This winter quarter found new additions to the walls near our program suite on 3rd floor, Cherry Parkes. There are terrific poster sessions displayed for everyone’s viewing pleasure! Tackling problems in practice, students critiqued original, peer-reviewed research literature; and provided an overview of findings and their quality; summarized findings; and described recommendations and next steps.

With guidance from Drs. Marjorie Dobratz, Patsy Maloney, and Weichao Yuwen, the work of students in TNURS 403 Introduction to Research in Nursing and Healthcare resulted in understandable, evidence-based recommendations. Topics include: opioid dependent populations and naloxone administration; elimination of required contact isolation for patients with a history of MRSA and whether this results in an increase in MRSA infection rates; if decreasing RN hours in the nursing staff mix results in decreased positive patient outcomes measured by patient-sensitive indicators; the effect of yoga on adults with chronic, low back pain; and social support and individuals with type 2 diabetes.

Even if you have only a moment to spare, wander down the hallway near the program suite and enjoy learning from the work of these undergraduate students!

~Sharon Gavin Fought, Director

Celebrating Alum Success!

Dr. Mattie Brickle, recent 2016 EDD graduate and BSN 07 & MN 12 alum, participated in the American Public Health Association national conference in Denver in November.

As part of ‘Public Health Nursing Student Research Panel on Social Justice’, Dr. Brickle described the findings from a study examining empowerment in 10 diverse youth from Tacoma and Pierce County. As a research assistant on a team led by her advisor Dr. Evans-Agnew, Mattie used Citizen Science and Photovoice techniques to collect air samples from youth homes and photos to describe youth opinions and perspectives on woodsmoke pollution and environmental justice.

Alumni Focus

The UW Tacoma Nursing and Healthcare Leadership Program celebrates the achievements of our alumni

Sonsear Weber, BA HCL
Congratulations to Sonsear Weber, HCL 16, who has been admitted into the Master of Public Health program at the London School of Public Health and Tropical Medicine, London, UK.

Gayle Robinson, BSN, MN
Dr. Gayle Robinson, BSN 02 and MN 04, currently is faculty at Seattle University, and is also holding a role in moderating the Mary Mahoney Professional Nurses Organization (MMPNO) leadership discussion on how to better collaborate and support students of African heritage. The MMPNO’s purpose is to create a supportive organization for African American professional nurses and to provide scholarships to students who desire careers in nursing. Many of our former BSN & MN students have benefited from their support.

Stasha Dennard, BA HCL
Congratulations to Stasha Dennard, HCL 16 who recently started a new position as the Legislative Program Manager at Seattle & King County Public Health Department.

Kyessa Hudson, MN
Congratulations to Kyessa Hudson, MN 15, who was offered early admission to UW School of Pharmacy!
Better Mental Health Can Be At Your Fingertips

By Sharon Loing & Robin Evans-Agnew, appearing in the News Tribune Opinion section

“In Pierce County, depression is an ever-present challenge. Recent data suggest that 17 percent of adults and 38 percent of children here felt sad for more than two weeks in the past month, compared with 10 percent of Washington adults and 29 percent of children in the U.S.

One-third of clinically depressed adults receive treatment to manage their condition, and only half of those are likely to continue taking medication after diagnosis.

The statistics are clear: While a diagnosis of depression is tough, managing it consistently appears to be tougher. Some reasons patients give for not keeping up with treatment include lack of education necessary to identify the possible source of their mental illness, insufficient monitoring of depression triggers, and not enough patient follow-up to encourage staying on top of treatment, such as taking anti-depressants on schedule.”

To read full editorial in the December 21, 2016 edition of the News Tribune, click here.

March of Dimes Nurse of the Year Awards

We are so pleased that a number of the nominees for the March of Dimes Nurse of the Year Awards include our alumni. Among those nominated are:

Donelle Chandler, MN, Nursing, Valley Medical Center — Kimberly Edmunds, BSN, Multicare Tacoma General — Megan Edwards, BSN, Providence St. Peter Hospital — Elixia Munumel Garcia, BSN, MultiCare Tacoma General — Jodi Gragg, MN, MultiCare Mary Bridge Childrens Hospital — Maria Rubino, BSN, Swedish Medical Center (Edmonds) — Patricia Zorn, BSN, Providence St. Peter Hospital

In addition, our own Dr. David Reyes, Assistant Professor, was nominated.

We are proud, too, of the contributions of two members of the March of Dimes executive leadership team: MN alum Ruth Flint, VP for Patient Care Services and CNO at St. Joseph’s, CHI Franciscan Health; and Dr. Kathleen Shannon Dorcy, UW Tacoma faculty and Director, Clinical Nursing Research, Education, and Practice at the Seattle Cancer Care Alliance.

In addition, Theresa Braungardt, BSN and MN Alum and SVP, Patient Care Services and Chief Nursing Office at Valley Medical Center served on the selection committee.

Faculty Corner

Uba Backonja, RN, PhD, Assistant Professor

Dr. Backonja, new faculty member, has been very busy. She attended the American Medical Informatics Association Annual Symposium in Chicago in November and partnered with Jesus Caban with Walter Reed National Military Medical Center to offer an all-day workshop on 'Visual Analytics in Healthcare'. On suggestion from her THLEAD 405, Introduction to Health Informatics students, Dr. Backonja attended specific talks and interviewed researchers and reported her findings on informatics, research and insights back to her students.

Dr. Backonja is currently on the organizing committee for the annual Nursing Research Symposium at Seattle Children’s Hospital, which will occur on Friday, May 5, 2017 (mark your calendar!). The meeting will highlight the wonderful work of practicing RNs providing the best care to pediatric patients and their families as well as talks on the research process. Dr. Backonja will give a talk about the usefulness of data visualization throughout the research process.

To find out more about the Nursing Research Symposium and how to register, click here.
An App a Day  
Connecting low-income patients to health care through apps

-By Erick Wilson-Edge, UWT Advancement

Apple coined the phrase “there’s an app for that” back in 2009. In the intervening years millions of apps have been created and made available to download. The range of apps run the gamut from useful (avoiding traffic, managing finances) to offbeat (add a cat to any picture, have a pirate voice tell you where you parked).

The sheer volume of apps makes quality and credibility even more important. This is especially true when it comes to apps related to health care. A quick search of “health” in the app store returned hundreds of entries. Figuring out which one of these apps is legitimate (is it the one with the panda bear icon?) can be challenging and the consequences of bad information are potentially life-

“People are picking up these apps and are running with them,” says UW Tacoma Assistant Professor Sharon Laing. “They sound good, they sound sexy but they may not do what they claim.” Laing, a psychologist by training, is interested in the field of mobile health or mHealth. She is currently working on a study of patients and care providers to assess their level of knowledge and interest in using mobile technology to help manage health.

Read full article here.

Clinical Faculty Highlights - Giving Back to UWT & The Community

Shirley Carstens
Shirley Carstens, RN, MS, FNASN, graduated from the UW School of Nursing when it was a five year (almost) program. Public health and school health have been her passion throughout her career.

Shirley is the planning chief for the Medical Reserve Corps (MRC). The MRC is a response unit that can be activated in an emergency situation. While few emergencies call MRC to action, MRC provides assistance as requested in response to outbreaks of tuberculosis and hepatitis C, for HIV testing, and immunizing medically underserved populations.

The MRC assisted the Tacoma Pierce County Health Department to collect data related to emergency preparedness in various parts of the county. A survey was conducted by students in UWT Nursing Course, TNURS 414, Health, Communities, Populations. Ms. Carsten is the MRC representative preceptor who supports 414 students.

Sally Watkins - UW Tacoma Clinical Faculty & WSNA New Executive Director

The Washington State Nurses Association Board of Directors announced on January 25 that they have selected Washington state nursing leader Sally Watkins, Ph.D, MS, RN, to be the new WSNA Executive Director, replacing Judy Huntington, MN, RN, who is retiring in June after 18 years in the positions. Dr. Watkins will join WSNA April 3, 2017.

“Dr. Watkins brings rich experience to the role, along with a staunch commitment to advocating for nurses through WSNA’s labor, health policy, nursing practice and education programs,” said Jan Bussert, BSN, RN, WSNA President. “She understands the numerous issues nurses face in the workplace, including staffing challenges, workplace violence, patient safety concerns and nurse fatigue. She also understands the financial pressures impacting the delivery of health care. Dr. Watkins is a proven leader and a strong, effective patient and nurse advocate who will work well with WSNA leaders, staff, our members and the community to address these issues.”

Read the full press release written by Ruth Schubert, WSNA Communications Director and find out more about WSNA here.
Faculty Focus
The UW Tacoma Nursing and Healthcare Leadership Program celebrates the achievements of our faculty

Jane Cornman, RN, PhD
Jane Cornman, Senior Lecturer, has a chapter in the new, eighth edition of the Craven, Hirnle, and Henshaw Fundamentals of Nursing text. Jane’s contribution is as first author of the chapter on “Health, Wellness, and Integrative Healthcare”. Congratulations Jane!

Susan Johnson, RN, PhD
Susan Johnson, Assistant Professor, attended the Fifth International Conference on Violence in the Health Sector in Dublin, Ireland. She gave a presentation on “Mean Girls in the ER and Snakes in the Nursing Station: Discourses of Workplace Bullying.”

Jodi Erickson, RN, MSN
Jodi Erickson, Lecturer, recently published a chapter in the Clinical Nurse Leader, Certification Review, Second Edition titled ‘Horizontal Leadership.’

UWT BSN Student Wins National Guard Volunteer Awards
Every year, the National Guard Family Program gives recognition to those volunteers who continue to impact the lives of many individuals by donating their time to help others. National Guard volunteers contribute a broad range of services that enhance the capabilities of National Guard programs. Proudly we announce that one of our own BSN students, Rosie Watson, was honored with two awards for her dedication to the service of others.

“I am beyond honored and surprised to receive a state award for my volunteer work. I have been volunteering for the 10th Civil Support Teams’ Family Readiness Group for four years, not expecting anything in return - because I do this work for military families. I hope to bring more volunteers on board in 2017 and strengthen the resilience of Washington National Guard families.” ~ Rosie Watson

Upcoming Events and Announcements
*Nursing and Healthcare Leadership searching for full time faculty
Currently there is one opening for either an Assistant Professor OR Senior Lecturer.

To see requirements for positions, please check the UW Tacoma Academic Job site.

*OH BOY(s)!!
-Congratulations to Lindsey McBride, Undergraduate Advisor, on the birth of her second son, Caleb McBride. Caleb came into the world on January 13, 2017. Father, Mother and big brother Fin, continue to celebrate the happy occasion together.

-Nan West, Program Administrator, is celebrating the birth of her first grandchild, a boy, born November 26, 2016.

-Sharon Hansen, Lecturer, is also celebrating becoming a grandmother for the first time. Proud grandma Sharon shares her grandson, born at 7 lbs and 19 inches, has already outgrown his six month clothes in a matter of a few months.