

Sana Goldberg '16, R.N. honored



Sana Goldberg '16, R.N.

Author, TED speaker, podcaster, blogger and public health advocate Sana Goldberg '16, R.N. has been selected as the recipient of the School of Nursing Alumni Association Early Career Achievement Award for 2019. The award recognizes an alumna or alumnus from the OHSU School of Nursing who has demonstrated a commitment to evidence-based practice and who has made significant contributions in improving patient care and health in a community setting or in the areas of scientific research or academia within five years of graduation.

Ms. Goldberg founded the nonprofit *Nightingale* magazine to establish a movement of story, art and activism for health equity. “Florence Nightingale was famous for saying, ‘How very little can be done in the spirit of fear,’” said Ms. Goldberg. “We have built *Nightingale* to be a source of solace, solidarity, and inspiration; something which, at once, provokes meaningful exchange and incites a steady transformation in our respective communities around the country.”

In nominating Goldberg, faculty member Kristen Beiers-Jones cited her commitment to “reminding the world of the role nurses play in organizing equity. In the few short years since she graduated she has accomplished more than many hope to do at the end of a long career.”

Ms. Goldberg published her first book, *How to Be a Patient*, in March 2019, and will release a podcast in NPR's *Life Kit* series this summer. She will receive the Early Career Achievement Award at the School of Nursing Winter Completion ceremony Dec. 5 in the OHSU Auditorium.

For more information about SNAA awards please email alumni@ohsu.edu.

ARCS Scholarship recipient Mary Roberts-Davis

Mary Roberts-Davis, Ph.D. candidate in the School of Nursing, is intrigued by the menopause transition and its relationship to women's cardiovascular health. Eighteen years as a bedside nurse in medical and cardiac ICUs further fueled her interest in high acuity illness. She became concerned by the stagnant mortality rates of women from cardiovascular disease – particularly those younger than 55. Although she was initially resistant to relinquish her role as a bedside nurse, the desire to know more, and to redress the imbalance of research focused on women, strongly motivated her. This prompted her to begin her PhD thesis in 2018.



Mary Roberts-Davis

“Women seek health care most frequently during transitions such as pregnancy and the menopause transition,” she said. “There is a lot of research into pathophysiological change post-menopause, but very little that focuses on the transition itself.”

Roberts-Davis hopes that in years to come women and the health care team will understand cardiac risk earlier. “I would like to see increased recognition that, for some women, physiological changes are symptoms of disease and not just ‘part of the transition.’”

The support of ARCS (Achievement Rewards for College Scientists), has been pivotal in Roberts-Davis' ability not just to conduct her research but to focus more deeply on it. “I am blown away by the impact ARCS has on science and women, and the celebration of the good work of women in science,” she said. “The encouragement of others who want you to be successful helped me make this change.”

The Giesy Family ARCS Award – an OHSUF matched endowment established by alumna Barbara Peterson Giesy '56, M.N.' 80 – honors the legacy of caregivers in the Giesy family and advances the science of nurses through successive generations of outstanding ARCS scholars.

“We want to share the passion and excitement for this work and encourage optimism to find solutions for difficult issues,” said Ms. Giesy. “By establishing an endowed ARCS Scholar, we are assured that the SoN has the opportunity to use unrestricted funds to recruit the best and brightest minds, and that every scholar chosen will have not only financial support, but the personal connection with ARCS members.”

For more information about opportunities to support students in the School of Nursing, please contact Mark Kemball at (503) 552-0667.

Graduate profile – Maria Franco Maciel



Maria Franco Maciel

By Iliana Garcia

Maria Franco Maciel has been in love with becoming a healthcare professional for as long as she can remember. Maria received her BS with a major in Nursing from the School of Nursing in Monmouth, Ore., in June 2019. She hopes to serve a diverse community and help the community her loved ones live in.

“I find that education is power, the power to help oneself, one's family and the community,” she said. As soon as she is able to finance her graduate education, she would like to continue her studies in the DNP program.

It has not been easy for Maria to achieve her goal of obtaining a higher level of education. Her parents brought her to the U.S. at a young age. She is a first-generation DACA student who has shown great resilience, thanks to the overwhelming amount of support and love she has received from those that surround her.

“I have had to finance my own education, which means I've had to go slow and steady,” She said. “With the amount of support that I have received on a daily basis all I had to do was continue to focus my drive, compassion, passion, and commitment to my nursing career.”

Maria has a bright future ahead. She hopes to one day be involved in research and in legislative advocacy to provide accessible, evidence based, patient/family centered care that includes mental health for all.

By the numbers

National rankings

U.S. News and World Report recently published its 2020 rankings for schools of nursing and nursing programs. The OHSU School of Nursing ranked as follows:

4	NURSE-MIDWIFERY (TIE)
19	BEST ONLINE GRADUATE NURSING PROGRAMS (TIE)
19	FAMILY NURSE PRACTITIONER PROGRAM (TIE)
24	BEST NURSING SCHOOLS: MASTERS' DEGREES (TIE)
28	BEST NURSING SCHOOLS: DOCTOR OF NURSING PRACTICE DEGREE (TIE)
51	NURSE ANESTHESIA PROGRAM (TIE)

Graduation 2019

This year OHSU granted a total of 496 degrees to School of Nursing graduates. We are proud of our hard-working and highly competent healthcare professionals. The degrees include:

377	Bachelor of Science
28	Doctor of Nursing Practice
5	Doctor of Philosophy, Nursing
85	Master's degrees
12	Adult Gerontology Nurse Practitioner
20	Family Nurse Practitioner
7	Health Systems & Organizational Leadership
10	Nurse Anesthesia
11	Nurse Midwifery
8	Nursing Education
6	Pediatric Nurse Practitioner
11	Psych Mental Health NP
1	Post Master Certificates

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Annual School of Nursing 2019 Reunion

The 2019 annual School of Nursing reunion was a great success!

Over 60 guests attended, including alumnae from milestone reunion years 2014, 1999, 1989, 1979, 1974, 1969, 1964, 1959. In addition, we welcomed Ms. Helen Hakanson from the class of 1947, who celebrated her 71st reunion.

Alumni Council President Deb Carter, B.S. '77 greeted participants and congratulated the Class of 1969 on their 50-year reunion. The luncheon program included a research presentation by School of Nursing faculty, Kerri Winters-Stone, Ph.D. Dr. Winters-Stone is exploring the healing effect of exercise medicine for persons with cancer, and the impact of a joint exercise program on both the patient and a spouse or partner.



2019 Alumni reunion pinning event.

Sana Goldberg, B.S. '16 was announced as the Early Career Achievement of the Year Award winner for her outstanding contributions in the field of nursing. Ms. Goldberg published her first book, *How to Be a Patient*, in March 2019 (*see related article*).

Dean Susan Bakewell-Sachs provided an update on the school and joined Ms. Carter and Mark Kemball, Director of Alumni Relations, in the Golden Rose Pinning Ceremony for the 50-year reunion class.

We hope to see you at the 2020 reunion. The date will be announced by the end of September.

School of Nursing CONNECTIONS

A publication from the OHSU School of Nursing | Summer 2019



Greetings colleagues and friends,

By Susan Bakewell-Sachs, dean and vice president of nursing affairs



I am proud to share that our OHSU SoN members are continuing to make a difference for Oregon and beyond through our missions of education, research and practice. In June, we graduated nearly 500 baccalaureate, masters and doctoral students. We now have three Health Resources Services Administration (HRSA) grants supporting our efforts to diversify the nursing workforce, prepare registered nurses for primary care, and expand our ability to educate family and psychiatric mental-health nurse practitioners to meet health care needs across

Oregon. Our students benefit from local, national and international learning opportunities. Our faculty submitted 11 research grant applications this spring, including seven to NIH. This fall we are welcoming 10 PhD students and our first cohorts of advanced practice students into the revised DNP degree program. I invite you to read more about our members' efforts and successes, and the collective influence and results we are achieving.



Health advocacy matters

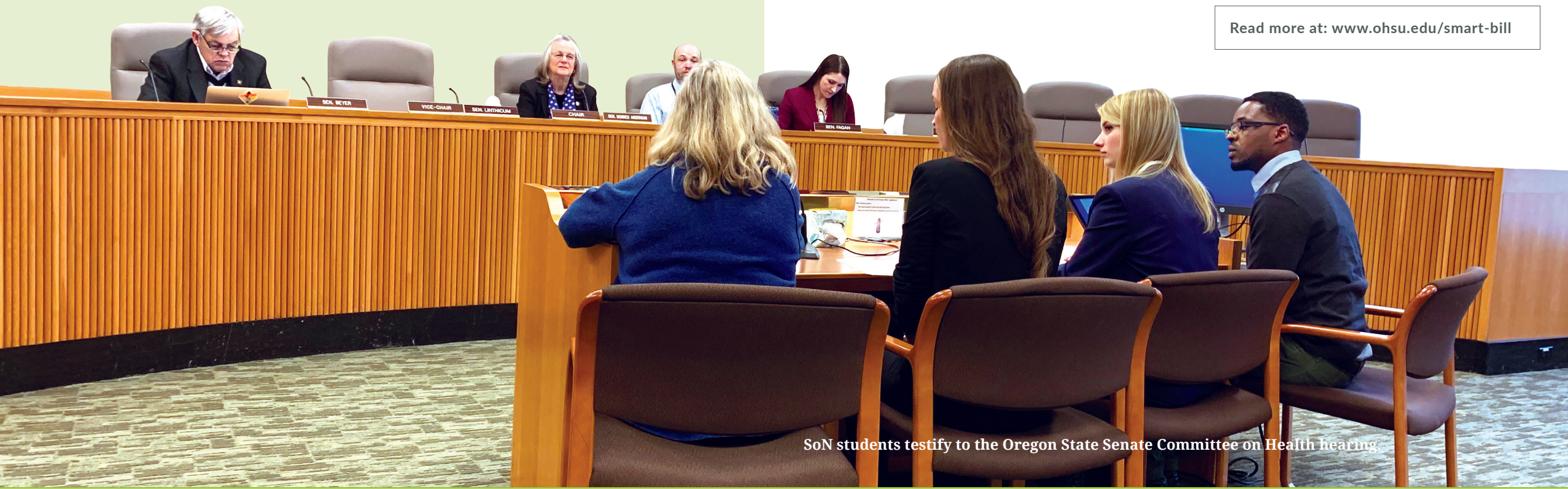
The AACN summit, held in Washington, D.C. in the spring, brought together over 200 student nurses from 37 states to focus on the importance of nurse advocacy within health care, local and national government, and our communities. Two of OHSU’s undergraduate nursing students, David Iverson and Nancy Ferrer, advocated for the reauthorization of Title VIII with members of the Oregon Congress. Title VIII works to address all aspects of the nursing workforce demand, including education, practice, recruitment, and retention.

“Learning about this policy made me realize that I have the power to advocate for my community on Capitol Hill. During my visits, I was able to give specific examples from my past experiences and explain how a policy such as Title VIII can have a direct, positive effect on the healthcare of our nation.”

– Nancy Ferrer

“The Policy Summit demonstrated the importance of nurse advocacy and the potential impact nursing can have on molding our health care system’s policies to better serve our community.”

– David Iverson



SoN students testify to the Oregon State Senate Committee on Health hearing.

Read more at: www.ohsu.edu/smart-bill

Student leadership key to passage of SB 698

By Christi Richardson-Zboralski
The OHSU School of Nursing’s population health curriculum offers students hands-on experience of health advocacy. In the most recent Oregon legislative session students and faculty worked directly with legislators to create and advocate for Senate Bill 698. The process took about two years, and involved four hundred and ten students. Many testified in front of both the senate and the house committees on health. SB698 sought to “Reduce harmful and costly medication errors by requiring that pharmacies in Oregon provide prescription container labels in both English and a readable language for patients with limited English proficiency (LEP).”

Kristen Beiers-Jones, faculty-in-residence for I-CAN and assistant professor on the Portland campus, was the lead faculty on this effort. Initially, Beiers-Jones decided to get involved because of the problems she observed with her I-CAN clients. “Ninety-five percent of our clients do not speak English,” she said. “Students noticed unfortunate outcomes due to their clients not taking the medications as prescribed.”

Matthew Ngo, spring ’18 population health student said, “After seeing firsthand how medication labeling affected patients with limited English proficiency, it made sense to get involved.” His experience through the Lutheran Refugee Resettlement Agency with refugees and immigrants included a Somali woman who spoke only Somali and needed to take heart medication, and a stool softener. She mistook her stool softener for her heart medication, and because of this started to experience high blood pressure.

Ngo saw the impact LEP had within his own family. He translated many medical instructions on medicine bottles for his grandfather until, after much searching, they found a pharmacist who spoke Vietnamese, and who could take care of his father’s needs.

Kate Ballard, summer ’19 , reflected on the value of diversity in this effort, and the opportunities it presented. “I learned how broad the role of a nurse is, and how valuable it is to have a team of people with diverse backgrounds and skills,” she said. “Kristen (Beirs-Jones) has not only tirelessly advocated for safe and equitable practice, but she has also given nursing students leadership opportunities.”

SB698 passed with bipartisan support and was signed by the Governor on June 20. Over 220,000 limited English-proficient Oregonians will benefit from this bill. “This experience has given me the confidence to make my voice heard as a future nurse,” said Ballard. “I feel prepared to take action in my professional career.”

Wanted: Nursing scientists

A PhD awaits those who want to discover new knowledge, improve patient outcomes

By Lee Lewis Husk
The director of OHSU’s PhD program, Martha Driessnack, Ph.D. ‘05, PPCNP, R.N., says that she’s never met a student who isn’t intrigued by the research process if presented as an opportunity to impact practice and patient outcomes. “Once people get the bug, they really get it,” she said. “I think nurses are innately good researchers. There are just too few of them.”

The number of nurses with doctoral degrees is small, about 1.9 percent, even with the recent growth in DNP education, according to OHSU’s School of Nursing Dean Susan Bakewell-Sachs, Ph.D., R.N.. “It’s clear that for advanced practice nurses, the DNP is becoming the standard doctorate, but we can’t have all of our advanced practice nurses DNP-prepared only,” she said.

The word may be trickling out about the need for more nursing scientists. OHSU’s PhD program, the only one in Oregon, has struggled in recent years, according to Driessnack, but this fall has a full cohort of 10 students, some coming straight from a bachelor’s degree.

“When I talk with undergrads, I encourage them to channel their inner Florence (Nightingale),” Driessnack said about the 19th century nursing icon who was a premiere statistician and scientist.

“The concept that you’re creating new knowledge feels very distant from the typical nurse,” she added. “But nurses are always adjusting their practice, using basic research skills.” She emphasizes that the path from bench to bedside is bi-directional and that nurses don’t only apply research findings - they also inform research. “Nursing scientists ask questions that always have the patient experience at the center and when nursing scientists are missing, all you get is disease management,” she said.

New to the PhD ranks is Quin Denfeld, Ph.D. ‘16, R.N., whose story is common among nurses who pursue research. As an ICU nurse with a baccalaureate, she loved working at the bedside and had no intention to go into research. But she often wondered whether there were better ways to provide bedside care. She initiated and led a clinical research study conducted at the bedside, along with fellow ICU nurses, that was published and resulted in changes in clinical care. “That experience really catalyzed my interest in research,” she said. “Nurses can bring incredible insight to the research arena and make practice and research talk seamlessly.”

Denfeld completed her PhD degree in 2016 and followed that with a post-doctoral fellowship at the OHSU Knight Cardiovascular Institute. She’s now an assistant professor and has her own National Institutes of Health funding as a scholar in OHSU’s Building Interdisciplinary Research Careers in Women’s Health Program, School of Nursing. Her current research focuses on the role of physical frailty in patients with heart failure and specifically gender differences in the biological underpinnings of physical frailty in heart failure. Bakewell-Sachs calls her a rising star, but for Denfeld it’s all about following her passion and striving to improve outcomes for patients with cardiovascular disease.

Bakewell-Sachs said that undergrads sometimes think of research as an abstract thing. But she’s optimistic about the new national focus on boosting pathways to the PhD. “Part of our effort is to demystify research and show nurses that they’re part of research, whether they’re informing research from the bedside or teaching and conducting research at the university level.”

National nurse leader coming to OHSU School of Nursing, Portland Campus, in September

To highlight and increase awareness of PhD education in the Northwest, OHSU has partnered with other nursing schools in Oregon and Washington to bring Dr. Laura Taylor of GuIDE (Guiding Initiative for Doctoral Education) for a two-day event, Sept. 12 and 13.

GuIDE is a program to guide and support baccalaureate and higher-degree nurses in moving forward with career development. The Sept. 12 open house will provide information about doctoral programs in Oregon and Washington and address common questions and requirements for applications. The Sept. 13 workshop will offer a day of interactive discussion on distinct strategies toward successful PhD program application.

For more information contact: jerez@ohsu.edu

Commencement 2019

Student and faculty awards

Statewide awards

The Jean E. Boyle Memorial award
Undergraduate recipient: David Iverson (B.S. with a major in nursing – Portland)
Graduate recipient: Karis Kerbs (Pediatric Nurse Practitioner to Doctor of Nursing Practice)

The Community Service Award
Undergraduate recipient: Michelle Nabha Goldfeder (B.S. with a major in nursing – Ashland campus)
Graduate recipient: Alexandria Yeo (Family Nurse Practitioner - Portland campus)

The Carol A. Lindeman Award
Undergraduate recipient: Elena Baird (B.S. with a major in nursing – La Grande campus)
Graduate recipient: Kalisha Bonds (Doctor of Philosophy – Portland campus)

The Henrietta Doltz Puhaty Award
Undergraduate recipient: Maria Franco Maciel (B.S. with a major in nursing – Monmouth Campus)
Graduate recipient: Mary Medysky (Doctor of Philosophy – Portland campus)

The Rural and Frontier Nursing Award
Undergraduate recipient: Candace Sherman (B.S. with a major in nursing – La Grande campus)
Graduate recipient: Rachel Dunn (Family Nurse Practitioner– Portland campus)

The Transcultural Nursing Award
Undergraduate recipients: Kate Ballard (B.S. with a major in nursing – Portland campus) and Brittany Jones (B.S. with a major in nursing – Ashland campus)
Graduate recipient: Margaret Rising (Doctor of Philosophy – Portland campus)

Campus specific awards (undergraduate only)

The Elnora Thompson Leadership Award
Rachel Lanning (B.S. with a major in nursing – Ashland campus)
Jessica Conrad (B.S. with a major in nursing – Klamath Falls campus)
Mikayla Mormance (B.S. with a major in nursing – La Grande campus)
Jesse Edwards (B.S. with a major in nursing – Monmouth campus)
Lisa Johnson (B.S. with a major in nursing – Portland campus)
Ashley Standing (RNBS Completion program - Online)

The Golden Lamp Award
Carrie Theines (B.S. with a major in nursing – Portland campus)
Ryan Gunderson (RNBS Completion program – Online)
Jennifer Woo (B.S. with a major in nursing – Ashland Campus)
Briana Cullen (B.S. with a major in nursing – Klamath Falls campus)
Brittany Cline (B.S. with a major in nursing – La Grande campus)
Megan Burkey (B.S. with a major in nursing – Monmouth campus)

Individual campus awards

Dorothy L. Johnson Award
Rebecca Silva (RNBS Completion – Virtual campus)
Laura Buddendeck (B.S. with a major in nursing – Portland campus)

Krueger Award
Luis Ayala Rangel (B.S. with a major in nursing – Ashland Campus)

Perseverance Award
Rachel Miller (B.S. with a major in nursing – Klamath Falls campus)

Student Vision Award
Rebecca McBride (B.S. with a major in nursing – Monmouth campus)

Scholarly Achievement
Durinda Baum (B.S. with a major in nursing – Monmouth campus)

Sigma Theta Tau Outstanding Undergraduate Student
Karla Quevedo Meza (B.S. with a major in nursing – Monmouth campus)

Excellence in teaching

Undergraduate: Kat Taylor of Ashland (2019)
Graduate: Asma Taha (2019)

Diversity and inclusion

Dena Hassouneh (2019)

