toward an inter-professional model of health professional education that will result in healthcare improvement is the foundation of the curricular redesign. The resulting curricula will provide students with the opportunity to develop skills and competencies in both clinical and non-clinical areas (e.g., business, systems management, communication, education, etc.) and will be supported through experiential learning opportunities and a rigorous immersion experience. This new model will encompass the curricula essential for Clinical Nurse Leader (CNL) certification and expanded options for students with diverse interests that focus on supporting clinical care.

This work is supported by the Kanarek Family Foundation. (See page 3)



Fairfield  
UNIVERSITY

School of Nursing

## Letter from New Board Chair Robin Kanarek '96

I could not be more pleased to be the incoming chairperson of Fairfield University's School of Nursing Advisory Board. Nancy Lynch, P'95's achievements for the past seven years as chair have been monumental. Nancy, together with the former dean, Jeanne Novotny, initiated and built the Advisory Board that has flourished from 2002 until present day. In 2011, Dr. Novotny and Nancy Lynch both decided it was time to pass the baton to new leadership. With Dean Lynn Babington at the helm and my new role as Advisory Board Chair, we will continue to build upon the School's strong foundation and develop the vision to meet the changing needs in the healthcare field.

In ten short years, the School of Nursing has grown from a small undergraduate and graduate program with an enrollment of 207 to a vibrant School with a state-of-the-art facility admitting the most exceptional students into its highly competitive program that now includes advance practice nursing practitioners, nurse anesthetists, and Doctors of Nursing Practice. Enrollment has increased 173% to a total of 566 undergraduate and graduate students. The School's faculty have received numerous grants, and national awards and have published over 125 articles and research papers in worldwide publications since 2008.

Under the leadership of Dr. Lynn Babington, the SON Advisory Board will continue to evolve. Our focus in the new academic year will be on a global level—using the most innovative approaches to prepare our graduates to become cutting edge nurse leaders. Research, publishing and excellence in education will enable Fairfield University's School of Nursing to stay abreast of the changes within the healthcare field.



Robin Kanarek '96 speaks as outgoing Board Chair Nancy Lynch, P'95 looks on.

I am so proud to be a part of this incredible program and Advisory Board. The School of Nursing faculty is among the finest in the nation. Fairfield University's progressive attitude towards educational excellence and continued achievement in global stewardship is to be admired.

## Advisory Board Meeting

Dr. Bonnie Molloy P'93 and Kathy Russo, Board members, graciously hosted the School of Nursing's Fall 2012 Board meeting at the Molloy home on Fairfield beach. The focus of the meeting was the formal introduction of new dean, Dr. Lynn Babington, to the Board and the opportunity this provided for her to reflect on her first several months at Fairfield and her vision for the future of the nursing program at Fairfield.

Special guests at the meeting included University President Jeffrey P. von Arx, S.J., and Stephanie Frost, vice president for Advancement, who provided an update on Fairfield's Comprehensive Campaign. Dr. Babington outlined a component of the Campaign, which envisions a renovation of the School of Nursing along with new programming that will impact various disciplines at Fairfield including the College of Arts and Sciences, the School of Engineering, the School of Business and the Graduate School of Education and Allied Professions. Next steps include revisions to the



The School of Nursing Advisory Board

draft case statement for the new project and an event scheduled for November 29, 2012 in Washington, DC. This event is designed for a broad audience of alumni, parents and friends and includes a dinner at the Metropolitan Club hosted by Robin '96 and Joseph Kanarek. For information contact Noël Appel, assistant vice president for Development: [nappel@fairfield.edu](mailto:nappel@fairfield.edu) or by phone at (203) 254-4000, ext. 2025.



University President Jeffrey von Arx, S.J., with new Board Chair Robin Kanarek '96.

## Greenwich Dinner

Nancy Lynch P'95, former chair of the School of Nursing Advisory Board, and Gail Berardino, SON Advisory Board member, hosted a dinner at the Stanwich Club in Greenwich, Conn. in September to formally introduce new Dean Lynn Babington to Greenwich-based alumni, parents and friends of the University.

Dr. Babington shared details about the nursing program of today at the undergraduate and graduate level, the opportunities that exist to grow the program, and some of the achievements that have been realized since she started at Fairfield in June.

University President Jeffrey von Arx, S.J., provided guests with an overview of the Comprehensive Campaign, thanking them for their commitment to Fairfield and inviting their continued engagement with the University and the School of Nursing.

The School of Nursing is grateful to our hosts and appreciate their commitment to hold a similar event in Vero Beach, Florida in February 2013.

## Scholarship Supports Quality Improvement

Through the generous support of Advisory Board member **Bonnie Molloy**, the School of Nursing and the American Association of Nurse Anesthetists have announced the availability of two DNP student scholarships to support quality improvement projects.

Quality improvement (QI) projects demonstrate the DNP student's ability to meet the program outcomes and core competencies of the School of Nursing and accrediting bodies. QI involves systematic, data-guided initiatives or processes designed to enhance healthcare delivery in a particular setting. Applicants for the scholarship were asked to choose a clinical problem of interest, research and report on the epidemiology of the problem, and discuss the intervention for improvement.

Scholarship recipient Juli Griffin proposed a plan for reducing sedation in the ICU and preventing new onset delirium. Sandy Cayo's proposal involved improving nurses' response to call bells; studies show a correlation between call bell responsiveness and patient satisfaction as well as decreased fall rates and incidence of pressure ulcers. Both students were awarded scholarships of \$3500.

## Grant Encourages Nurses to be Architects of Change

By Meg McCaffrey, Media Relations

With healthcare reform underway, the U.S. needs nurse leaders with top-notch business and communication skills to manage busy healthcare teams. Fairfield University is prepared to meet this demand, thanks to a \$200,000 grant from the Kanarek Family Foundation and the extraordinary commitment of Robin Kanarek '96, chair of the School of Nursing Advisory Board and president of the Kanarek Family Foundation.

The funds will help launch a revised, innovative master of science in nursing program based on an inter-professional educational model. It is aimed at producing nurses with skills in system management, business, information technology, and communication.

"This endeavor will help educate those nurse leaders in this rapidly changing environment of healthcare reform," said Lynn Babington, Ph.D., RN, professor and dean of Fairfield's School of Nursing. "The healthcare system needs nursing leaders who will change the face of healthcare. Nurses will be architects for change by providing critical leadership with greater emphasis on prevention and universal access to cost-effective, culturally appropriate, high quality care."

The project, "Innovation in the Master of Science in Nursing Program: A Global Approach," will expand academic collaborations within the University: with the Charles F. Dolan School of Business, the School of Engineering, the College of Arts and Science and the Graduate School of Education and Allied Professions. At the same time, it will expand collaborations with external partners, including the VA Connecticut Health Care System, Ascension Health, Stamford Health System, and Western Connecticut Health Network for inter-professional clinical leadership opportunities. Ultimately, this work will establish the Fairfield University master of science in nursing curriculum as a pilot program for similarly sized Jesuit and non-Jesuit academic institutions to partner with healthcare organizations.

"The Kanarek Family Foundation is pleased to be a part of the ground-breaking transition the School of Nursing is providing for a master of science in nursing with an emphasis on enhanced interdisciplinary opportunities," said Robin Kanarek.

## Students Visit Lourdes

For the past eight years, Advisory Board member Gail Berardino has been traveling to Lourdes with her husband, Joe '72 to participate in the annual Order of Malta pilgrimage for the sick. The setting, the people they've met, and the pilgrimage itself have moved them deeply. "You must experience the religious aspect of it; it can't be taught," Gail says.

The Order charters a plane for the *malades* (the sick), their caregivers, medical personnel, and religious, to travel to Lourdes for five days, visiting the spot where the Virgin Mary was said to have appeared, and where a mineral spring is said to heal the sick.

Noticing that nursing students from other schools occasionally volunteered on the trip, "Joe and I created a scholarship to allow two junior nursing students from Fairfield to travel with us each year," said Gail. "Hopefully, they'll again volunteer with the Order of Malta at some point, but regardless it will be a wonderful experience for them." Applicants were asked to write an essay and were interviewed before being chosen for the trip last May. The Berardinos also brought along a Fairfield music professor, Michael Cooney, who travelled with his keyboard, guitar, "and his great voice."

For Marissa Simeone '13, Lourdes was a trip of a lifetime. "I was assigned to a woman who had been in a wheelchair for many years, though she was really very independent," she said. "Her attitude was inspiring -- she chose to be happy and to live the best life she could every day."

The most moving of all the events, said Simeone, was the candlelight procession through the grotto toward the basilica, with thousands of people saying the rosary "all in different languages."

"The whole trip was a mix of faith and nursing," added fellow student Morgan Zachary '13. Like Simeone, Zachary was unable to study abroad, so the trip was eye opening in many ways. "Europe, the Pyrenees mountains, the old architecture -- it was all beautiful," she said. "But we were there on a pilgrimage, not a vacation. Thousands of us were there for the holy place that it is. For me, it was a wonderful blend of faith and nursing."



From left, Gail Berardino, Marissa Simeone '13, Joe Berardino '72, and Morgan Zachary '13. Their capes and veils are the uniform of the auxiliary members of the Order.

Zachary's *malade* was a young woman her age who became a quadriplegic in a fairly recent car accident. "Her world, her mom's world, were turned upside down by that accident, and her mom's faith was amazing," she said, noting that she is still in touch with the family. "I loved seeing nursing in a perspective outside the hospital. It gave me an outlook of what I can do post-graduation."

"Morgan and Marissa are now our ambassadors on campus," said Gail, who will soon be doing a presentation for the benefit of this year's junior nursing students. "There's no doubt that the trip makes you think and reflect about life, and it's a feeling that makes you want to go back again and again."

## Students Partner on a Project in Nicaragua

Professor **Lydia Greiner** and colleagues recently gave a presentation on their work with students in public health nursing at the annual meeting of the International Association for Service Learning and Community Engagement.



UCA student **Daisy Cardenas** and Fairfield students **Jane Hedrick** and **Kaylee Harrison** interview an Ayapal resident.

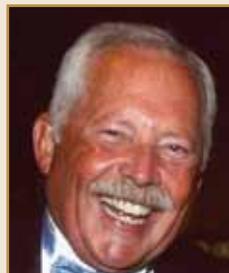
Since 2009, Professor Greiner has been taking 10-12 undergraduate, RN-BSN and second degree students at a time to the Ayapal neighborhood of Managua, Nicaragua, to do health assessments and work on community health projects. Fairfield's partner in this endeavor has been the Universidad Centroamericana (UCA) in Managua, and social work students from UCA work in partnership with Fairfield nursing students.

"When we asked the residents to prioritize their health concerns, it came out that their first concern was for HIV/AIDS education," says Prof. Greiner. "Specifically, they wanted an educational DVD for each family to watch privately. There is too much stigma attached to the disease for them to be comfortable watching a film or hearing a lecture in a community setting." Indeed, an initial assessment showed that significant numbers of residents had misconceptions about the disease and its transmission.

The script, music, and images for the DVD created to meet residents' needs were developed collaboratively by UCA and Fairfield students, with oversight by faculty and community members. Narration was done by an UCA student studying at Fairfield University. In spring 2010, 400 *Es Tiempo* DVDs were distributed by students to the residents of the neighborhood; a subsequent group of students reassessed knowledge in the community and results indicated a significant increase in knowledge about disease transmission.

Over the course of the project, more than 50 students from UCA and Fairfield participated either directly in Ayapal or indirectly in the production of the DVD. The academic benefits include the recognition of the value of community partners and the assets they bring to any health initiative, the opportunity to link theory to practice, and the chance to work closely in teams of students where nuances of language and culture are continually brokered by bilingual students.

## Welcome to the Board



New Board Member **Richard E. Murphy**'71 graduated from Fairfield University with a degree in sociology, and shortly thereafter enrolled in the physician assistant program at Northeastern University. He has spent his 36-year career in heart surgery at Tufts-New England Medical Center, where he

assisted in adult and pediatric heart surgeries, harvested organs for transplant, cared for intensive care patients, and taught medical students.

Murphy earned his MBA from Northeastern in 1987 and was chief physician assistant for many years. Last year, he was asked for his expertise in developing a physician assistant master's degree program at Tufts, and today he serves as its program director. He is a member of the Tufts faculty as an assistant professor of surgery, public health and community medicine. His wife, Barbara, is a nurse on the staff of the Surgical Research Laboratory at Tufts.

The Doctor of Nursing Practice Program has received full accreditation from The Board of Commissioners of the Commission on Collegiate Nursing Education (CCNE).

## Kudos to our Diving Diva



Sophomore diver **Ashlee Steinberger**, a nursing major from Haddonfield, NJ, captured both the 1-meter and 3-meter diving events during the MAAC Championships and was named the outstanding diver of the event for 2012. Ashlee is a member of the National Honor Society.

We salute our student-athletes who manage to compete despite a heavy course and clinical load. There are 15 student-athletes in the sophomore nursing class alone.

### Dr. Meredith Kazer, Associate Dean

**Meredith Wallace Kazer**, Ph.D., APRN, FAAN, has been named associate dean of the School of Nursing. She will continue to teach and spearhead graduate programs within the School.



“Dr. Kazer is a nationally recognized leader in care of the aging and in graduate nursing education,” said Dean Lynn Babington, Ph.D., “Her strong leadership skills and extensive experience in interdisciplinary, collaborative practice will be critical assets as we move forward with new initiatives in the School of Nursing and throughout the University.”

With Dr. Babington and faculty member Dr. Sally Gerard, Dr. Kazer is leading a new Fairfield University project, “Innovation in the Master of Science in Nursing Program: A Global Approach,” an endeavor that will educate nurse leaders in this rapidly changing environment of health-care reform.

Dr. Kazer is currently working on several research projects aimed at supporting the needs of older adults, especially older men with prostate cancer. She maintains a gerontological clinical practice, and last year was inducted as a fellow into the American Academy of Nursing (AAN), an appointment reserved for nurse leaders at the forefront of the profession nationwide.

### HRSA Grant for Nurse Practitioners

As the Affordable Care Act approaches implementation in 2014, it is estimated that there will be a need for an additional 62,900 primary care providers by 2015 and 91,500 by 2020. Nurse practitioners are ideally suited to meet this need. Recognizing this, HRSA – Advanced Education Nursing Traineeship Program has awarded Fairfield’s School of Nursing \$699,992 for the PROVIDE Initiative (Primary-care Outcome Valued Initiative for Delivery of Education) to help nurses pay for the courses they need to become nurse practitioners. The funds will be distributed over a two year period.

“The majority of our Family Nurse Practitioner and Psychiatric Nurse Practitioner students are working, raising families, and going to school at night,” explained Dr. Meredith Kazer, associate dean. “Getting financial help could mean the difference between taking one course or two, or might release them from the obligation to work full time, so they can finish faster.”

All students in the nurse practitioner programs are encouraged to apply for the scholarships; priority will be given to those enrolled fulltime. Students who accept grant monies are required to work with a disadvantaged population for a period of time. The monies will also help the School attract more students from minority backgrounds into the nurse practitioner programs.

“The effort to graduate more nurse practitioners is a national one, and it is truly a credit to the reputation of Fairfield’s School of Nursing that we were funded at the highest amount allowed,” said Dr. Kazer.

### EMDR and Sex Offenders

Eye Movement Desensitization and Reprocessing (EMDR), an evidence-based treatment for posttraumatic stress disorder (PTSD), has the potential to reduce the disturbing symptoms associated with traumatic memories as well as process and assimilate adverse life experiences. It is included in many national and international practice guidelines as one of the best treatments for PTSD. It is also used for many other problems such as depression, eating, relationship problems, chronic pain, and other anxiety disorders.

Dr. Kate Wheeler, APRN-BC, FAAN, received \$10,000 from the EMDR Research Foundation to examine the effectiveness of EMDR for sex offenders who have suffered childhood sexual abuse and who are mandated to participate in

cognitive behavioral groups. Ultimately, the aim is to reduce recidivism and redirect the offender’s sexual expression into socially and legally accepted outlets.

“Trauma causes the memory to become fragmented. Sometimes the memory is recalled in flashbacks or somatic symptoms,” Dr. Wheeler explains. “EMDR facilitates the reconnection of these memory fragments and helps the traumatic memory link up to adaptive memory networks.”

Dr. Wheeler is president-elect of the EMDR International Association, an interdisciplinary group of licensed mental health providers who are EMDR clinicians and researchers.

## Publications and Faculty News

**Mager, D.** (2012). "Orthostatic Hypotension: Patho, Problems and Prevention." *Home Healthcare Nurse*. October 2012.

**Mager, D., Lange, J., and Greiner, P.** (2012). "Using Simulation Pedagogy to Enhance Teamwork and Communication in the Care of Older Adults: the ELDER Project." *Journal of Continuing Education in Nursing*.

**Neal-Boylan, L., Mager, D., and Wallace-Kazer, M.** (2012). "Nurse Practitioners in Home Health Care: an Update." *Home Health Care Management & Practice*. January, 2012.

### Faculty News

- **Professor Suzanne Chaplik** was selected to participate in the 2012 Jonas Veterans Healthcare Program, and will receive \$10,000 from the Jonas Center for Nursing Excellence over the 2012-2014 academic years for her Ph.D. research regarding medication adherence in veterans with hypertension and PTSD. Barbara and Donald Jonas founded the Jonas Center for Nursing Excellence in 2006 with a mission to improve healthcare by advancing nursing scholarship, leadership and practice. There are 144 students in the current Jonas Scholars Cohort, in addition to 54 students who are in the Jonas Veterans Scholars Program.
- **Dr. Sheila Grossman** has been inducted as a fellow into the American Academy of Nursing, the highest honor in the nursing profession. Fellowship in the Academy is given to the nursing profession's top researchers, scholars, practitioners and decision makers.

Dr. Grossman was the recipient of the National Organization of Nurse Practitioner Faculty award in 2011.



Dr. Grossman, center, with colleagues from Fairfield University. From left: Drs. Kate Wheeler, Meredith W.Kazer, Sheila Grossman, Lynn Babington and Dee Lippmann.

She has published several books and many articles on mentoring in nursing, and was recently named an Expert on Mentoring by the American Nurses Association.

## Welcome Faculty



Nancy Manister

A graduate of Pace University's Family Nurse Practitioner program and City University of New York's doctoral program, **Nancy Manister**, DNS, FNP-BC, brings to the School of Nursing a wealth of expertise with issues concerning women and the child-bearing family. She has presented at several conferences on issues relating to obesity, with particular attention to the role played by stress in overeating. Along with her teaching responsibilities, she will continue to work as a nurse practitioner at the Minute Clinic of New York.

**Jessica Alicea-Planas**, Ph.D., MS/MPH, RN, CHES joined the School of Nursing as an assistant professor this fall fresh with a Ph.D. in nursing from the University of Connecticut. Her areas of specialty include Latino health issues, with particular regard to chronic disease management, health literacy and health education, and she has extensive experience working as a community health nurse. She has engaged in several trips to Nicaragua, Guatemala, and the Dominican Republic to work with economically disadvantaged people in those countries. An active member of the National Association of Hispanic Nurses, CT chapter, Planas serves as chair of their scholarship committee.



Jessica Planas

### DO YOU KNOW ANYONE WHO NEEDS A BSN?

Fairfield's RN - BSN program is designed to build on existing knowledge and skills. The program integrates a professional, research-based, family-oriented, community-focused perspective. We offer classroom, online and hybrid courses plus personal advising for each student.

*"Getting my BSN was a personal goal. I have been able to take on greater responsibilities with much less worry over qualification, and I have been promoted and am now part of the overall effort to maintain a BSN prepared staff."*

— Carlos Ortiz, CT VA Healthcare System

For more information, see [www.fairfield.edu/bsn](http://www.fairfield.edu/bsn)  
Or, contact Carole Pomarico  
(203) 254-4000, ext. 2711.

## UPCOMING EVENTS

Open VISIONS Forum with Kati Marton, author and human rights activist. Mon., Nov. 12 at 8 p.m. Quick Center for the Arts. For tickets: 1-877-ARTS-396.

“Advancing Knowledge and Improving Care: Integrative Nursing and Health Science Education” dinner for alumni, parents and friends.

Hosted by Robin '96 and Joseph Kanarek at the Metropolitan Club, Washington, DC. Thurs., Nov. 29  
RSVP to Cindy Russo at crusso@fairfield.edu or 203-254-4000, ext. 2927.

Glee Club Christmas Concert

Fri., Nov. 30 at 8 p.m.  
Sat., Dec. 1 at 2 p.m.  
Quick Center for the Arts.  
For tickets: 1-877-ARTS-396.



*School of Nursing*

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## THE PULSE EDITORIAL BOARD

The *Pulse* is published twice a year by Fairfield University for alumni, students, parents, benefactors, and friends of the School of Nursing, as well as selected healthcare agencies and nursing schools. Editorial offices are located at:

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## Message from the Dean

It is with great pleasure that I have the privilege of leading Fairfield's School of Nursing. I come at a time when student enrollments are at an all time high, largely due to the excellence in the nursing curricula. Our students are outstanding and our faculty exemplary.

The intersection of the Affordable Care Act, which will enable 32 million uninsured access to healthcare services, and the IOM report on *The Future of Nursing: Leading Change, Advancing Health*, creates **perfect timing for the SON to take a leadership role in addressing the opportunities and challenges facing healthcare and nursing education**. Nurses need skills in communication, problem solving, teamwork, system thinking, and entrepreneurship so we can take leadership roles in transforming the healthcare system. Interdisciplinary education and practice is key to this transformation.

Over the next year, we will examine how we teach students and identify opportunities for partnerships in interdisciplinary education, practice, and research. We will examine our areas

of expertise and refocus to support our strengths.

One of our major initiatives this year is to energize our Master's in Nursing curricula. With support from the Kanarek Family Foundation, we are addressing the call for nurses with advanced degrees who can be change agents in the evolving healthcare system (see article, page 1).

Also important: Fairfield's Integrated Health Science Initiative. The program enhances our existing strengths in nursing and will facilitate innovative collaboration with business, engineering, education, and the social sciences in support of improving care.

Thank you for your support.

Lynn Babington, dean

