

Fall 2009

ASU College of Nursing
& Health Innovation
ARIZONA STATE UNIVERSITY

Innovations

in nursing and health



Dawn of a New Era

dream ▪ discover ▪ deliver

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On the Cover:

The exterior of the newly constructed College of Nursing and Health Innovation Building 2, completed just 16 months after groundbreaking, stands as a symbol of the new beginnings for the College—the dawn of a new era of innovation and forward-thinking in nursing and health-related fields.

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Innovations in Nursing and Health

Innovations in Nursing and Health is published twice a year by the College of Nursing and Health Innovation at Arizona State University for alumni, friends of the college, national nursing and health promotion leaders, students, faculty, and the media.

MISSION

Our mission is to produce a publication of high-quality editorial news content and creative design to communicate the educational, research, and evidence-based initiatives of the College of Nursing and Health Innovation to its key audiences.

COLLEGE OF NURSING AND HEALTH INNOVATION

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Dean's Message



We are bombarded daily by the latest news on healthcare reform. The debate rages on and it is truly anyone's guess regarding the final outcome.

No matter how heated the political debate has become, there are at least two good things that have resulted from the discussions, including: (1) the recognition of the spiraling shortage of primary care providers in the U.S., and (2) the acknowledgement that nurse practitioners (NPs) can play a key role in reducing the shortage and enhancing access to quality healthcare services.

The primary care provider statistics are daunting. A University of Missouri-Colum-

bia and Health and Human Services study in 2008 predicts a shortage of 35,000-44,000 primary care physicians by 2025. An American Academy of Family Physicians 2008 report forecasts a shortfall of 40,000 general practitioners by 2020. Finally, the Association of American Medical Colleges predicts a shortage of 124,000 of all doctors by 2025.

These shortage forecasts are likely to become reality due to the lack of medical students currently entering family medicine. In 2008, only 2 percent of medical students planned to enter family practice compared to 14 percent in 2000, in large part due to substantially higher salaries for specialists versus primary care providers.

The Robert Graham Center and National Association of Community Health Centers estimate that more than 15,500 primary care providers would be needed to serve 30 million new patients.

People often ask me: "What do we do as a nation that spent \$2.4 trillion on healthcare last year?" and "Who will treat the millions of uninsured patients if universal healthcare is adopted?" My answer is that we can improve this situation dramatically with greater use of nurse practitioners in our healthcare system.

The 145,000 nurse practitioners in the nation provide quality care comparable to physicians, according to patient surveys

and the American College of Physicians. Approximately 80,000 nurse practitioners practice in primary care settings and place emphasis on health promotion and chronic disease risk reduction, which is vital in an era where the number 1 killer of Americans is their behaviors (e.g., smoking, overeating, lack of physical activity), which leads to morbidities such as obesity, hypertension, and cardiovascular disease.

Twenty percent of NPs practice in remote or underserved areas of the U.S. Their malpractice rates also are less than 1.5 percent. Nurse practitioners are the fastest growing segment of the healthcare workforce. Even with a new requirement that NPs be doctorally prepared by 2015, they can enter practice in 6 to 7 years compared to 8 to 12 years for physicians.

One of the least expensive reforms we can make in our healthcare system is to empower nurse practitioners to play a leading role in providing primary care, including serving as directors of healthcare homes. However, barriers to NP practice must be removed in all states. For example, nurse practitioners only have full or independent practice authority in 22 states and the District of Columbia. The remaining states must change their regulations to grant the same authority. In addition, insurers in many states reimburse NPs at a lower rate than what primary care physicians receive for the same services. Parity on reimbursement is critical for NPs to be able to establish independent practices that will ensure greater access to healthcare for Americans. Lastly, an

increase in Federal and state funding for education programs to attract and increase faculty for the nation's 343 NP programs is needed in order to prepare nurse practitioners to meet the need for more primary care providers.

At ASU, with the highest enrollment that we have ever had in our NP educational programs, we are doing our part to increase the number of NPs who will provide the highest quality of evidence-based healthcare services to the public. In addition, our five NP managed health centers provide outstanding educational sites for our students and deliver quality care to nearly 7,000 patients on an annual basis, many of whom would not receive care if it were not for our clinics. With support from United Healthcare, we also are launching a new Southwest Health Center for the Prevention and Treatment of Child and Adolescent Depression and Anxiety Disorders, which you will read about in this edition of our new *Innovations in Nursing and Health* magazine. With one out of four children having a mental health disorder and less than 25 percent receiving any treatment, we must do more to provide access to badly needed mental health services for both children and adults.

The recent merger of the departments of exercise/wellness and nutrition along with health sciences programs into our college provides us with a tremendous opportunity to “walk the talk” of inter-professional education and transdisciplinary collaboration, which has been a hot national topic and touted as a necessity for

teamwork and collaborative decision-making, critical strategies to achieve safe, high quality care across healthcare settings.

Our faculty and staff are excited about all of the new opportunities that this merger provides to enhance our educational programs along with our cutting-edge research and clinical practice initiatives. We are continually asking ourselves, “What can we do in the next five years if we know we cannot fail?”, which fuels even bigger dreams and more innovations.

A new era has dawned for the ASU College of Nursing and Health Innovation. We have a new marquee building—our faculty, staff and students are energized—our extramural grant funding has reached record levels—and our new 2010-2015 strategic plan is nearing completion. Our future is indeed bright. The keys to our college's many successes are our ability to stay focused on our innovative dreams, a continued willingness to take risks to discover solutions, and being able to persevere until those dreams are delivered.

Fond Regards,



Bernadette Melnyk, PhD, RN, CPNP/
PMHNP, FNAP, FAAN
*Dean and Distinguished Foundation
Professor in Nursing*



Dawn of a New Era

A new name, a broader mission, and new inter-professional programs uniquely position the ASU College of Nursing and Health Innovation to deliver cutting-edge solutions to health issues.



The College of Nursing and Health Innovation at Arizona State University is experiencing the most momentous change in its 52-year history. Change has impacted every part of the college—faculty and staff, leadership, curriculum, name, strategic mission, and facilities. Some of the change was planned, some born of the difficult economic times for the University, and some opportunistic.

“Change is evitable everywhere today, and without change, there is no innovation,” Dean Bernadette Melnyk said in reflecting on the past year. “Most people fear change, but not here at ASU. We see change as a huge opportunity for innovation and building strength. Our recent changes mark the dawn of a new era for our college and multiply opportunities for students, faculty and staff.”

BRICKS AND MORTAR

An impressive new five story 84,000 square foot building is the most visible of the changes in the college. Construction of the building was completed in only 16 months in time to open for fall semester.

“This expansion provides our college the best facilities we

have ever had,” said Dean Melnyk. “The additional building provides much needed space to continue to offer the highest quality of educational programs and the most cutting-edge research to guide best practices, as well as the opportunity to continue to launch innovative initiatives that will improve the health of Arizona residents.”

The new facility provides new classrooms for students. Serving as the northern gateway to the new ASU Downtown Phoenix Campus, the glass and copper structure includes a 200-seat auditorium, student facilities, and faculty office and research space. The building includes several sustainable elements. Public spaces outside the building provide shaded green areas. Silver LEED certification will be sought from the United States Green Building Council now that the building has been completed and occupied.

The City of Phoenix and ASU partnered to build the campus and the new nursing building as part of a city bond issue that voters passed in 2006.

PROGRAM AND PEOPLE CHANGES

The new building represents the largest physical change in the

College of Nursing and Health Innovation, but it is by no means the most dramatic.

The deep U.S. recession and concurrent decline in state tax revenues were the initial drivers of some of the recent fundamental changes in the college. Arizona's \$3 billion revenue shortfall required reductions in public university budgets, which impacted all colleges at ASU with budget reductions.

GROWTH AMID CUTBACKS

In early 2009, ASU Administration responded to the budget crisis by eliminating 48 degree programs and restructuring the organization to make the University more efficient. As a part of this process, several health-related programs of the former School of Applied Arts and Sciences were merged into the ASU nursing college. The Exercise and Wellness and Nutrition departments along with the pending Health Sciences program that includes the pre-med, pre-dental and pre-veterinary programs became part of the College of Nursing and Health Innovation on April 30.

"Our mission has been broadened to include the other health focused disciplines that now are part of our college," Dean Melnyk said. "This merger of these departments and programs allows us to accelerate inter-professional education and initiatives that will result in exciting academic programming for our students, innovative transdisciplinary research, and more comprehensive health services that will benefit the public. The college serves as a new national model for transdisciplinary collaboration, education, research and clinical practice while continuing to produce the highest caliber of nurses and health professionals who will transform healthcare and promote the highest level of health for the community, nation and globe."

The integration of these programs has increased the breadth and depth of collaborations that already existed among these programs in student education, externally funded research, peer-reviewed publications, and in community and global initiatives.

Advancing the existing collaborations among the healthcare and health promotion programs provides more unique educational opportunities for undergraduate and graduate students, enhanced research opportunities for faculty, and increased opportunities for community and global outreach. This new inter-

professional organization can serve as a national model, which supports the work of contemporary faculty that want to solve major health challenges. The College had already moved to a more inter-professional model with the hiring of transdisciplinary faculty and the creation of new academic programs enrolling both nurses and non-nurses, so the merger was a natural strategic move.

A new Healthy Lifestyles Research Center also is part of the new nursing and health college. The center's mission is to integrate basic and translational research aimed at understanding the causes for pathologies, correlates and behaviors associated with lifestyle choices. The center also will implement and evaluate health promotion intervention programs in practice. From this foundation, which will include faculty from a diverse range of disciplines, a social ecological model of chronic disease prevention and health promotion is formed, Dean Melnyk explained. Dr. Glenn Gaesser, an internationally renowned NIH-funded researcher who investigates the roles of exercise and diet in cardiometabolic health, has been appointed director of the new center.

The consolidation increases the college's undergraduate enrollment by more than 8 percent from 2,478 to 2,682 and graduate/doctoral enrollment by more than 69 percent from 242 to 409 for a total of 3,015 students.

Enrollment in the newly integrated health promotion programs has grown by 42 percent to 956 compared to 672 in fall 2008. Overall enrollment in the nursing programs is 2,057 due to an increase in graduate and doctoral students.

As a result of the consolidation, the name of the college also changed from the College of Nursing and Healthcare Innovation to the College of Nursing and Health Innovation to reflect its expanded mission.

GROWTH REQUIRES NEW LEADERSHIP STRUCTURE

The growth in faculty and student enrollment along with the integration of new programs has led to the need for a new organizational structure.



Seated, l. to r.: Dean Bernadette Melnyk, Dr. Linda Vaughan. Standing, l. to r.: Dr. David Hrabe, Dr. Craig Thatcher, Dr. Julie Fleury, Dr. Denise Link.

Craig Thatcher, former dean of the School of Applied Arts and Sciences, joined the College of Nursing and Health Innovation as its first-ever executive dean.

Dr. Thatcher received his MS, DVM and PhD (Nutritional Physiology) from Iowa State University in 1977, 1981 and 1982, respectively. He is a Diplomate of the American College of Veterinary Nutrition. Craig joined the faculty at the Virginia-Maryland Regional College of Veterinary Medicine at Virginia Tech in 1983 and was on the faculty for 25 years. He headed the College's Large Animal Clinical Sciences Department from 1992-2004. At Virginia Tech, Craig was the Co-Director of an NSF-IGERT award titled "Macromolecular Interfaces with Life Sciences: Oxidative Processes". In 2008, he joined the School of Applied Arts and Sciences at the Polytechnic Campus, Arizona State University as Professor and Dean. His research interest is comparative nutrition and the role of antioxidant nutrients in health and disease.

In the new structure, Dr. Thatcher reports to Dean Melnyk and

is responsible for assisting her with strategic planning and in administering the operations of the college, as well as ensuring the successful integration of the consolidated programs. "Our new organization enables a transdisciplinary approach to health and wellness," Dr. Thatcher said. "It eliminates the silos in health education as it will create a new generation of health providers and promoters who will work closely together to produce evidence-based quality outcomes for the public."

In the new structure, Dr. Julie Fleury (associate dean for research) oversees the Healthy Lifestyles Research Center as well as both of the College's PhD programs, including the PhD in Nursing & Healthcare Innovation and the PhD in exercise/wellness and nutrition. Dr. David Hrabe, associate dean for academic affairs oversees all academic programs and student affairs. Dr. Linda Vaughan, assistant dean for academic affairs, has overall administrative responsibility for the nutrition, exercise/wellness and health sciences programs. Dr. Denise Link is the associate dean for clinical practice and community partnerships.

NURSING UNDERGRADUATE CURRICULUM RESTRUCTURED

In spring 2008, the undergraduate nursing faculty started an extensive 16 month process to redesign the prelicensure BSN curriculum to meet the American Association of Colleges of Nursing 2008 "Baccalaureate Essentials" accreditation criteria, and to be responsive to changes in the healthcare and educational systems, as well as to respond to feedback from students, community partners and nursing faculty. The final phase of the process was completed in the summer of 2009 to take effect in August for the fall semester.

The new curriculum uses a learner centered, concept based approach to actively engage student learning. Clinical hours were reduced to maximize strengths and reduce inefficiencies.

The delivery model for most theory courses enhanced reusable learning objects for online delivery while face-to-face meeting time has been dedicated to facilitated discussions.

Therefore, the faculty re-conceptualized the clinical learning experience by identifying what learning must take place in a clinical environment and what learning can occur in other educational settings. Through this assessment faculty determined that the number of clinical practice hours could be reduced and that some previous clinical learning could now occur in theory courses.

Dr. Brenda Morris, EdD, RN, CNE and Clinical Associate Professor Barbara White MS, RN, CNE led prelicensure undergraduate nursing faculty in the curriculum redesign process.

INTER-PROFESSIONAL FACULTY FUSION

Faculty of the ASU College of Nursing and Health Innovation are highly talented, dedicated and diverse. Their transdisciplinary nature and broad expertise cover the life span from nursing and healthcare in a range of specialties to health promotion and chronic disease risk reduction through exercise and wellness, nutrition and health science programs, according to Assistant Dean for Academic Affairs Linda Vaughan, PhD, who joined the college in the merger. While their expertise is in multiple disciplines, faculty share a strong commitment to provide excellence in teaching for students, evidence-based outcomes to accelerate research into practice, and dedicated service and advocacy to achieve healthy lifestyles and outcomes for the community and nation.

As the only college in the U.S. to merge health promotion and science disciplines into an existant college of nursing, faculty work closely on research and education programs that integrate evidence-based treatment, prevention and promotion to address conditions such as obesity, diabetes, depression and anxiety. This inter-professional organizational model and culture inspire faculty to share their expertise with colleagues as well as students and the communities they serve.

The 105 full-time faculty in the college also apply their expertise and experience to serving as leaders in a wide variety

of community, state, national, and international professional organizations.

RANGE OF RESEARCH PROJECTS BROAD

The range of faculty research in the College of Nursing and Health Innovation is as broad as it is diverse.

Active research projects range from childhood obesity to Spanish Translation and Validation of Sleep Measures to mental and behavioral problems among children to removing barriers to exercise and physical activity among adolescents and older Hispanic women. Other grants focus on a wide range of topics, including the effects of bean, mushroom and vinegar consumption on cardiovascular and metabolic health, vitamin D regulation of inflammatory bowel disease, nutrition education for food bank recipients, as well as weight control interventions.

Many of the college's research initiatives focus on reducing health disparities among minority populations in Arizona and the Southwest.

The college's research and educational extramural funding has soared over the past few years. Currently, there is a combined total of \$20 million in active grants by faculty.

ENHANCED OPPORTUNITIES

The measure of the success of an organizational merger of this magnitude is that it provides enhanced benefits for its key constituent audiences—students, faculty and the community.

Enhanced Opportunities for Students:

- Provides a wide array of transdisciplinary undergraduate and graduate courses on a variety of topics within the healthcare and health promotion fields, such as medical/healthcare ethics and cultural aspects of health,
- Creates opportunities for Exercise and Wellness, Nutrition, and Health Sciences students to use the College's five Nurse Practitioner Managed Health Clinics as sites for supervised field experience,
- Promotes transdisciplinary clinical simulations for students such as physical examination, body composition

assessment, bone density measurement, balance and strength measurement in a variety of clinical settings,

- Allows for shared undergraduate and graduate level courses providing for inter-professional interactions of students in the classroom,
- Creates faculty efficiency by consolidating graduate courses in statistics and research methods courses, which introduce graduate students to research models used across discipline boundaries.

Enhanced Research Opportunities for Faculty

- Creates new transdisciplinary research opportunities between the College research centers of excellence, which result in more comprehensive subject assessment by expanding the scope of outcome data collected and reported,
- Provides opportunities for Nutrition, Exercise and Wellness, and Health Science faculty to utilize nursing faculty for clinical evaluations, biological sample collection, and interpretation of health data,
- Creates opportunities for graduate students to collaborate with each other and their faculty on clinical, nutrition, physical activity interventions and treatment studies to reduce chronic disease, and
- Results in stronger and more comprehensive college research grant applications for transdisciplinary healthcare, health promotion, and health education programs.

Community Outreach and Service

- Clinical partners that host College of Nursing and Health Innovation students now can address a broader range of health services,
- Students enrolled in the college's residential colleges will have the opportunity to volunteer and engage in community service activities under the direction of college faculty and staff, and

- The college's community healthcare centers will be able to offer a broader range of services in health promotion.

These benefits will transform faculty and students from the College of Nursing and Health Innovation to better address future challenges and opportunities in healthcare and health promotion, which will ultimately make a positive impact on society.

VALUES FOR PROSPECTIVE STUDENTS

The College of Nursing and Health Innovation is a very special and different place today than it was a few months ago. As the only nursing college not part of an academic medical center to have integrated healthcare as well as health promotion and science programs, it now provides students with more career choices in an environment dedicated to improving healthcare outcomes and healthy lifestyles.

Innovation is a core principle of the college. Faculty, students and staff are encouraged to envision cutting-edge solutions to complex healthcare, health promotion and science challenges before others see them. Students are encouraged and mentored to take risks to achieve these solutions.

Educational programs take an evidence-based approach to care and prevention in a transdisciplinary culture that fosters change and innovation. Unique degree programs such as the RN-to-BSN Online program, Master of Healthcare Innovation, Master's of Nutrition in Dietetics, Master's of Clinical Research Management, and Interdisciplinary PhD in Physical Activity, Nutrition and Health Sciences are examples of the college's recent innovative program additions.

CONCLUSION

According to Dean Melnyk, 2009 was a momentous year for the college. "Despite many character-builders and complex issues, our students, faculty and staff are thriving and looking forward to a bright future filled with many new opportunities." ■



New Unit Profiles

Integration of Health Promotion Units Expand the College's Traditional Mission

N

utrition is one of the new health promotion programs recently integrated into the College of Nursing and Health Innovation. It may be new to the college but that is where its relative newness ends. It actually is nearly double the age of its nursing program counterparts and traces its history before Arizona State University adopted its name.

The Nutrition program has a long history at ASU. In 1909, the program was a part of Domestic Science at Tempe Normal School with the first degrees granted in 1915. During the 1930s, Home Economics Education was the primary departmental career emphasis, and by this time, Home Economics graduates could earn a master's degree in education. Subsequently, a new building was constructed to house the Child Development Laboratory and a Home Management Residence program was added to department facilities. By 1974, the pre-school evolved from a nursery school to today's Child Development Laboratory. In 1951, a new Home Economics building was completed and dedicated, and in 1990, this building's name was changed to the Cowden Family Resources Building.

In the early 1980s, research and scholarly productivity increased, as the priorities at the department, college and university levels became focused on programmatic research as a condition for tenure and promotion. At this time, the name of the department was changed from Home Economics to Family Resources and Human Development. Consequently, a determination was made to focus on achieving excellence within the

Nutrition: The Old and the New

two strongest areas: Child Development and Family Studies and Foods and Nutrition. Because of the focus on building strength in the child development and food and nutrition areas, the programs in Textiles/Clothing and Consumer Economics were phased out.

In spring 1999, the title of the general master's degree was changed to Master of Science in Human Nutrition. In November 1999, the Arizona Board of Regents approved the transfer of the Nutrition program to the Department of Nutrition in the School of Applied Arts & Sciences at ASU's Polytechnic campus.

On April 30, 2009, the Board of Regents approved the transfer of the Nutrition program to the College of Nursing and Health Innovation at the Downtown Phoenix campus to centralize ASU's health-related programs at the Downtown Phoenix campus.

STUDENTS PREPARED FOR DIVERSE CAREERS

Students completing nutrition degrees are uniquely trained to work in food and nutrition-related businesses and industries, working in communications, consumer affairs, public relations, marketing, or product development; sports nutrition and corporate wellness programs, educating clients about the connection between food, fitness, and health; and private practice, working under contract with healthcare or food companies. Graduates also can have their own businesses, which provide services to foodservice or restaurant managers, food vendors, and distributors, athletes, nursing home residents, or company employees, as well as in community and public health set-



Program Director Dr. Carol Johnston

tings teaching nutrition monitoring, advising the public, and helping to improve quality of life. Students who continue in the dietetics field ultimately becoming registered dietitians and work in hospitals, HMOs, nursing-care or

other health care facilities, educating patients about nutrition and administering medical nutrition therapy as part of the healthcare team. They may also manage the foodservice operations in these settings, as well as in schools, day-care centers, and correctional facilities, overseeing everything from food purchasing and preparation to managing staff.

Carol Johnston, PhD, RD, director of the Nutrition program, said the community and general public benefit from ASU nutrition programs because a large segment of the nutritionists and registered dietitians who work in healthcare and for food service enterprises in the Valley are educated locally. In addition, nutrition faculty conduct many hours of community service in the Valley, including speaking engagements for various public and private agencies/programs and serving on advisory boards or other local committees to promote healthy lifestyles. In addition, several faculty members hold national leadership roles in prestigious professional organizations.

NEW INNOVATIVE OFFERINGS

A new professional MS degree targeting working registered dietitians, the Masters in Human Nutrition Dietetics Concentration, was added soon after the integration into the College of Nursing and Health Innovation. This program is designed to update working professionals on current research in clinical nutrition culminating in an applied project to develop or enhance professional skill sets to advance careers. (See page 25 for article.)

Nutrition Communications is another innovative offering for undergraduate students. The program, conducted in associa-

tion with the nationally ranked Cronkite School of Journalism and Mass Communications, is a unique opportunity for undergraduates to develop marketable skill sets for securing challenging jobs in mass media.

NUTRITION RESEARCH INITIATIVES COMPLEMENT NURSING

ASU nutrition researchers focus on practical aspects of healthy diets and have developed intervention strategies that can be implemented immediately by individuals to reduce disease risk. In this respect, Johnston said nutrition research is complementary to the preventive objectives of nursing science.

Research in the nutrition program focuses on practical aspects of healthy diets, such as simple food substitutions to enhance diet quality and reduce risk for disease: pinto beans for reducing blood cholesterol, vinegar or almonds for reducing blood glucose concentrations in diabetics, mushrooms for reducing cancer risk, and cherry juice consumption for reducing blood triglyceride concentrations. Vitamin C research at ASU has demonstrated the antihistamine properties of supplemental vitamin C (useful for reducing cold and allergy symptoms) as well as the ability of vitamin C supplements to promote the oxidation of body fat, a property that may influence weight loss success and exercise tolerance. Strategies to improve diet and nutrition knowledge among underprivileged Phoenix residents represent another focus of nutrition research, and one ASU investigator is currently funded by the U.S. Department of Agriculture to develop a farmers market network across Arizona to promote local foods.

Nutrition enrollment has increased to 570 undergraduate and graduate students in fall 2009, a 43.5 percent increase since fall 2008. Fifty-one graduate students are included in current enrollment, an increase of 21 compared to the previous year.

FOR THE FUTURE

Program director Johnston expects the Nutrition program to continue its growth. "Promotion of knowledge and strategies to reduce risk for disease and optimize health via diet presents even more opportunities for our program in the future," Dr. Johnston said. ■

Exercise and Wellness: A Tradition of Successful Changes



If ever a program was prepared to accept and adapt well to change, it is Exercise and Wellness (EXW). The program started as the “Physical Culture” department in the Normal College of Arizona in Tempe, the predecessor of ASU, in the 1880’s and has gone through various homes, organizational structures, and names since then.

EXW became an independent program in 2001 when it moved to the ASU Polytechnic campus from Tempe and now has been become part of the College of Nursing and Health Innovation.

Glenn Gaesser, PhD, joined the Exercise and Wellness faculty at ASU from the University of Virginia last year. He was appointed director of the Healthy Lifestyles Research Center upon its final approval in early 2009 and then also named to direct the EXW program this past summer. Given his extensive responsibilities, Dr. Gaesser has come to rely upon Pamela Swan, PhD, FACS, for leadership support because of her 15 years experience with the EXW program at ASU.

“The changes that our program has gone through over time are common to other peer programs,” Dr. Swan noted. “However, while other programs have been diminished or eliminated, our EXW program has remained intact due to the strong focus on health promotion first taken in the 1980’s.”

The current EXW program mission reflects the focus on optimal health and wellness through the life span — a logical complement to the focus on prevention that nursing takes. The mission includes promotion of active living, healthy body weight, stress management, risk factor reduction, and successful aging. Dr. Swan said the mission is achieved by providing students learning experiences in classrooms, laboratories, advisement

and mentoring; research, scholarship and practice by creating, synthesizing and disseminating knowledge; and service and outreach to local and global communities.

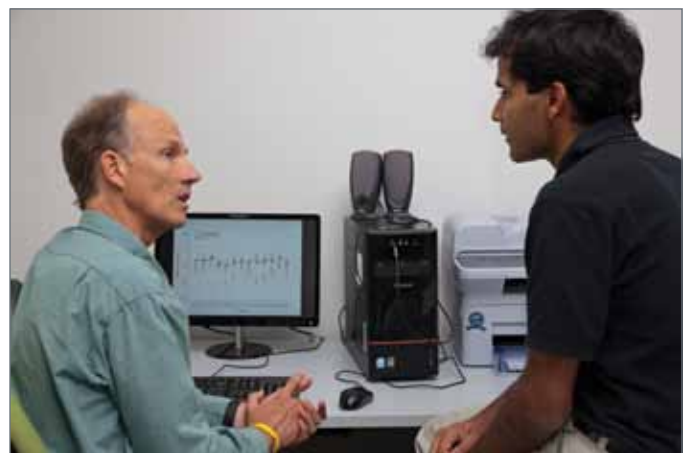
The Exercise and Wellness program offers students a full complement of educational programs from baccalaureate through doctoral, according to Dr. Swan. “Our undergraduate program is strongly competency based on professional certification standards thanks to Rick Eberst, our program lecturer and a nationally recognized health promotion expert who developed them,” Dr. Swan added. “Our master’s program adds leadership and management skills to the competencies gained in the undergraduate program. The doctoral program is interdisciplinary and brings physical activity, nutrition and health together.”

ENROLLMENT CONTINUES TO GROW

Enrollment has grown to more than 300 from 25 in 2001 and is expected to continue to increase given the need for qualified, educated professionals in the areas of exercise and wellness and healthy lifestyle promotion.

Based on enrollment growth, the curriculum seems to be meeting the needs of students. Dameon Hahn, a graduate student who also earned his EXW undergraduate degree at ASU likes the comprehensive nature of the program. “The knowledge and skills with which the ASU Exercise and Wellness program has equipped me have been invaluable, allowing me to start

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Dr. Gaesser mentors doctoral student Siddhartha Angadi.

Health Sciences: A Critical Collaborative Link



Health Sciences is the smallest program of the three educational units to be integrated into the College of Nursing and Health Innovation. In fact, the program still requires ASU Curriculum and Academic Programs Committee (CAPC) approval before it can be built out. However, Health Sciences' small stature contradicts its great potential for the future, according to Dean Bernadette Melnyk.

"Our college has not traditionally focused on bench research until now," Dr. Melnyk said. "The integration of Health Sciences provides new opportunities for bench research and further fuels our efforts in transdisciplinary research within one college."

Karen Sweazea, PhD, assistant professor, is the first tenure track faculty to join the budding program. A graduate of the University of Arizona, Sweazea examines animals in her research to find pathways to prevent chronic diseases in humans. She is currently studying birds' ability to tolerate their normally high blood sugar levels without developing diabetes by characterizing their

various antioxidant levels. In other studies, her lab is exploring how increased body fat leads to cardiovascular disease.

COLLABORATION IS KEY

To foster collaboration with basic science researchers in other ASU colleges and schools, Dr. Sweazea's lab and office are located in the School of Life Sciences (SOLS) at the Tempe campus. Her location and research enables her to work with other research scientists in the SOLS, the Department of Kinesiology, as well as her newest collaboration with the School of Biological and Health Systems Engineering.

"I see Health Sciences building on the current understanding of how the body works through interdisciplinary collaborations designed to examine complex physiological pathways," the ASU assistant professor said. "As new faculty are hired into the program, this focus will be broadened to include their expertise which will add to the interdisciplinary nature of the program. As the basic science research progresses, I look forward to applying our findings in clinical studies with nursing and health researchers in the college."

Dr. Sweazea discovered her own path to Health Sciences in a unique way. "As a dance major, I always had a strong interest in how the body functioned and enjoyed anatomy and physiology classes in high school and college," she explained. "I gained a passion for obesity and diabetes-related research in graduate school because of my mentor's enthusiasm about the topic."

MAINTAINING MOMENTUM

Courses cannot be offered yet under the Health Sciences prefix until CAPC reviews and approves them. However, a selected number can and will be offered in spring semester 2010 as part of the Nutrition and Exercise and Wellness curricula. They will be taught by Dr. Sweazea and Dr. Bruce Oberstein, a lecturer in Health Sciences. The courses are: "Complementary Health Care" and "Cultural Aspects of Health", which will be taught by Dr. Oberstein, and "Applied Medical/Health Care Ethics" and "Evaluation of Health Sciences Research", which will be taught by Dr. Sweazea.

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photo: Jacob Mayfield



Healthy Lifestyles Research Center

Builds Healthier Future

The establishment of the Healthy Lifestyles Research Center (HLRC) came at a tumultuous time. Amidst a background of tough economic times and budget reductions, the new center was born when the Arizona Board of Regents approved it a few weeks before the Nutrition and Exercise and Wellness programs of the School of Applied Arts & Sciences were integrated into the College of Nursing and Health Innovation.

Despite the circumstances of its birth, the center's purpose stands the test of any time. Its goal is to integrate basic and translational research to understand the underlying causes for pathologies, correlates and behaviors associated with lifestyle choices, and implement and evaluate health promotion programs in practice. Glenn Gaesser, PhD, center director, said the goal of the HLRC is to develop a national center of excellence for the study and promotion of healthy lifestyles in an effort to reduce the impact of chronic, lifestyle-related diseases on the U.S. population.

The cost of healthcare in the United States now exceeds \$2.4 trillion annually

Above: A student prepares to enter a BOD POD™ which measures body composition through air displacement.

and continues to increase. Physical inactivity, poor nutrition, and related behavioral health problems are at the root of most of the top ten causes of death. Unhealthy lifestyles are the genesis of many chronic diseases including coronary heart disease, type 2 diabetes, hypertension, stroke, osteoporosis, and certain cancers.

The research and outreach functions of the HLRC target the role of physical activity, nutrition, and behavioral change on chronic disease risk reduction. These lifestyle modalities are cost-effective, with a 5-to-15-fold rate of return on investment. They are evidence-based, with a strong and consistent portfolio of data documenting the effectiveness of lifestyle interventions, and they are virtually risk free. There is no other center within the State of Arizona that bridges basic laboratory research and community implementation. "Lab bench to bedside" (for secondary and tertiary prevention) and "lab bench to park bench" (for primary prevention) accurately describe the unique scope and mission of the HLRC.

RESEARCHERS SHARE COMMON PURPOSE

Center faculty come from diverse disciplines but share a common purpose of chronic disease prevention and health promotion. The HLRC is guided by the social ecological model that identifies healthy lifestyles as interconnected among individual health status and behaviors, social interactions and cultural traditions, community and institutional resources, and policies and ordinance decisions that influence individual and community health.

The faculty affiliated with the HLRC is transdisciplinary and their research foci include basic and translational research at the individual and community levels. As such, faculty members will come from disciplines such as Exercise and Wellness, Nutrition, Health Sciences, and Nursing.

The overarching goal of the HLRC is to facilitate interactions among faculty that promote collaborative research into diverse aspects of how daily lifestyle habits and actions impact both short- and long-term health, chronic disease risk, and quality of life. Specific areas of expertise that represent some of the synergistic areas with nursing research include reduction in risk for coronary heart disease, diabetes, and metabolic syndrome; prevention of falls in older adults; weight management and energy balance; health behavior change strategies; and community health behavior change adoption. Organizationally, the Healthy Lifestyles Research Center reports to Julie Fleury, PhD, RN, FAAN, Associate Dean for Research. "The HLRC is becoming an integral and vital part of our research strategy and initiatives," Dr. Fleury said. "It expands the scope and reach of our research."

FOCUS ON HEALTH CHALLENGES

The center's focus is primarily on the challenges that face the nation with regard to critically important health-risk behaviors, namely physical inactivity and poor diet, and on understanding how the interaction of aging, health status, and race/ethnicity impact physical inactivity and dietary behaviors.

The HLRC is developing, implementing, and evaluating programs to improve the lifestyles of Arizonans. In response to the state's goal of reducing health disparities among its citizens and ASU's commitment to community embeddedness, the HLRC is targeting underserved populations such as Native Americans, Hispanics, African-Americans, and older Arizonans.

IMPACT OF ACTIVITIES, PROJECTS, AND PROGRAMS

HLRC faculty conduct basic science research into the effects of diet and exercise on cardiovascular function and metabolism, applied research in the efficacy of physical activity and dietary programs to modify disease processes, and effectiveness trials of evidence-based programs with community populations designed to translate research into practice.

The coordination of these activities makes use of the unique diversity of expertise of the HLRC and other ASU faculty to put into practice a broad scope of evidence-based research which supports lifestyle interventions for effectively lowering chronic disease risk and healthcare costs.

FUNDING AND INFRASTRUCTURE

While the Arizona Board of Regents approved the Healthy Lifestyles Research Center, new funding was not available due to budget constraints. Consequently, HLRC faculty are pursuing extramural funding to support the center's mission as it begins operation. Current awards to HLRC faculty, either as Principal- or Co-Investigators, are more than \$4 million. Eleven grant applications are pending, totaling in excess of \$2 million.

The HLRC is currently located at the ASU Polytechnic Campus in Mesa, Arizona, and has approximately 3,500 square feet of dedicated space for labs and offices. When space is identified, the center will move to the ASU Downtown Phoenix campus.

The equipment currently available provides HLRC-affiliated faculty with substantial re-

A doctoral student (left) conducts a metabolic evaluation while a client exercises on a treadmill.

sources amounting to approximately \$1 million in present value. Lab equipment used by the center faculty borders on the exotic to the layperson. Spectrophotometers, a liquid scintillation analyzer, Gamma counters, centrifuges, a bioelectrical impedance analysis machine, a DEXA machine [dual energy X-ray absorptiometry], a gradient thermocycler, and a BOD POD™ Whole Body Air Displacement Plethysmograph are but a few examples of the technology embedded in the center.

PROGRESS MADE IN YEAR ONE

While the growth timeline for the HLRC has been impacted by funding limitations, Dr. Gaesser said the center is making progress. He pointed to a U.S. Department of Agriculture grant to form a farmers market in Arizona to increase consumption of local healthy foods as an encouraging accomplishment. Sonia Vega-López also became the first HLRC faculty to have a published article under the center name in a professional journal on diabetes.

"We also have planned our third annual national Healthy Lifestyles Conference to be held February 25-26, 2010 at the Polytechnic Campus," the center director said. "It is our signature event to build national awareness as a center of excellence."

Ralph Felder, MD, PhD, Banner Good Samaritan Medical Center, is keynote and will speak on the "Bonus Years Diet." More information on the conference may be obtained at <http://buildinghealthylifestyles.asu.edu>, or by calling (480) 727-1945.

To become a successful, self-sustaining center, the HLRC is carefully monitoring progress and setting ambitious benchmark goals for the future. Dr. Gaesser said the center seeks to double extramural funding within five years, expand collaborative, cross-disciplinary funding with ASU faculty and other research centers, establish a world-class external advisory board, and study fee-for-service opportunities to generate new revenue streams. ■



Filling a Critical Gap

Southwest Health Center for Child-Teen Mental Health Disorders Established



The College of Nursing and Health Innovation of Arizona State University has established a health center which specializes in the treatment and prevention of child and adolescent mental health disorders, Dean Bernadette Melnyk said. The center, which is located on the ASU Downtown Phoenix campus, opened in early November.

According to the Institute of Medicine (IOM), more than 2.5 million of the 42 million children and teens in the U.S. have suffered from clinical depression in the last year. Due to a critical shortage of child psychiatrists, only 20-25 percent of children with mental health and behavioral problems receive treatment. An IOM and National Research Council report in 2009 said these disorders cost the U.S. \$247 billion annually and have become as common as fractured limbs among children and adolescents.

Dean Melnyk, a pediatric and child-family psychiatric mental health nurse practitioner, said primary care providers (PCPs) see 75 percent of children with mental health and behavioral problems and are in a unique position to manage their cases. "However, heavy case loads limit their capacity and time to treat all patients in need," Dr. Melnyk said. "In Arizona, five of the 15 counties do not have child psychiatrists to whom PCP's can refer their patients."

The new center, named the Southwest Health Center for the Prevention and Treatment of Child-Adolescent Depression and Anxiety Disorders, is located within the ASU Health Center on the downtown Phoenix campus. It is funded in part by a grant from United Healthcare.

The Southwest Health Center has a team of highly experienced psychiatric/mental health child-family nurse practitioners and psychologists to help address this critical healthcare need. The center offers:

- Comprehensive mental health evaluation of children and teens for depression and/or anxiety disorders,
- Comprehensive evidence-based treatment, including cognitive behavior therapy and cognitive-behavioral skills building,
- Medication management and monitoring,
- Family and group therapy, and
- Preventive intervention programs for children and teens with high stress levels and those at risk for depression and anxiety disorders.

Dean Melnyk said plans call for tele-health services to be established at the center in the future for families who live a long distance from Phoenix.

Sheila Mehlem, RN, FNP, coordinator of the Glendale (Arizona) Union District School-based Clinics, believes the center helps fill a gap in child-teen mental health and behavioral care. She manages three clinics located in Glendale high schools. "There is a shortage of child-teen mental health providers and a need for primary care providers to screen for behavioral problems," Mehlem said. "Ten percent of adolescents experience depression often associated with other behavioral issues at least

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NIH Funded Study Focuses on Unexplained Asthma Disparities among Latino Populations

The National Center for Complementary and Alternative Medicine (NCCAM), a center of the National Institutes of Health, has awarded a \$2.5 million grant for research of asthma disparities among Latino children to the College of Nursing and Health Innovation at Arizona State University, Dean Bernadette Melnyk announced. The grant is the largest in the history of the college.

The NIH R01 grant is titled “Asthma Disparities in Latino Children: Acculturation, Illness Representation & Complementary Alternative Medicine (CAM).” Kimberly Sidora-Arcoleo, PhD, MPH, is Principal Investigator. Dr. Sidora-Arcoleo is an assistant professor in the Center for Children, Teens & Families at the College of Nursing and Health Innovation, the Associate Director of the Center for Healthcare Innovation & Clinical Trials, and an Early Career Faculty Fellow in the Southwest Interdisciplinary Research Center of Excellence for Health Disparities Research & Training.

Consortium agreements have been formed with The Albert Einstein College of Medicine at Yeshiva University in New York, Phoenix Children’s Hospital, and Scottsdale Healthcare in the Phoenix area to conduct the 4.5 year study. The field research will be conducted at two school-

based health clinics and one clinical practice site in Phoenix, Arizona serving primarily Mexican families, and two inner-city hospital asthma clinics in the Bronx, New York serving predominantly Puerto Rican families.



ASTHMA DISPARITIES INCREASING

Racial and ethnic disparities in asthma health outcomes have been increasing in the United States, resulting in researchers and public health officials focusing on studies to determine the causes. Compared with majority population children, minority children use controller medication less often, have less continuity of care, and visit emergency departments more frequently. Puerto Rican children have a lifetime prevalence of 19 percent compared with only 6 percent for the Mexican children, according to the Centers for Disease Control. Puerto Rican children also have the highest mortality due to asthma among all ethnic groups (40.9 per million). In contrast, Mexican American children have the lowest mortality rate (9.2 per million).

The prevalence of asthma among Latino children has been increasing, primarily among Puerto Rican children. Individuals of Mexican and Puerto Rican origin constitute 73 percent of the Latino population in the U.S. Researchers have tended to study Latinos as a single group but recent descriptive asthma research has confirmed differences among Latino subgroups (particularly between Mexicans and Puerto Ricans) related to prevalence, mortality and morbidity, illness beliefs, and asthma healthcare practices. Puerto Rican children exhibit the highest rates of asthma prevalence and mortality among all ethnic groups while Mexican children have the lowest rates.

Perhaps of critical importance, but not extensively researched, is the role that culture, acculturation, and illness representations (i.e., the way the parent interprets health and illness which influences how he/she manages the child's asthma) may play in parents' asthma treatment decisions. Parental illness representations (IR) may account for the differences in the use of complementary and alternative medicine (CAM), inhaled or oral corticosteroids, and leukotriene antagonists that have been observed between Puerto Rican and Mexican families.

The factors leading to asthma health disparities between Mexican and Puerto Rican children are complex, yet little research has been conducted that integrates, in one explanatory model, the multitude of factors that can lead to these disparities among Latino children. Illness representations and the associ-

ated treatment decisions (CAM and controller medication use) are two factors that need additional study.

ALTERNATIVE MEDICINE USE

CAM use in the U.S. has shown a marked increase in recent years, particularly among individuals with chronic illnesses, including asthma. Complementary and alternative medicine, as defined by the National Center for Complementary and Alternative Medicine (NCCAM), is a group of diverse medical and healthcare systems, practices, and products that are not presently considered to be part of conventional medicine. NCCAM groups CAM therapies into five broad domains: (1) alternative medical systems (e.g., homeopathic, naturopathic, Ayurveda, traditional Chinese medicine); (2) mind-body interventions such as meditation, prayer, and spiritual healing; (3) biologically-based therapies (e.g., herbs, dietary supplements, and mega-vitamins); (4) manipulative and body-based methods such as chiropractic or osteopathic manipulation and massage; and (5) energy therapies.

Little research has been conducted on the prevalence of CAM use among children and adolescents with asthma. Significant predictors of CAM use are minority status, parental poverty, immigrant status, low parental education, children with persistent symptoms, older child age, poor symptom control, higher number of doctor visits, and a family member who used CAM.

LONGITUDINAL DESIGN

The research will take the form of a longitudinal study of parental illness representations and CAM and controller medication use among a diverse sample of 300 Latino parents, primarily Mexican and Puerto Rican, and 300 children with asthma aged 5-12. This age range was selected because children in this age group typically have not assumed daily control for managing their asthma. Interviews and child spirometry assessments will be conducted at five time periods: enrollment, and 3, 6, 9 and 12 months after enrollment, for a total data collection period of 12 months.

The study will address two key questions:

- 1) Are there differences in illness representations between Mexican and Puerto Rican parents due to social and contextual

factors (i.e., acculturation, education, parental age, poverty, child's illness duration, household members with asthma, and parent-healthcare provider relationship)?

2) Are disparities in asthma control between Mexican and Puerto Rican children due to differences in parents' treatment decisions (CAM and controller medication use) and changes in illness representations over a one year period after controlling for the effects of acculturation, social and contextual factors, environmental triggers, and advice received from others?

INNOVATION

According to Dr. Sidora-Arcoleo, the study is innovative because the project moves the research from descriptive studies to a longitudinal test of a theoretically-based model. "Targeted interventions, aimed at reshaping illness representations, can be developed and implemented that integrate the family's cultural health beliefs into the biomedical model," the study's principal investigator noted. "The proposed interdisciplinary multilevel study will address gaps in the evidence base and expand the framework for assessing disparities in asthma health outcomes among Latino children."

STUDY SITES

Asthma has become one of the most chronic childhood diseases in Arizona and is the most common cause of school absenteeism due to chronic disease. Children's hospital visits for asthma increased from 921.8 per 100,000 in 2004 to 955.2 per 100,000 in 2007. In 2003, 6 percent of children in Maricopa County received care for asthma, higher than the 4 percent national rate, yet data from two counties (Yuma and Cochise) note that Hispanic students were less likely to report having asthma (lifetime and current), than non-Hispanic whites. Arizona has the fifth largest Hispanic population: 28.6 percent of the state's population is Hispanic or Latino (vs. 14.5 percent in the nation) and the majority is of Mexican origin (nearly 1.5 million). Arizona has higher rates for children under 18 living in poverty (28 percent) and being uninsured (16 percent) than for the nation overall: 23 and 11 percent, respectively.

Asthma prevalence rates in New York City are higher than the national averages for lifetime and current diagnoses. Seventeen

percent of children in New York have had a lifetime diagnosis of asthma compared with 13 percent nationally. Current asthma prevalence among this same group has been reported as 9 percent compared with 5 percent nationally. Asthma is the leading cause of absences from school and the most common cause of hospitalization in children 14 and under in NYC. The Puerto Rican Latino population in New York State is estimated to be 35 percent, an increase of 30 percent over the past 10 years. Latinos fared the worst compared to other ethnic groups on 12 of 49 health indicators, according to the Minority Health Surveillance Report. This report also noted that Latinos fare the worst on 3 of 5 measures of healthcare access citing costs of healthcare visits and lack of a HCP and health insurance. The 2000 Census indicated that the largest Puerto Rican population (319,000) in the mainland U.S. lives in the Bronx. It has been reported that South Bronx, NY, has one of the highest prevalence rates for asthma for school-aged children (20-25 percent) in the country. In central Harlem and several Bronx neighborhoods, asthma affects an estimated one in four children. The period prevalence of asthma among children in the Bronx is twice the national rate (8.6 vs. 4.3 percent, respectively).

A multisite study is necessary because neither site alone has sufficient numbers of both Mexican and Puerto Rican families to conduct this research independently. Approximately 300 parent/child dyads will be recruited and enrolled from the asthma/allergy and general pediatric clinics and ER at Jacobi Medical Center and North Central Bronx Hospital ($N= 150$), Phoenix Children's Hospital Breathmobile ($N= 75$), and the two school-based health clinics in Phoenix ($N= 75$).

COLLABORATIVE RESEARCH

Principal Investigator Kimberly Sidora-Arcoleo, PhD, MPH, has formed an interdisciplinary, inter-institutional team of established, funded researchers from the fields of maternal and child health, social work, nursing, psychology, community health, and pediatric pulmonology. This collaboration integrates the team's collective expertise in health disparities, cultural diversity and health, and CAM use for treating asthma, IRs and asthma management, community-based asthma interventions with minority populations, psychological traits associated with discrepancies

between objective and subjective assessment of asthma, and the socio-behavioral aspects of parenting as well as their experience in recruiting and retaining subjects from the proposed study sites.

Dr. Sidora-Arcoleo, Assistant Professor at Arizona State University's College of Nursing and Health Innovation is Principal Investigator for the study. Dr. Sidora-Arcoleo has been part of an established program of research (the Nurse Family Partnership) over the past 19 years focusing on the socio-behavioral aspects of parenting that, in turn, have an impact on child health outcomes. Dr. Sidora-Arcoleo has been part of the Childhood Asthma Project for the past 11 years, serving as the research manager responsible for survey instrument design, data management, and statistical analyses.

Co-Investigators for the study include:

Flavio Marsiglia, PhD, the Distinguished Foundation Professor of Cultural Diversity and Health at ASU's School of Social Work and the Director of the Southwest Interdisciplinary Research Center (SIRC), a national exploratory Center of Excellence on Health Disparities Research and Training

Susanne Cook, PhD, RN, Assistant Professor, ASU College of Nursing and Health Innovation, Research Consultant, Arizona Asthma Coalition and the Phoenix Children's Hospital Breathmobile program

Jonathan Feldman, PhD, Assistant Professor of Psychology, Ferkauf Graduate School of Psychology, Yeshiva University and Director, Behavioral Medicine Clinic, Max and Celia Parnes Family Psychological and Psychoeducational Services Clinic at Yeshiva University

Denise Serebrisky, MD, Assistant Professor of Pediatrics, Yeshiva University, Director of the Jacobi Asthma and Allergy Center for Children

Peggy Radford, MD, Pediatric Pulmonologist and Director of the Infant Pulmonary Function Lab and Breathmobile program at Phoenix Children's Hospital

Barbara Martindale, MS, RN, Manager of Community Health, Scottsdale Healthcare.



*Principal Investigator
Kimberly Sidora-Arcoleo*

IMPLICATIONS FOR CLINICAL/PUBLIC HEALTH

The findings from this study will contribute to knowledge of the similarities and differences that exist between Mexican and Puerto Rican families regarding asthma illness beliefs and management strategies, and how acculturation influences these factors. Healthcare providers, regardless of their practice setting, can best treat children with asthma if they understand what beliefs parents hold about what causes asthma, the nature of asthma symptoms, its course of action (chronic versus episodic), medications and alternative therapies used in treatment, and expectations for symptom resolution. If parents' beliefs are discordant with the healthcare provider's beliefs and are not addressed when devising the management plan, there is increased risk for non-adherence.

Healthcare providers also can educate themselves as to what CAM therapies parents are using to treat their children's asthma. By doing so, they can then take the lead in eliciting information on CAM use during their contacts with parents to ensure safety when these therapies are used, to educate parents about the advantages and disadvantages of individual CAM therapies, to provide culturally competent care, and to improve adherence to the prescribed medication regimen. If parents feel that they are part of the decision-making process regarding treatment of their children's asthma, they may be more likely to adhere to the prescribed medication regimen. Healthcare providers have an opportunity to intervene at the individual level to effect changes aimed at improving adherence to the prescribed treatment regimen through improved communication, education (both parents and themselves), and partnership with the families. ■



Madres para la Salud (Mothers for Health)

NIH Grant Funds Study of Obesity in Hispanic Women

The National Institute of Nursing Research has awarded a \$1.2 million grant to the College of Nursing and Health Innovation to study interventions to address increasing obesity among Hispanic women that increases their risk of major diseases. The study is titled “Madres para la Salud” or Mothers for Health.

AN INCREASING PROBLEM

Obesity is a major public health problem among Hispanic women in the U.S. with more than 65 percent categorized as overweight or obese. Data from the National Health Interview Survey showed that overweight was 1.36 times higher in Hispanics, with Hispanics 2.09 times more likely to report inadequate levels of physical activity, compared with non-Hispanic whites. The increasing prevalence of obesity in recent decades is troublesome because overweight and obesity substantially increase the risk of chronic diseases such as cardiovascular disease (CVD) and type 2 diabetes. Among Hispanic women, the prevalence of overweight and obesity is greater than 70 percent as is a sedentary lifestyle. Although birthrates are falling in most developed countries, the birth rate among US Hispanics has risen dramatically in the last decade according to the Center for Disease Control and Prevention, which indicates the need for risk reduction efforts in a growing subgroup.

Failure to lose pregnancy weight following childbirth contributes to obesity in this subgroup, with subsequent impact on

obesity-related risk and illness. For many women, the postpartum period is characterized by a decrease in physical activity and increase in the likelihood of postpartum depression (PPD) symptoms. Although physical activity has well-established beneficial effects on weight management and depression, women tend to under participate or decrease physical activity during childbearing years.

RESEARCH TEAM STRENGTHS

The project brings together multi-disciplined investigators using translational research strategies focused on the reduction of health disparities. The collaborative team includes a family nurse practitioner investigator, an obstetrical nurse researcher, a basic research scientist, a physical activity scientist, a physician, as well as a biostatistician.

Colleen Keller, PhD, RN-C, FNP, Professor, Arizona State University College of Nursing and Health Innovation is Principal Investigator. Other members of the research team include:

- Kathryn Records, PhD, RN, Co-Investigator, Associate Professor at the Arizona State University (ASU) College of Nursing and Healthcare Innovation;
- Barbara Ainsworth, PhD, MPH, Professor, ASU Polytechnic Campus, Department of Physical Activity and Wellness, Co-Investigator;

- Dean Coonrod, MD, Co-Investigator, Chair of the Obstetrics and Gynecology Clinic, Maricopa Medical Center;
- Paska Permana, PhD, Co-Investigator, Research Health Scientist, Carl T. Hayden Veterans Affairs Medical Center in Phoenix;
- Michael Belyea, PhD, Co-Investigator, Research Professor in the College of Nursing and Health Innovation.

Dr. Keller has expertise conducting culturally appropriate research targeting the effects of a moderate-intensity walking dose on cardiovascular outcomes, including body fat, regional fat distribution, and blood lipids among Mexican American women. Her work has given her unique experience in recruitment, retention, measurement, and maintenance of intervention integrity in urban-dwelling minority women and has included the use of a social support model and community *promotoras* in program development and evaluation. Dr. Records' also brings her years of clinical experience working in obstetrics and with postpartum women to the project. Dr. Ainsworth brings additional expertise in the study of physical activity and women, particularly women of diverse ethnicities, and will help refine the intervention. Dr. Permana's work on fat tissue inflammation provides translational evaluation of the link between obesity and physical activity, bringing together areas of knowledge not generally combined in previous studies. Dr. Coonrod will facilitate access to subjects and conduct follow-up interventions for women with depression. Dr. Belyea will ensure timely, high-fidelity data collection, analysis, and dissemination of results.

Allison Nagle, MSW, has been named project director for the Mothers for Health study. She most recently worked on the internatal partnering program at the Southwest Interdisciplinary Research Center. Data collection for the study starts in January.

"Previous research has identified correlates of physical activity in Hispanic women, but some limitations are apparent," Dr. Keller said. "This research addresses gaps in four areas: 1) examining the behavioral setting of the walking protocol in a community-based setting, 2) using a culturally specific social support mechanism for increased walking effectiveness in Hispanic women, 3) testing the mechanisms for improvement in critical outcomes related to overweight and obesity in a vulnerable group, and 4) testing the dose-response of movement from sedentary activity to moderate intensity activity on critical outcomes."

According to Professor Keller, the research team will use a theory-based social support intervention program, "Madres para la Salud" (Mothers for Health), to explore the effectiveness of increased physical activity and a culturally specific intervention using physical activity "bouts" to effect changes in specific health parameters in Hispanic women following childbirth. Researchers have not determined the dose of



Colleen Keller

The Research Team



Kathryn Records



Barbara Ainsworth



Dean Coonrod



Paska Permana



Michael Belyea



Allison Nagle, project director

physical activity within the range recommended by the American College of Sports Medicine and the Centers for Disease Control and Prevention

(ACSM and CDC) that will reduce body fatness and systemic and fat tissue inflammation in postpartum women. The effectiveness of accumulation of physical activity by performing multiple short bouts (10 minutes each) throughout the day has been the basis of major guidelines since 1995 but has not been sufficiently tested among postpartum women.

The project will advance the understanding of the relationship between moderate increases in physical activity and consequent body fat loss in sedentary Hispanic women during the postpartum period and explore the relationship between PPD symptoms, physical activity, and inflammatory processes in body fat tissue. The study helps explain the mechanisms of physical activity in improving metabolic conditions in one subgroup at particularly high-risk—Hispanic women.

RESEARCH DESIGN AND PROMOTORAS

This study uses a prospective, randomized, controlled experimental design with assessments prior to and following the intervention. The intervention group will receive a weekly walking intervention for 12 months while the attention-control group will receive a weekly attention-control newsletter. The women in the study will be habitually sedentary Hispanic women, age 18-35, between 6-weeks and 6-months post childbirth and who are physically able to participate in moderate intensity walking.

The intervention will use promotoras to facilitate the social and group support specificity. A promotora – a peer counselor or lay health educator – is a member of the community to whom other community members turn for care, advice, information, and support. The use of peers or natural helpers has enhanced the cultural relevance and acceptability of health-promoting interventions.

THE BOTTOM LINE BENEFIT

The benefit to the subjects for participation in this study is learning about how to integrate walking into their previously

sedentary daily lives. The intervention group will benefit from an improvement of body fat levels, decrease in systemic and fat tissue inflammation, and reduction of PPD symptoms. They may have an increased awareness of walking as a way to reduce cardiovascular and diabetes risk, an opportunity for group support and fellowship, and increased awareness of community resources. Women who develop significant PPD symptoms will benefit from a thorough assessment and intervention by their primary care physician. Potential benefits to the subject include a review of the risk factors for developing obesity-associated metabolic disorders that may lead to further risk evaluation by their care providers. ■

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once in a given year. There simply are not enough mental health providers to which to refer them.”

The school-based clinic coordinator said she welcomes the additional resources the Southwest Health Center provides and plans to refer cases to it. The holistic approach taken by nurse practitioners to care for children and adolescents with mental health disorders is especially important to her.

School district administrators are very concerned about the increased need for mental health care for students but lack the resources to provide care in school-based settings, Mehlem said. “However, we believe that a child that is not healthy cannot learn,” she added.

Janet Cooper, MSN, CPNP-PC, Psych MHNP-BC has been appointed director of the center. She is a pediatric and child-family psychiatric nurse practitioner with 27 years experience in working with children of all ages with physical and mental health disorders. Her current interests are children with depression, ADHD and anxiety disorders.

The College of Nursing and Health Innovation has one of the few Family Psychiatric Nurse Practitioner educational programs in the U.S. The program is one of eight advanced practice specialties offered in its Doctor of Nursing Practice program. It also offers a graduate certificate for Mental Health Intervention Specialists and the self-paced online KySSsm Fellowship Mental Health continuing education program. ■

Prosumer Mujeres promotes Latinas' health in Arizona communities

Over the past two years, a research group in the Center for Healthy Outcomes in Aging of the College of Nursing and Health Innovation has worked with a local network of older Latina women from Mountain Park Health Center to discuss the strengths, resources, and barriers to physical activity, including acceptable types of physical activity and to develop intervention programs. Partnership with this exceptional group of women has resulted in effective recruitment and retention strategies throughout metropolitan Phoenix neighborhoods.

The group's Community Advisory Board chose the name, *Prosumer Mujeres* to reflect "empowered consumer women." *Prosumer Mujeres* also have corroborated culturally and contextually relevant strategies and theoretical support for employing a social support model to guide two studies, *Mujeres en Accion* (Walking in Hispanic Women) and *IMPACTO: Intervencion de Motivacion Para Actividad Fisica* (IMPACT: Intervention to Motivate Physical Activity).

Eight founding members of the board for *Prosumer Mujeres* recently worked with local community activist Judy Butzine to support two other board members' entries into an on-going art exhibit in downtown Phoenix. The exhibit of 20 works of art, titled Practical Acts of Peace Building: Recognizing the International Day of Peace and Mind-Body Wellness, will continue until January 11, 2010 at University Center on the ASU Downtown Phoenix Campus.

Prosumer Mujeres has expanded to include local and national community leaders with diverse professional backgrounds to help raise the visibility of the board's mission and goals in promoting Latina health, according to Adriana Perez, project director. The first inaugural



Adriana Perez, project director

dinner held in late April was an exciting introduction to the board's efforts, accomplishments and our commitment to Latina health, and an opportunity to discuss the four areas of the Advisory Board's participation: 1) monitoring research relevance for Latinas, 2) resource development for Latina health, 3) community integration for research and service-learning opportunities, and 4) participatory roles in forming research directions for Latina health.

Prosumer Mujeres will continue to meet annually for a business dinner, where current health issues affecting Latina women can be discussed and will include a series of newsletters to communicate initiatives and activities of board members in order to remain connected throughout the year. The advice, guidance and support of *Prosumer Mujeres* is evidence that community members are demonstrating support for Arizona State University College of Nursing and Health Innovation in the interest of sustaining integrity in Latina healthcare as community partners.

The results of their work and the importance of Latina health were showcased on NBC Nightly News (http://nursing.asu.edu/ors/aging/mujeres_video.htm), KAET Channel 8 Horizonte program, the NPR Phoenix affiliate station KJZZ-FM, and through Radio Campesina, serving Hispanic communities of Yuma and Phoenix, Ariz.; Bakersfield, Salinas, Visalia, Calif.; and Tri-Cities, Wash. ■

Healthcare Reform:

Keeping the Patient at the Center of Care

By Pat Ford-Roegner, MSW, RN, FAAN
*Chief Executive Officer
American Academy of Nursing*



With the public, Congress and the Obama administration having recognized that the healthcare system is both inadequate for much of the population's needs as well as financially unsustainable, the American Academy of Nursing (AAN) views healthcare reform as an opportunity for nursing to present the solutions it has known—and often created—for years.

Innovation has always been at the center of the Academy's efforts. While no one can yet identify exactly how the new system will work, AAN has used this need and desire for change to promote the innovations that nurses have been developing to meet the needs of the population where the system has failed. Through our *Raise the Voice* campaign, funded by the Robert Wood Johnson Foundation, AAN highlights "Edge Runners," the nurse innovators who have designed and/or lead models of care that have proven clinical outcomes for patients and cost savings for the system. Perhaps the most prominent of our Edge Runners within the context of health reform is Mary Naylor, PhD, RN, FAAN, designer of the Transitional Care Model for Frail Elderly at the University of Pennsylvania School of Nursing. Thanks to Dr. Naylor's testimony before the Senate Finance Committee last spring and AARP's advocacy, legislation allowing Medicare to cover the model and similar transitional care services that improve quality and cost effectiveness have been proposed in both

houses of Congress. The system's current gaps and efforts to fill them via reform require that the nursing community be prepared to promote other such innovations.

Among the many valid issues that the House and Senate committees have taken on and resulting proposals address, AAN believes that nursing can have the greatest potential impact on—and could be greatly impacted as a profession by—particular areas. In the Partnership to Fight Chronic Disease's *2008 Almanac of Chronic Disease*, past President Pamela Mitchell, PhD, RN, FAHA, FAAN, underscored the human toll chronic disease exacts and that nurses witness firsthand. Given the burden that it imposes on individuals' quality of life and the system's financial viability, chronic disease must be addressed through policies that educate the public, offer affordable access to care, and encourage coordination among providers and caregivers. Incidental policies such as reimbursement and interdisciplinary teams must be carefully considered. Additionally, AAN is encouraged by the bills' increased attention to health disparities, and specifically, the effort to improve data collection on these patient populations. While nurses are frequently the front-line healthcare providers working with these individuals, it is imperative that all providers have the resources they need to collect the data relevant to the reduction of disparities.

While much of the debate has turned to insurance reform—and justly so—the Academy has continued to make the case for population health and delivery reform, promoting the many alternatives to traditional care settings. Community health teams are already in place in several states, and have the attention of U.S. Health and Human Services Secretary Kathleen Sebelius. Expanding these models and tailoring them to communities can foster and improve care coordination through interdisciplinary teams that include nurses, physicians, social workers, dietitians, pharmacists, and community outreach workers, among others. Nurse-managed centers and school-based health centers are other settings which are gaining traction and credibility as they continue to provide quality preventative and primary care, including behavioral healthcare, to underserved adults and children. Regardless of the setting or method of delivery, though, it is critical that all health professionals be allowed to practice to the full extent of their training, licenses, and abilities if the public is to receive the best care possible and when it is needed.

For all of the complexities of the legislative process, however, it has become clear to the Academy and each of the hard-working coalitions of which AAN is a part that passing a substantive bill is only one (albeit significant) piece of the puzzle. Once states and local authorities attempt to implement whatever law is passed, financing and regulatory issues will surface, many unanticipated. In the face of these challenges, all providers must be prepared to keep patients and their families at the center of the care delivered. ■

Pat Ford-Roegner is CEO of the American Academy of Nursing. She has more than 30 years experience in national health policy and governmental affairs. She is known for her work to engage nurses, physicians and other health professionals to be heard by policy makers at the national, state and local levels, including the White House and Congress. Pat was a founding member of the National Health Policy Council, a non-profit group that hosted presidential candidate forums on healthcare in the 1980s and 1990s.

EXERCISE AND WELLNESS

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my own fitness company as I work my way through the masters program and towards my ultimate goal of obtaining a PhD so that I can conduct research and teach at the collegiate level.”

ASU has a significant edge in that few West Coast universities offer PhD programs in EXW. “We have the only PhD program among the member colleges of the Southwest Regional Chapter of the American College of Sports Medicine,” Dr. Gaesser noted. “Most of the PhD programs that focus on Exercise and Health Promotion are at East Coast universities.” The PANW program is the only program of its kind in Arizona.

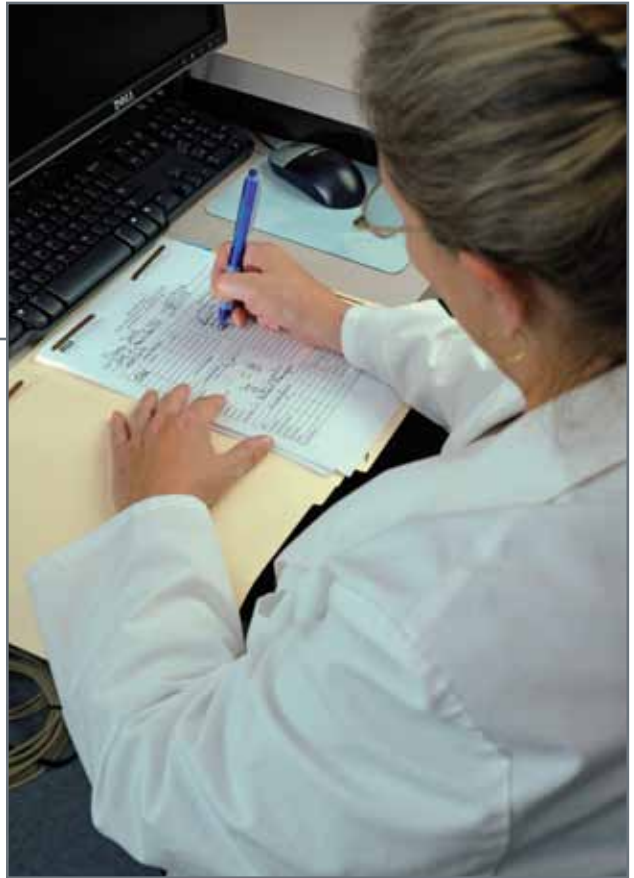
Dr. Swan credits faculty emeriti Chuck Corbin, Chris Wells and Bill Stone and former Chair and Graduate College Dean Jerry Thomas as the founders and builders of the Exercise and Wellness program. “Their achievements continue to inspire and guide us today,” Dr. Swan said.

CHANGE IN EXW'S FUTURE

Program Director Gaesser said the Exercise and Wellness program will remain located at the Polytechnic campus until the students who started the program there are graduated. Plans call for the program to be moved in the future to the ASU Downtown Phoenix campus where the College of Nursing and Health Innovation is located.

Drs. Gaesser and Swan agree the transition into the College of Nursing and Health Innovation has gone well due to the sensitivity and support of Dean Bernadette Melnyk in integrating EXW into the college. They see a tremendous opportunity to become lifestyles experts of national excellence that combine physical and behavioral healthcare prevention, health promotion and nutrition in one college.

In the spirit of its tradition of change, Dr. Gaesser said, “Whatever the change...Bring it on!” ■



Nurse Practitioners Key Element in Healthcare Reform to Expand Access to Primary Care

Nurse Practitioners can play a larger role in expanding access to primary healthcare services in U.S. healthcare reform if limits to their practice are resolved, according to Dean Bernadette Melnyk of the Arizona State University College of Nursing and Health Innovation. Dr. Melnyk made these remarks in an invited plenary speech at the recent Summit on the Future of Primary Care in Rural and Urban America, sponsored by the Health Resources and Services Administration (HRSA).

PRIMARY CARE WINDOW OF OPPORTUNITY

Dean Melnyk noted that the total of nurse practitioners in the U.S. has increased 27 percent to 145,000 since 2000 and is one of the few segments of the healthcare workforce that is growing while the total of primary care physicians

has declined. Eighty thousand nurse practitioners practice in primary care settings according to the American College of Nurse Practitioners.

“With NP enrollment and graduates up 55 percent since 2004, we have a window of opportunity to strengthen the healthcare workforce,” Dean Melnyk said. “We need to take steps to take advantage of this opportunity at a time it is critically needed.”

According to the Josiah Macy, Jr. Foundation, the number of physicians who practice family or internal medicine has declined 37 percent compared to 50 years ago and only 30 percent of medical students today are choosing to practice in those areas. Only two percent of students currently in medical school who responded to another survey said they planned to

enter primary care practice.

Thirty percent of Americans today lack a regular source of primary care and the 70 percent report they cannot obtain same day appointments with their primary care providers. Seventy million Americans, or 23 percent, are un- or under-insured, which further limits access to primary care, Dr. Melnyk added.

Nurse practitioners (NP’s), who are registered nurses prepared with masters and doctoral degrees and provide a wide range of services as well as chronic and acute healthcare, can help to meet primary care needs of Americans. Research indicates that patients rate the quality of healthcare services received from NP’s as comparable to primary care physicians.

Mary K. Wakefield, HRSA Administra-

tor, opened the conference attended by more than 600 healthcare professionals from across the nation by focusing on the need to build and sustain the primary care workforce. "If prevention and health promotion are key to containing costs and keeping people healthy over the long run, primary care becomes the essential bedrock of healthcare reform," Wakefield said. "And it has to become commonplace care for all those Americans who, instead, depend so heavily on emergency rooms for care today."

NP'S MUST BE PART OF HEALTH REFORM

Despite the important role in primary care that NP's already play, Dean Melnyk said they could make a larger contribution if certain limits were resolved. She listed the barriers as:

- Only 53 percent of managed care insurance providers credential NPs as primary care providers and provide equal payment to PCP's.
- Only 22 states and the District of Columbia authorize full or independent practice authority for NPs.
- Only 12 states and the District of Columbia permit NPs to have full prescription privileges.
- NP-managed Health Centers are not included in Centers for Medicare and Medicaid Services demonstration projects to provide data on their patient outcomes.

The ASU dean called for these barriers to be removed, as well as for more funding

for NP educational programs by the government and private foundations.

NURSE MANAGED CENTERS KEY

Existing nurse-managed health centers (NMHCs) also should be a key part of healthcare reform strategy to close the access gap to care, Dr. Melnyk said.



Dean Bernadette Melnyk

There are more than 250 NMHCs in 40 states serving more than 2.5 million patients annually in community and colleges of nursing settings, according to the National Nursing Centers Consortium (NNCC). They provide a full range of healthcare services to mostly low-income, uninsured, and underinsured clients. In university settings, they provide excellent educational and practice sites for health professionals, including students of nurse practitioner programs.

ASU has the oldest continuously operating nurse managed health center

in Scottsdale, Arizona. The center was established in 1977.

Long-term funding for NMHCs is a continuing challenge, Dean Melnyk said. Sixty-five percent of NMHC funding comes from grants and gifts, according to the NNCC. "A key strategy of healthcare reform should be to increase permanent

funding of these centers and to insure more equitable insurance reimbursement," Dean Melnyk added.

In addition to her presentation at the HRSA Summit, Dr. Melnyk has been very active in advocating for a larger role in the healthcare system for nurse practitioners with recent visits to Capitol Hill to meet with Sen. John McCain and Sen. John Kyle's chief health policy advisors as well as at a recent healthcare reform town hall with Sen. McCain.

Dean Bernadette Melnyk is a certified pediatric and child psychiatric nurse practitioner. She is one of two nursing leaders who serve on the U.S. Preventive Services Task Force which sets evidence-based screening and behavioral counseling recommendations to guide primary care practice for the nation. Dr. Melnyk also has served on the Institute of Medicine's Healthcare Provider Sector for the Roundtable on Evidence-Based Medicine. ■

New Program Profiles:



The College of Nursing and Health Innovation at Arizona State University has expanded its undergraduate educational offerings starting fall semester 2009 to help associate-degree or diploma Registered Nurses obtain a Bachelor's of Science in Nursing degree completely online. ASU Nursing is launching the RN-to-BSN program online option to support the ASU initiative to expand access to education.

According to Brenda Morris RN, EdD, CNE, senior director, baccalaureate programs, the new program is designed to provide flexibility for RNs demanding schedules or for those who prefer online to classroom-based learning. Dr. Morris said the degree can be completed in 16 months of full-time, year-round study.

"ASU Nursing has extensive experience in delivering a quality RN-to-BSN program designed to meet the unique educational needs of the returning RN student," Dr. Morris said. "Evidence-based practice, which is known to improve the quality of care and patient outcomes, is woven throughout our curriculum. The value of this additional educational credential to AD and diploma RN's comes in the form of more significant job responsibilities, increased career advancement and compensation potential, as well as preparation to pursue graduate education if desired."

Diann Muzyka, PhD, RN, has been named associate director of the new program. Despite only a few weeks for fall semester enrollment, Muzyka said 23 students were admitted. The application deadline for spring semester 2010 enrollment is November 20.

According to the American Association of Colleges of Nursing (AACN), there are 660 RN-to-BSN programs in the U.S., but only 96 are offered completely online.

The existing ASU Nursing RN-to-BSN program uses a hybrid

RN-to-BSN Online



delivery model that optimizes the mix of asynchronous online class schedules, as well as face to face class sessions. Morris said the new program is primarily asynchronous with students being able to participate in classes on their own schedules.

The ASU College of Nursing and Health Innovation and the Maricopa County Community Colleges District (MCCCD) have an established Nursing Alliance. The alliance establishes the MCCCD transfer to ASU credit limit from 64 credit hours to "up to 75" credit hours for application toward the ASU Bachelor of Science in Nursing (BSN) degree for individuals holding an unencumbered Arizona RN license or who have completed the Associate of Applied Science (AAS) in Nursing degree from MCCCD. The agreement promotes seamless articulation from MCCCD to ASU while not jeopardizing ASU program requirements and standards.

The ASU College of Nursing and Health Innovation provides more baccalaureate-prepared nurses than other Arizona colleges of nursing. The college has more than 1,700 students enrolled in its baccalaureate nursing programs. With the consolidation of Exercise and Wellness, Nutrition and Health Sciences degree programs into ASU Nursing, the college has more than 2,600 undergraduate students.

The ASU College of Nursing and Health Innovation is ranked in the top 8 percent of graduate nursing programs in the *2008 U.S. News & World Report* rankings of nursing programs. ■

MS in Nutrition

Building out the Nutrition Curriculum

with a Master Stroke

Expansion of the Nutrition program was one of the first developments after the integration of health promotion programs into the College of Nursing and Health Innovation. The program introduced an innovative MS degree in Human Nutrition with a concentration in Dietetics. Designed for experienced registered dietitians (RDs) with more than one year of experience, the new program offers to advance skill sets within the practice of dietetics.

With the increasing demand for healthier eating among Americans, the field of dietetics is a rapidly evolving and continuously advancing area with 57,000 dietitians in the U.S. That total is expected to increase to 62,000 by 2016, according to Bureau of Labor Statistics projections. Dietitians often work in healthcare settings such as hospitals, nursing care facilities and medical practices but also work in the food and pharmaceutical industries, higher education, government agencies and private practice settings.

“This 30 credit degree program provides RDs with the opportunity to advance their knowledge and skills within a flexible and personalized framework,”

said Linda Vaughan, PhD, assistant dean for academic affairs. “Designed with working professionals in mind, the goal is to have a range of dietetics-concentration courses that will be offered one evening a week or online, and students can enroll part- or full-time.”

Dr. Vaughan served as the inaugural chair of the Department of Nutrition when ASU established it as an independent program in 2000. In her current position, Vaughan coordinates the health promotion programs on the ASU Polytechnic campus and works to integrate



Assistant Professor of Nutrition Keith Martin discusses the health benefits of functional foods such as wines with students during a class.



Linda Vaughan, Assistant Dean for Academic Affairs

the new programs into the nursing and health college.

The new degree is based on the scientific foundations of nutrition and prepares students to have strong communication skills, computer literacy, interpretive expertise, and problem-solving skills. With the ongoing emphasis on evidence-based practice within medical nutrition therapy and other areas of dietetics, the need for RDs with advanced skills has increased. Students in this non-thesis graduate program will develop competencies in research methods and advanced-practice knowledge in their chosen area of study that will enhance their abilities to practice within the new constructs of healthcare and health promotion. The skills and knowledge acquired during the program will enable each student to develop addi-

tional professional competencies that are readily applied to significant problems and issues within the field of dietetics.

OBJECTIVES TAILORED TO STUDENT GOALS

The objectives of the MS in Human Nutrition, Dietetics Concentration are highly individualized and tailored to each student's goals and interests and may include:

- Demonstrate competence in research design, statistical methods and ethical conduct in research studies
- Integrate knowledge of macronutrient and micronutrient metabolism into the development of dietary recommendation for populations and individuals in health and disease
- Design and evaluate nutrition interventions utilizing knowledge and skills in nutrition assessment and chronic disease risk reduction, prevention, and/or treatment
- Evaluate current U.S. and global nutrition programs and interventions and develop an understanding of program development
- Augment student-specific practitioner skill sets to promote expanded individual career goals.

APPLIED PROJECT IN AREA OF PRACTICE

Each student is required to conceptualize, design, and implement a 6 credit applied project in an area of nutrition/dietetics practice of interest to the student, according to Carol Johnston, PhD, RD, Nutrition program director. The supervising committee for a student in the MS in Human Nutrition, Dietetics Concentration is composed of three members, at least two of whom are from the Nutrition faculty. The remainder of the supervisory committee is selected by mutual agreement of the student, applied project committee chair, and program director. Dr. Johnston anticipates that nursing faculty in the college will participate in the applied project committees to ensure an interdisciplinary committee. Students will be encouraged to publish and/or present their findings to an appropriate professional audience.

The next application deadline is April 15, 2010 for fall semester. ■





Common Bonds Form Shared Legacy

Climate, geographical location and environment may have been part of what brought them to Arizona years ago, but their alumni connection to the College of Nursing and Health Innovation is what keeps them engaged. The legacy of two Vietnam-era veterans and Bachelor of Science in Nursing (BSN) alumni will remain far beyond their years. Dr. Steven Heaston, PhD, MPH, RN who is a retired Army Lieutenant Colonel (ASU class of 1978) and Daniel MacDonell, BSN, MEd, CARN (ASU class of 1970) were among the first Vietnam-era veterans to enroll in the college's BSN program. While each has a different story, the men share several common bonds.

In 1963, Daniel MacDonell launched his nursing career by obtaining an associate's diploma from McLean-Massachusetts General Hospital. Soon after, he joined the Army as an officer and was eventually transferred to El Paso, Texas, where he developed a liking for warmer climates and completed a two-month crash course in tropical medicine. Finally, he set sail for Vietnam to serve as a triage officer dressing wounds, and coordinating with physicians for pre-operative and post-operative care; an experience that would later differentiate him from his classmates.

Daniel found himself in the bitter cold of a Boston winter upon returning from Vietnam and soon concluded that warmer climates were beckoning. After researching several BSN programs, he decided on ASU. Being the only Vietnam veteran in his class, Daniel found that "the change in environments from the war to ASU was unsettling and disconcerting." Fortunately, he was able to connect with several faculty members, including Bernita Steffl, who understood his public health background. His survival skills kicked in and he narrowed his focus to his studies and employment, often working evenings and weekends.

After graduation, Daniel focused his career on addictions and mental health counseling for veterans and has spent the majority of his career in Gainesville, Florida, where he currently resides. Among his many career accomplishments Daniel became the first Certified Addictions Registered Nurse (CARN) in Florida. He went on to obtain a Master's degree in Health Education and has committed his time to public service in various capacities over the years. In his retirement he runs a group for people age 50 and over who need social integration and a group for people who have serious vision problems such as macular degen-

eration. Upon his return from Vietnam, Daniel served in the Army Reserve, attained the rank of Colonel, and retired in 1990. He held many positions including teaching, in-service, mobilization planning and nursing administration.

Steve Heaston was drafted during the Vietnam War immediately after graduating with an undergraduate degree in education from Ball State University in Indiana. He was commissioned from Infantry Officer Candidate School at Ft. Benning. After his initial tour of active duty, he too decided to further his education. Arizona's geographical location and his curiosity regarding a place he had yet to visit appealed to him, so he packed his two suitcases and traveled west to Tempe, Arizona. The public health focus at ASU immediately attracted him and provided him with his first taste of working with diverse populations.

Steve graduated from the college with a BSN in 1978 and returned to active duty in 1979. After serving a number of years in Europe and Korea, he returned to the United States and continued to specialize in public health, including a stint as the public health officer for the military prison at Ft. Leavenworth and ongoing work as an HIV/STD consul-

tant. His military duties afforded him the opportunity to return to school for a Master's degree in Public Health from the University of Minnesota and a PhD in Public Health from Walden University. After retiring from the Army, he switched to working for the Navy as program manager for disease metrics, clinical preventive services, and deployment health for active duty military.

Steve has turned into a lifelong student and enjoys learning on both a professional and personal level. He takes pleasure in knowing that education helps people not only improve their career, but also sharpen their critical thinking. He is a practical person but eschews dogma and bias, preferring to remain open to new ideas, learning from experience and observation, and retaining a sense of adventure. "The PhD experience really stressed critical thinking and enabled me to see the bigger picture."

Daniel MacDonell and Dr. Steven Heaston have shared both a commitment to the military community and to education in their lives. Their experiences have given them perspective and inspired them to give back. They appreciate the value of higher education and share a strong desire to assist future generations in their pursuit of education. Both men have chosen to give unrestricted support to the college via their estate plans. In doing so, they are building their own legacy while carrying on the legacy of college leadership in appreciating flexibility and change while helping to educate future generations. ■

Alumni survey results are in!

A first-ever alumni survey was emailed to over 3,400 Nursing alumni from the College of Nursing and Health Innovation and the results are here! We asked you to tell us what inspired you as a student, and how we can better serve your needs now as alumni. Out of the 3,400 surveys sent, 211 responded.

- Nearly 60 percent indicated that it's the compassion and commitment to the nursing/healthcare profession that you value most as well as the pride of being an ASU alumnus.
- 60 percent would like to have more networking opportunities and 49 percent of responders would like to mentor students or new graduates.
- 37 percent want to know more about evidence-based practice.
- Almost half would like to go on a tour of the new Nursing and Health Innovation Building 2.
- 42 percent give back to the College because of their commitment to the College AND to ensure the success of current and future students.

Thank you to everyone who participated! We will do our best to select programs and special events that would be meaningful to you. If you don't use e-mail but would like to take the survey, please call Pamela Lowe, Assistant Development Officer, at 602.496.1498.

Health Sciences

...continued from page 12

Linda Vaughan, PhD, assistant dean for academic affairs, has been instrumental in the development of the Health Sciences program. "Whether in football or academics, the key is to keep momentum going strong," Dr. Vaughan said. "It is challenging to maintain momentum with ASU's budget situation, but we are focused on advancing the Health Sciences educational

and research agendas and remain confident that the program will fulfill its potential."

The road for the Health Sciences program is long with more distance yet to travel. However, its new home in the College of Nursing and Health Innovation and its spirit of innovation make for a strong base from which it can continue to grow and mature. ■

Alumni Reflections

Looking Back 5 Years:

Robert J. Lucero RN, PhD, MPH

Wow! It's only been five years since I last graduated from ASU (BSN 00', MPH 03', MSN 04'), and there have been many changes for ASU Nursing and me. The four and one-half years I spent at ASU added much to my growth from an Associate Degree (95') prepared nurse to my current standing as a nurse with a PhD (08'). During my first semester at ASU, rather than delving immediately into upper level undergraduate basic science courses, we were introduced to the professional nursing role and nursing theory. The faculty was instrumental to my understanding of the professional nursing role and "intellectual nursing practice."



During my time at ASU, nursing theory was a strong focus in the MSN program. The faculty who I

connected with most seemed to be influenced strongly by nursing theory. They also had active programs of research. Their passion for teaching and most of all mentorship cultivated my knowledge, skills, and confidence to develop and conduct a research study, which has been published in the *Journal of Rogerian Nursing Science*. I give credit to the ASU faculty, many of who continue to teach and mentor students in the College of Nursing and Health Innovation, for helping me establish a firm foundation in research.

I have no doubt that the emphasis on theory and nursing knowledge played a significant role in my decision to pursue a PhD in Nursing. After graduating from Columbia, one of the top three schools of nursing in the U.S., as the first Hispanic ever to receive a PhD in the 30 year history of its program, I began a new phase of my professional nursing career as a Postdoctoral Fellow at the Columbia University School of Nursing in New York. I look forward to representing ASU's tradition of nursing excellence in my role as a researcher and educator.

Nursing and the Military

2nd Lt. John Schumacher RN, BNS

Why nursing? Why the Army? These were questions people asked me when I told them I signed up for nursing school and joined the U.S. Army. Why would I become a nurse when I can become a doctor and why join the military, especially in a time of war?

Though doctors are the ones who prescribe medicine, determine treatments, and perform surgeries; nurses are truly the face of medicine. I wanted to be there for my patients the way my nurses in the past were there for me. I believe that a nurse plays a vital role in helping patients heal holistically not just physically. I felt that pursuing a career as a medical doctor would not allow me to help my patients on a more intimate scale that I felt they deserved.

Since I was a little boy, I always knew I would find myself in some kind of military uniform, not sure which one though, but I felt the call to serve at a young age. In high school I was going to enlist in the Marines but my father, prior enlisted Navy, stressed to me the importance of a college education first and to join after college as an officer. Not knowing what I should do I followed his advice and enrolled in college.

Many months and hard decisions later I found myself at Arizona State University and enrolled in the Army ROTC (Reserve Officers' Training Corps) program with a designated degree of political science. Sophomore year I had a change of heart and decided to switch my major to nursing. After reading articles and watching documentaries about the medical care injured soldiers were receiving on the battlefield, en route, and at the medical treatment facilities, I knew this was what I wanted to do. Being a soldier and serving your country is one of the greatest honors and it's my privilege and opportunity to be able to take care of them and their families in their times of need.



Following graduation from the College of Nursing and Health Innovation in December 2008, I took time off to study for my nursing boards

From the Alumni President

before I began the Officer Basic Leadership Course at Fort Sam Houston, Texas. The Army Medical Department (AMEDD) officer basic course was 9 weeks long in which all of the newly commissioned army medical officers (nurses, doctors, dentists, social workers, PA's, etc.) were trained on basic soldiering and officer skills.

My first duty station is at Landstuhl Regional Medical Center (LRMC) in Landstuhl, Germany where I work alongside other Army, Air Force, Navy, Marines, and American and German civilians. The hospital is the primary medical treatment facility for casualties injured during Operation Enduring Freedom in Afghanistan and Operation Iraqi Freedom along with other soldiers and their dependents throughout Europe, Southwest Asia, and the Middle East. I am still in my first weeks here at LRMC and getting adjusted and in processing to the hospital and to the medical/surgical ward on which I will be working. In the next couple of weeks I will begin the nurse preceptor program, which includes rotations to various units around the hospital and a one-to-one preceptorship on my home unit. My goal is to attend the ICU or ER course the Army offers at Fort Sam Houston and eventually become a flight nurse.

The knowledge and experiences that I gained at the ASU College of Nursing and Health Innovation have set me up for success as an Army RN and future endeavors. I want to thank the nursing faculty, staff, and ROTC cadre that made my time at ASU a success, because without them I would not be where I am today. ■

First, I want to extend my personal appreciation to the Alumni Chapter Board of Directors for an outstanding, busy and productive 2008-2009 year. Special thanks to Carol Rogers our now, past-president for her support, commitment and elegant leadership. In addition, we are saying farewell to a number of highly committed, hard-working, lifetime supporting officers, Fran Johnson, Nancy Tucker, and Kathleen Lupone. Dr. Denise Link is leaving her long held position as Faculty Liaison. The new board roster is posted on our website <http://nursingandhealth.asu.edu/alumni>.

This past May, the Alumni Chapter initiated a new social and fundraising activity *A Celebration of Nursing*, which will be held during Nurses' Week each spring. In honor of Florence Nightingale's birthday, we snacked on tea and biscuits and had the opportunity to bid on and purchase over 40 silent auction items. It was a lovely mid-morning event and an opportunity for alumni, students, faculty and families to gather, visit and enjoy each other. The proceeds will support our new partnership with the School of Nursing in Vietnam, our scholarships and future chapter activities. We wish to thank Dean Bernadette Melnyk for her support of this and our other chapter initiatives and for being able to join us at our Celebration of Nursing.

The Alumni Chapter has 'adopted' the new BSN program at the Ho Chi Minh University of Medicine & Pharmacy in Vietnam. We donated \$500 from our *Celebration of Nursing* fundraiser to the School of Nursing and they plan to use the money to add hand-washing stations to their student learning laboratory and to create individual learning stations within their student lab. These funds were presented to the Director of Nursing by Roxena Wotring and me. Another Alumni Chapter member, Dr. Susan Mattson (emeritus), also was in Vietnam with the Vital Links for Humanity Medical Mission and she worked with the nurses in the maternity unit and mentored nurses in current research-based practice. All have agreed to return next summer to continue this mission.

With the fall semester underway, the Alumni Chapter will be planning a holiday celebration, setting dates for our (Nursing) Movie Matinees and preparing for student scholarship applications and Alumni Award nominations. We look forward to meeting alumni from the Exercise/Wellness, Nutrition and Health Sciences programs. As always, we want to provide a cadre of activities that will invite, intrigue and involve our membership and we would welcome suggestions, participation and support.

All of the Board of Directors sends wishes for an exciting 2009-2010 year.

Best Wishes,

Rojann Alpers

Rojann R. Alpers, PhD, RN, Class of 1977 and 1983 • Email: rojann@asu.edu
Office: 602.496.0813 • ASU Faculty Senate President's Office: 480.965.9243

new appointments

MENON NAMED PAMELA KIDD DISTINGUISHED RESEARCH PROFESSOR

Usha Menon, PhD, RN has joined the College of Nursing and Health Innovation as the Pamela Kidd Distinguished Research Professor. Prior to joining ASU, Dr. Menon was a tenured associate professor at the University of Illinois - Chicago (UIC) College of Nursing and served as co-director of the Community Engagement & Research Core of the Center for Clinical Translational Sciences and Co-PI of the Cancer Education and Career Development Program to train pre- and post-doctoral fellows across biological and behavioral cancer control research.

Her NIH funded research focuses on the development and testing of tailored interventions to increase cancer screening behavior. A major emphasis of this research has been on the reduction of health disparities in cancer prevention and increasing early detection among vulnerable populations.

Dr. Menon, a nationally recognized expert in behavior change theory and interventions, is a frequent consultant and speaker to international groups of researchers, clinicians, and community members. She also serves as a Visiting Scientist at Mayo Clinic Arizona in the Department of Research-Health Disparities where she will develop cancer disparities research and assist with advancement of nursing research.

Pamela Kidd, PhD, ARPN, CEN, for whom the professorship is named, was a highly respected professor, researcher and associate dean who worked as a nurse and nurse practitioner while she taught at the College from 2000 until her untimely death in 2003.

GILBERT NAMED DIRECTOR OF ENTREPRENEURIAL PROGRAM

Jack Gilbert has been named director, Master of Healthcare Innovation (MHI) Program at the College of Nursing and Health Innovation at ASU, Associate Dean for Academic Affairs David Hrabec announced.

A noted expert in organizational ethics and integrity, an award-winning author, presenter, entrepreneur and consultant, Gilbert joins ASU from New Page Consulting, Inc. for which he served as president since 2002. His career has focused on issues of leadership, organizational and personal integrity, and large-scale change for clients in healthcare and other industries. The new director also was responsible for management engineering at a 600 bed hospital in Canada earlier in his career.

MHI offers a futuristic, multidisciplinary, educational approach to the development of healthcare leaders who base decisions upon the best evidence available. The graduate program provides students new processes to develop innovative, immediate solutions to existing or potential healthcare problems in both traditional and non-traditional healthcare organizations.

Gilbert has an EdD degree from George Washington University, where his dissertation focused on the role of ethics in the decision-making process for senior executives. He is a fellow of the American College of Healthcare Executives and a recipient of its Service Award.



Usha Menon



Jack Gilbert

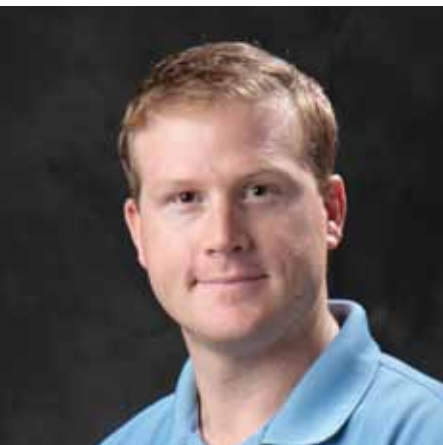


Laura Szalacha

STATISTICIAN JOINS COLLEGE

Laura Szalacha, EdD, joined the College of Nursing and Health Innovation as Statistician and an associate research professor in the Office of Research & Scholarship. She was most recently Biostatistician and Assistant Research Professor at the College of Nursing at the University of Illinois-Chicago where, in addition to research activities, she developed and taught the core statistics sequence for doctoral students.

Szalacha was trained in human development and psychology as well as research methodologies, both quantitative and qualitative, earning her doctorate from Harvard University in 2001. She has extensive experience as a statistician on several longitudinal studies of health disparities, working particularly with underserved minority and marginalized populations. Her intervention study experiences include studies of breast, cervical and colon cancer screening among South Asian immigrants, Korean Americans, and American veterans; nurse-managed care and STIs with low-income African American females, and acculturation among immigrants from the former Soviet Union. As a developmental psychologist, her work has a concentrated focus on adolescent development, particularly marginalized groups, such as LGBT youth and children from immigrant families in schools. These studies include cross-cultural analyses of normative development of Puerto Rican, Dominican, Cambodian and Portuguese youth, and developmental milestones of young Puerto Rican adults.



Dan Weberg

Szalacha is presently studying relationships among sexual identity, substance use and childhood sexual abuse among adult lesbians and is examining various physical and mental health issues in the Australian Longitudinal Study of Women's Health.

WEBERG NAMED TO CONTINUING EDUCATION POST

Dan Weberg, RN, CEN, MHI has been named director of the Academy for Continuing Education (ACE) for the college. Weberg brings an entrepreneurial spirit to the continuing education program.

ACE's mission is to facilitate life-long learning by continuing to meet the educational needs of professional healthcare providers by offering conferences, workshops and short non-credit courses on a wide variety of topics.

Weberg attended the College of Nursing and Health Innovation at Arizona State University and was graduated with his Bachelor of Science in Nursing in 2005 and a Master of Healthcare Innovation degree in August 2008. After earning his BSN degree, he worked as an emergency room and trauma nurse at both UCLA and Scottsdale Healthcare. In June 2006, Weberg earned his national Certification in Emergency Nursing.

In other appointments...

Manuela Vital has joined the Center for the Advancement of Evidence-based Practice as the Coordinator of the Pan American Health Organization (PAHO) Technical Agreement.... **Linda Searcy** has joined the HR/Payroll/Facilities team at the college...**Debra Fisher** has been promoted to Senior Research Advancement Specialist in the Office of Research and Scholarship...**Cammy Cecil**, research advancement accountant, has joined the Business Services team...**Pamela Lowe** joined the college as assistant development officer to oversee the Annual Giving Society and manage scholarships. ■



Manuela Vital

professional achievements

grants

Barbara Ainsworth, PhD, MPH received funding from the American College of Sports Medicine Foundation (ACSM) for a study “Descriptive Epidemiology of Physical Activity Space.” **Stephen Herrmann**, an Exercise and Wellness graduate student, is co-investigator.

Kimberly Arcoleo, PhD, MPH and co-investigator, **Susanne Cook**, PhD, RN, received funding from NIH, NCCAM for her research on Asthma Disparities in Latino Children: Acculturation, Illness Representations & CAM. This study is a multi-level examination of co-varying influences (sociodemographic, cultural, experiential, environmental, and healthcare system) on disparities in asthma control among Mexican and Puerto Rican children. (See article on page 16.)

Kimberly Arcoleo, PhD, MPH was awarded a Southwest Interdisciplinary Research Center grant for her study “Asthma Illness Representations, Treatment Decisions, and Successful Management Strategies among Latino Parents”. This qualitative study will explore the similarities and differences in Mexican and Puerto Rican parents’ asthma illness representations, examine the impact of acculturation on illness representations and treatment decisions, and identify successful strategies for overcoming barriers to obtaining optimal asthma healthcare for their children.

David Coon, PhD received grants from the Department of Health and Human Services (HHS) to improve support services to family caregivers of persons with serious physical and cognitive limitations, such as Alzheimer’s disease. He is ASU’s principal investigator for the five grants funded by the HHS U.S. Administration on Aging. The grants involve other agencies and healthcare providers.



David Coon

Evelyn Cesarotti, PhD, RN-C, FNP, GNP received a HRSA grant for her Advanced Education Nursing Traineeship (AENT).

Angela Chia-Chen Chen, PhD, RN, PMHNP-BC is principal investigator of “Intergenerational acculturation conflicts and parent-perceived discrimination among Chinese American families: Links to supportive parenting and adolescent depressive symptoms” recently funded by Sigma Theta Tau International Beta Upsilon Chapter Nancy Melvin Research Grant.



Cheryl DerAnanian

Cheryl DerAnanian, PhD, MS is principal investigator of the “Interdisciplinary Community-Based Falls Prevention Program” study funded by the American College of Sports Medicine Foundation (ACSM). **Melanie Mitros** (student) serves as co-investigator on this grant.

Cheryl DerAnanian, PhD, MS, principal investigator, was funded through the American College of Sports Medicine Foundation (ACSM) for her study “Using Facebook to Promote Physical Activity and Fruit and Vegetable Intake in College Students”. **Shannon Smith** (student) is a co-investigator for this study.

Shannon Dirksen, PhD, RN, principal investigator, and **Michael Belyea**, PhD, co-investigator, received a National Institutes of Health/National Cancer Institute grant for their study, “Profile of Symptom Clusters Among Prostate Cancer Patients”.

Bronwynne Evans, PhD, RN received a NIH/NNR grant for “The Caregiving Trajectory for Community-Dwelling Mexican American Elders” study and **Ebere Ume**, first-year PhD student and co-investigator,

received a Diversity Supplement.

Colleen Keller, PhD, RN-C, FAHA and co-investigator, **Nelma Shearer**, PhD, RN secured a HRSA grant for their study “Geriatric Nursing in Rural Arizona”.



Colleen Keller and Nelma Shearer

Colleen Keller, PhD, RN-C, FNAP received a NIH/NNR grant for her study “Madres para la Salud (Mothers for Health)”. Co-investigators include **Kathie Records**, PhD, RN, **Michael Belyea**, PhD, **Barbara Ainsworth**, PhD, MPH and **Mary Mays**, PhD. (See article on page 21.)

Denise Link, PhD, RNP, WHNP

– Principal Investigator for a grant from the Arizona Department of Health Services to expand access to primary care through multigenerational community centers.

– United Healthcare continued funding to support efforts to increase access to healthcare in underserved communities and neighborhoods. This award is being used to fund salaries for clinical staff at North Tempe Community Center nurse-managed health center.

– Women & Philanthropy Cathy Dickey Leadership Award. The funding from the award is the largest amount ever given

by Women & Philanthropy. It supports healthcare services provided by nurse practitioners on the *Wellness On Wheels* (WOW) van.

– The Cook’s Tour Grant from Valley Presbyterian women. The women of the Valley Presbyterian church in Paradise Valley annually sponsor a house tour that includes a meal. Funds raised by the event are provided to a variety of organizations. This award was used to pay for cancer screening tests in men at Community Health Services in Scottsdale and women at Breaking The Cycle Health Center in Phoenix.

– Arizona Health Facilities Authority Primary Care Grant funding to support primary care for underserved vulnerable populations. The award is being used to fund clinical staff salaries at the North Tempe Community Center nurse-managed health center.

– Centers for Disease Control & Prevention funding for an HIV Integration Project. The award is provided by the CDC/Office of Population Affairs to provide universal rapid HIV testing in family planning clinics. The funds pay for supplies and person-

nel costs for one year to perform 400 HIV tests.

– Title X Family Planning Program funding. In collaboration with the Arizona Family Planning Council and Grace Lutheran Church in central Phoenix, this funding supports the Breaking the Cycle clinic. Uninsured men and women are able to obtain free or low cost reproductive health services. They contract with AFPC to provide these services to a minimum of 1600 unduplicated clients each year.

Keith Martin, PhD and **Carol Johnston**, PhD, RD, co-investigator, received a grant from Mannatech, Inc. for their research on the effect of a polysaccharide supplement with aloe on the bioavailability of dietary antioxidants in healthy adults.

Bernadette Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN received a NIH/NNR grant for the “COPE/Healthy Lifestyles for Teens: A School-Based RCT” project. Co-investigators on the project are **Michael Belyea**, PhD, **Diana Jacobson**, RN, MS, CPNP, **Mary Mays**, PhD, Judy O’Haver, PhD, RN, CPNP, **Gabe Shaibi**, PhD, PT and **Leigh Small**, PhD, RN, CPNP-PC.

Adriana Rivera, MSN, RN, ANP was funded through the American Academy of Nursing for the “Building Academic Geriatric Nursing Capacity Post-doctoral Fellowship.”

Kimberly Shea, PhD, RN secured an NIH/NNR grant for her study, “Individualized Feedback Effectiveness in Heart Failure Home Telemonitoring.” Co-investigators include **Kimberly Arcoleo**, PhD, MPH and **Gerri Lamb**, PhD, RN, FAAN.



Denise Link

Gabriel Shaibi, PhD, PT was awarded a two-year grant to study the impact of a community-based lifestyle education program on metabolic health and quality of life of obese Latino youth. The interdisciplinary project includes faculty from the College of Nursing and Health Innovation, the Department of Psychology, with community collaborators at the Lincoln Family YMCA, and the St. Vincent dePaul Medical and Dental Clinic in Phoenix. Funding is provided the Southwest Interdisciplinary Research Center at ASU through a P20 grant from the National Center for Minority Health and Health Disparities at NIH.



Christopher Wharton

Christopher Wharton, PhD was awarded a US Department of Agriculture's Farmers' Market Promotion Program grant entitled, "Modernizing Arizona's Farmers' Markets through New EBT Projects: Expanding and Evaluating Access". This is the second of two grants received from this program, and the thrust of the work is to improve access to farmers' markets for consumers, especially those of low income utilizing SNAP (formerly Food Stamps) and WIC.

achievements & awards

Rojann Alpers, PhD, RN received several awards in the past year, including the College of Nursing and Health Innovation Joyce Finch Outstanding Faculty Award, the Beta Upsilon: Sigma Theta Tau International Mentor Award and the Global Caring Nurses Foundation: Forces of Change Award.

Kimberly Arcoleo, PhD, MPH was named Faculty Affiliate, Southwest Interdisciplinary Research Center of Excellence for Health Disparities Research & Training.

Carol Baldwin, PhD, RN, CHTP, AHN-BC has been selected as a new Fellow of the American Academy of Nursing. Installation took place at the AAN annual meeting in November 2009 She also was selected as the Best Podium Presentation award recipient, "Individual and Institutional Barriers to Implementing EBP in Clinical Practice in Latin America" at the 10th Annual Evidence Based Practice Conference in Glendale, Arizona.

Gary Brown, MSN who passed away in May 2009, received the Gary Brown Humanitarian Award, the Civilian Foundation's newest award, for his work with Quivira Farms. This award was created "to honor Gary's life and his work as an inspirational leader within special communities." This will become an annual award given to celebrate other "passionate and inspiring leaders in our community, who demon-

strate their caring support and commitment to others."

Maureen Campesino, PhD, RN, PsyNP received the College of Nursing and Health Innovation Outstanding Nurse Researcher award and also was invited to serve as grant and abstract reviewer for the NIH Challenge Grants Special Emphasis Panel, the NIH Centers for Population Health & Health Disparities (CPHHD) and the DHHS/Center for Disease Control, 20th National Conference on Chronic Disease Prevention and Control.

Angela Chia-Chen Chen, PhD, RN, PMHNP-BC was invited to attend the 8th Summer Research Institute for the Center for Health Promotion & Disease Prevention Research in Underserved Populations, which was held at the University of Texas at Austin School of Nursing. She also received the ASU College of Nursing and Health Innovation Research Dissemination Award.



Cristi Coursen

Cristi Coursen, PhD, WHNP was honored by DNP students with an "Excellence in Education" Award. Tyke Hanisch, representing the first graduating class of Post Master's DNP students, presented

flowers and a beautiful framed certificate of appreciation for Dr. Coursen's professionalism and passion as a nurse practitioner and educator. She also has been appointed to the *Advance for Nurse Practitioners* Editorial Board.

David Coon, PhD was nominated and selected as an ASU professor of the year finalist. These professors are described as unafraid to blaze new paths of discovery and expose their students to dynamic ways of thinking and discoveries. They are known for significant contributions to undergraduate education.

Ellen Fineout-Overholt, PhD, RN, FNAP, FAAN was named Distinguished Alumnus by the University of Texas Medical Branch at Galveston College Nursing Alumni Association.

Debra Hagler PhD, RN, ACNS-BC, CNE was elected as a Fellow of the National League for Nursing Academy of Nursing Education. Debra was part of the National League for Nursing's third class of 21 fellows, representing 20 schools of nursing throughout the United States as they were inducted into the Academy of Nursing Edu-



Debra Hagler

cation. They join the 65 fellows, who, since the academy's establishment in 2007, have proudly borne the credential ANEF. Selection is competitive, with applications reviewed by a panel of fellows that makes its recommendation to the NLN Board of Governors, the oversight body for the academy. Evaluations take into account applicants' contributions to innovative teaching and/or learning strategies; nursing education research; faculty development; academic leadership; promotion of public policy that advances nursing education; and/or collaborative educational, practice or community partnerships. Fellows are chosen for their sustained and significant contributions to the field of nursing education.

Dr. Hagler also was competitively selected to join the National League for Nursing/Johnson & Johnson Faculty Leadership and Mentoring Program.

Rick Hall, MS, RD was appointed as a foundational member of the Council for Future Practice by the House of Delegates of the American Dietetic Association. The purpose of the council is to identify and address future practice needs for the profession of dietetics and to monitor emerging practice roles, opportunities, and educational needs of dietitians. Hall also was recognized with the Excellence in Service Award from the Dietitians in Integrative and Functional Medicine Dietetic Practice Group of the American Dietetic Association for his continued service and volunteer leadership at the national level of dietetics.

Kimberly LaBronte, PhD, RNC, NNP received the March of Dimes, Arizona Chapter Distinguished Nurse of the Year Award, presented at the March of Dimes gala.

David Hrabe, PhD, RN received the Arizona Nurses Association Excellence in Mentoring Award. The award was presented at the Arizona Nurses Association 67th Biennial Convention in September in Tempe.

Kay Jarrell, MSN and **Barbara Fargotstein**, RN, MN received the College's Alumni Chapter Outstanding Alumni and Distinguished Faculty awards.

Katherine Kenny, RN, MS, ANP, CCRN received the Outstanding Practice Abstract Award at the American Academy of Nurse Practitioners, AANP National Conference in Nashville, Tennessee.

Pauline Komnenich, PhD, RN was appointed as the ASU NEXus Executive Board Faculty Representative and elected Treasurer to the Board.

Denise Link, DNS, RNP was selected as the Regional Nurse Practitioner Leader, Region 8, American Academy of Nurse Practitioners.

Marianne McCarthy, PhD, RN was selected from a panel of competitive nominations to serve on the Building Academic Geriatric Nursing Capacity Expert Panel which will validate AP and CNS competencies in Geriatric Nursing Practice. She also served as the 2009 Expert Panel Representative for the American Association of Colleges of Nursing (AACN) and the Hartford Foundation national project, Transitioning to Adult-Gerontology APRN Education: Ensuring the APRN Workforce is Prepared to Care for Older Adults.

Susan Mattson (faculty emeritus), PhD received the Trans-cultural Nursing Scholar Award from the Trans-cultural

Nursing Society.

Bernadette Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN was appointed to the honorary editorial board for the new *Journal of Healthcare Leadership* and also invited to speak at “Healthy Development: A Summit on Children’s Mental Health” held at the University of Denver.

Diane Nunez, MS, RN, ANP, BC was awarded the Lattie and Elva Core Fellowship.

Usha Menon, PhD, RN was invited to present at the CANS special topics conference. The biennially held Special Topics Conferences have proven to be beneficial to their attendees and provide a well-respected platform for nurse researchers to network with recognized experts, nursing research funders, policy makers and academic leaders.

Kathryn Records, PhD, RN won the Research/Advancing the Profession Award at the 2008 March of Dimes Nurses of the Year Awards gala.

Graciela Silva, PhD, MPH, MT received the American Academy of Sleep Medicine Young Investigator in Research award, 2009. The object of this award is to foster career development of promising young investigators in clinical and translational sleep research. Selection was highly competitive with applicants selected on the basis of research productivity, career goals, and promise for future success and contribution to the field.

Leigh Small, PhD, RN, CPNP-PC was selected, following a blind peer review, as a clinical expert panel member for the National Association of Pediatric Nurse

Practitioners and elected to the National Academies of Practice as a Distinguished Practitioner. This is a highly competitive process, with membership of only 150 nurses nationwide. Dr. Smalls’ other achievements include the Outstanding Educator Award from The Association of Faculties for Pediatric Nurse Practitioners, the Outstanding Researcher Award from the ASU College of Nursing and Health Innovation and the Association of Faculties of Pediatric Nurse Practitioners’ Educator Award at the National Association of Pediatric Nurse Practitioners’ annual conference in San Diego.

Carol Stevens, RN, MS received the Arizona Nurses Association (AzNA) Outstanding Member Award for her professional commitments and dedication to the Arizona nursing community. Carol has been a member of the nursing community in Arizona for many years. She has dedicated herself to the promotion of nursing through many professional commitments. During her term as second vice president, Carol chaired the professional issues steering committee which implemented the action proposal on safe staffing initiative which included acuity workshops, survey and results. She has represented AZNA at the ANA House of Delegates and presented at the last two lead conferences for the Center of American Nurses. Carol also volunteers for medical missions in Mexico. The award was presented at the Arizona Nurses Association 67th Biennial Convention in September 2009.

Karen Sweazea, PhD was elected as a Member of the American Physiological Society (APS) Communications Committee.



Karen Sweazea

Christopher Wharton, PhD was appointed as the first “Young Member” of the Board of Directors for the American Dietetic Association, a new position for the ADA. It is part of a broader initiative of the ADA to increase its relevance and engage new generations of dietitians.

The **Academy for Continuing Education (ACE)** team achieved ‘approved provider status’ through the Arizona Nurses Association and the American Nurses Credentialing Center.

The **2009 Academic Bowl team** for the College of Nursing and Health Innovation took second place in their bracket at this year’s ASU Academic Bowl competition. After not placing last year, the team had two wins against an excellent College of Sustainability team, which put them into the finals for their bracket. The Ira A. Fulton School of Engineering team then defeated the college’s team, to qualify for the competition finals. Academic Bowl team members were **John Plummer, Lewis Mitchell, Alexandra Orletsky, Joe Koestner, Safaria Abugour, Katie DeKing, Tacy Oberan, and Molly McPadden.**

selected publications/presentations

Airriess, C., Li, W., Leong, K. J., **Chen, A.C.C.**, & Keith, V. (2008). Church-based social capital, networks and geographical scale: Katrina evacuation, relocation, and recovery in a New Orleans Vietnamese American community. *Geoforum*, 39, 1333-1346.

Alpers, R.R., Brown, G., **Jarrell, K.**, & Wotring, R. (2008). Asking 'odd' questions. *Journal of Teaching & Learning in Nursing Education*, 3(2), 81-82.

Baldwin, C.M., Grant, M., Wendel, C., Hornbrook, M.C., Herrinton, L.J., McMullen, C., Krouse, R.S. (2009). Gender differences in sleep disruption and fatigue on quality of life among persons with ostomies. *Journal of Clinical Sleep Medicine*, 5, 335-343.

Baldwin, C.M., Grant, M., Wendel, C., Rawl, S., Schmidt, C. M., Ko, C., Krouse, R. S. (2008). Influence of intestinal stoma on spiritual quality of life of U.S. veterans. *Journal of Holistic Nursing*, 26(3), 185-194.

Baldwin, C.M., Mays, M. Z., Marquez-Gamino, S., Caudillo-Cisneros, C., Reynaga-Ornelas, L., Quan, S. F. (2009). Correlation versus agreement of the Spanish and English versions of the SHHS Sleep Habits Questionnaire insomnia subscale. [Abstract]. *Sleep*, 32, A375.

Becvarova, I. & **Thatcher, C.D.** (2009). Nutritional Management of the Starved Horse. In E. Robinson & K. Sprayberry (Eds.), *Current Therapy in Equine Medicine* (6th ed. pp. 53-58). St Louis, Missouri: Elsevier

Becvarova, I., Pleasant, R.S., & **C.D. Thatcher**. (2009) Clinical Assessment of Nutritional Status and Feeding Programs in Horses. *Veterinary Clinics of North America: Equine Practice*, 25(1), 1-21.

Braun, E.J., **Sweazea, K.L.** (2008). Invited review: Glucose regulation in birds.

Comparative Biochemistry and Physiology, 151B, 1-9.

Brown, G., **Alpers, R.R.**, **Jarrell, K.**, & Wotring, R. (2008) Decisions-faculty vs. student choice: Lessons learned for a community health nursing clinical. *Journal of Teaching & Learning in Nursing*, 3(3), pgs. 108-109.

Camposino, M. (2008). Beyond trans-culturalism: Critiques of cultural education in nursing. *Journal of Nursing Education*, 47(7), 1-7.

Camposino, M. (2009). Exploring Perceptions of Cancer Care Delivery Among Elderly Mexican Americans. *Oncology Nursing Forum*, 36(4), 413-420.

Camposino, M., Ruiz, E. & Uri-Glover, J., Koithan, M. (2009). Counter-narratives of Mexican-origin women with breast cancer. *Advances in Nursing Science*, 32(2), E-57-67.

Castro, A., & **Ruiz, E.** (2009). Nurse practitioner cultural competence and Latina patient satisfaction. *Journal of the American Academy of Nurse Practitioners*, 21(5), 278-286.

Castro, F. G., **Shaibi G.Q.**, & Boehm-Smith, E. (2009). Ecodevelopmental contexts for preventing type 2 diabetes in Latino and other racial/ethnic minority populations. *Journal of Behavioral Medicine*. 32, 89-105.

Chen, A.C.C., Morrison-Beedy, D., & Han, C-s (2009). Assessing linguistic and cultural equivalency of two Chinese-version sexual instruments among Chinese immigrant youth. *Journal of Pediatric Nursing*, published online 03 April 2009.

Cho, J., Holditch-Davis, D., Miles, M. & **Belyea, M.J.** (2008). Effect of Gender on the Interactions Between Mothers and Their Medically At-Risk Infants. *Journal of*

Obstetric, Gynecologic, & Neonatal Nursing, 37(1), 58-70.

Christmann, U., Tan, R., Witonsky, S., Elvinger, F., Werre, S., **Thatcher, C.**, Hite, D., Buechner-Maxwell, V. (2008). Influence of age on surfactant isolated from healthy horses maintained on pasture. *Journal of Veterinary Internal Medicine*, 23, 612-618.

Coursen, C.C. (2009). Inequalities affecting access to healthcare: A philosophical reflection. *International Journal for Human Caring*, 13(1), 7-15.

Crogan, N.L. & **Evans, B.C.** (2009). Utilizing predictive resident-focused problems to improve nutritional outcomes in nursing homes. *European Journal of Clinical Nutrition*, 63, 913-915.

Dirksen, S., Belyea, M. & Epstein, D. (2009). Profile of fatigue-based clusters in breast cancer survivors with insomnia. *Cancer Nursing*, 32(5), 404-411.

Dirksen, S.R., Epstein, D. & Hoyt, M. (2009). Insomnia, depression, and distress among outpatients with prostate cancer. *Applied Nursing Research*, 22, 154-158.

Dodgson, J. E. (2008). The co-creating environment: A nexus between classical Chinese philosophy and current nursing theories. *Advances in Nursing Science*, 31(4), 356-364

Dodgson, J.E., Tarrant, M. Thompson, J. & Young, B. (2008). An analysis of infant feeding messages in the Hong Kong print media. *Journal of Human Lactation*, 24(3), 317-325.

Evans, B.C., Crogan, N.L., & **Greenberg, E.** (2009). Lessons learned in clinical research: Using the MMSE with older Mexican-American nursing home residents. *Journal of the American Psychiatric Nurses Association*, 14(5), 373-378.

Evans, B.C., Crogan, N.L., **Belyea, M.J.**,

- Coon, D.W.** (2009). The utility of the life course perspective in research with Mexican-American caregivers of older adults. *Journal of Transcultural Nursing*, 20(1), 5-14.
- Fineout-Overholt, E.** (2008). Synthesizing the evidence: How far can your confidence meter take you? *AACN Advanced Critical Care*, 19(3), 335-9.
- Fineout-Overholt, E.** (2009). *Summer 2009 Outcome Evaluation: A Key Essential for EBP Integration into the Curriculum*. Podium presentation at STTI Research Congress, Vancouver, British Columbia, Canada.
- Gance-Cleveland, B.L. & Mays, M.Z.** (2008). School-based support groups for adolescents with a substance-abusing parent. *Journal of the American Psychiatric Nurses Association*, 14(4), 297-309.
- Gance-Cleveland, B.L., Mays, M. Z. & Steffen, A.** (2008). Association of adolescent physical and emotional health with perceived severity of parental substance abuse. *Journal of Specialists in Pediatric Nursing*, 13(1), 15-25.
- Hagler, D. & Brem, S.** (2008). Reaching agreement: The structure & pragmatics of critical care nurses' informal argument. *Contemporary Educational Psychology*, 33(3), 403-424.
- Hagler, D.** (2007). A guide to diseases, skills, treatments. In *Visual Nursing* (Forward). Philadelphia: Lippincott, Williams & Wilkins.
- Harrigan, C., **Horns LaBronte, K.** (2009). *How to Access Evidence-Based Information on the Web: How to be Smarter than the Computer and Find the Needle in the Haystack*. Podium Presentation at the Academy of Neonatal Nursing™ and Neonatal Network® 9th National Neonatal Nurses Conference, Phoenix, AZ.
- Henderson, T. L., Sirois, M., **Chen, A.C.C., Airriess, C., Banks, D.** (2009). After a disaster: Lessons in survey methodology from Hurricane Katrina. *Population Research and Policy Review*, 28, 67-92.
- Horn, S. S., & **Szalacha, L.A.** (2009). Heterosexual students' attitudes about homosexuality and harassment based on sexual orientation and gender identity: Differences associated with school context. *European Journal of Developmental Science*, 3(1), 64-79.
- Hoyt, M., Thomas, K., Epstein, D., & **Dirksen, S.** (2009). Coping style and sleep quality in men with cancer. *Annals of Behavioral Medicine*, 37(1), 88-93.
- Ilchak, D.** (2009). *Capturing Missed Opportunities for Chlamydia and Gonorrhea Screening*. Poster Presentation at the American Academy of Nurse Practitioners National Conference, Nashville, TN.
- Jarrell, K., Alpers, R.R., Brown, G., & Wotring, R.** (2008). Harm reduction: Shifting instructional paradigms. *The Journal of Teaching & Learning in Nursing Education*, 3(1), 45-46.
- Jarrell, K., Alpers, R.R., Brown, G., & Wotring, R.** (2008). Using BaFa' BaFa' in evaluating cultural competence of nursing students. *The Journal of Teaching & Learning in Nursing*, 3(4), 141-142.
- Juarez, G., **Camposino, M., Ruiz, E., Urriri-Glover, J., Larkey, L., Koithan, M., Krouse, R., Saenz, D.** (2009). *Barriers in access to care among undocumented immigrant women with breast cancer*. Presented at the International Psycho-Oncology Society 11th World Congress: Multidisciplinary perspectives in psycho-oncology: Interaction & integration, Vienna, Austria.
- Keller C.S., Fleury, J., Castro, F.G. & Perez, A.** (2009) Moderators of Physical activity in Hispanic Women. *Healthcare for Hispanics International*, 7(2), 60-71.
- Keller, C.S, Fleury, J., Sidani, S., Ainsworth, B.** (2009). Fidelity to Theory in PA Intervention Research. *Western Journal of Nursing Research*, 31, 289 – 311.
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- Keller, C.S. & Gonzales-Cantu** (2008). Camina por Salud: Walking in Mexican American women. *Journal of Applied Nursing*, 21(2), 110-113.
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- Kenny, K.J.** (2009). *Comparison of Web-Based Pre Operative Teaching with Written/Verbal Pre Operative Teaching*. World Federation of Neuroscience Nurses 10th Quadrennial Meeting, Toronto, Canada.
- Kenny, K.J.** (2009). *Pre-Operative Assessment: An Innovative Role for the Nurse Practitioner*. American Academy of Nurse Practitioners 24th National Conference, Nashville, Tennessee
- Kenny, K.J.** (2009). Diagnosis and treatment of hyperhidrosis. *The Nurse Practitioner*, 24(7), 10-11.
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- Kommenich, P. & Hrabe, D.** (2009). *Meeting Demands for 21st Century Nurse Educators*. Podium Presentation at the Western Institute of Nursing Conference,

Salt Lake City, Utah.

LaBronte Horns, K.M. (2009). Evaluating and recording the neonatal history. In E. Tappero & M. E. Honeyfield (Eds.), *Physical assessment of the newborn: A comprehensive guide to the art of physical examination* (4th ed.) Santa Rosa, CA: NICUInk.

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Larkey, L.K., Jahnke, R., Etnier, J. Gonzalez. (2009). Meditative Movement as a category of exercise: Implications for research. *Journal of Physical Activity and Health*, 6(2), 230-238.

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Li, W., Airriess, C., **Chen, A.C.C.**, Leong, K. J., Keith, V. & Adams, K. (2008). Surviving Katrina and its aftermath: A comparative analysis of evacuation and community mobilization by Vietnamese Americans and African Americans in an eastern New Orleans suburb. *Journal of Cultural Geography*, 25(3), 263-286.

Link, D. (2008). *Grace In The City: An Academic, Church & Government Collaborative in Urban Phoenix, Arizona*. Presented at the Quality Healthcare for Culturally Diverse Populations Conference, Minneapolis, MN.

Link, D. (2009). The Teaching and Coaching Role of the APN. *Journal of Neonatal and Perinatal Nursing*, 23(3), 279-283.

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news that matters

First 3 PhD's Graduate from ASU Nursing

The College of Nursing and Health Innovation has awarded degrees to the first three graduates of its PhD in Nursing & Healthcare Innovation program.



Diana Jacobson, Stephanie Kelly and Adriana Perez received their degrees after successfully defending their doctoral dissertations. The three new PhD's received their degrees at Commencement and were hooded in a special ceremony at the College's Convocation.

Each of the three graduates has an appointment with ASU College of Nursing and Health Innovation. Dr. Jacobson has accepted an appointment as Assistant Professor of Nursing in the Center for Improving Health Outcomes in Children, Teens & Families. Dr. Perez is a Hartford Foundation Post-doctoral Fellow in the Center for Healthy Outcomes in Aging, and Dr. Kelly is a post-doctoral fellow in the Center for Children, Teens & Families.

Julie Fleury, PhD, FAAN, Associate Dean for Research and Director of PhD

Programs, described the graduations as a milestone in the College's history. "The PhD program started in 2005 and these students are members of the first cohort," Dr. Fleury said. "They have a special place in our history and are exemplars for future PhD candidates."

Shannon Mead Named Ambrose Scholar

Shannon Mead, an Adult Health student in the Doctor of Nursing Practice program, attended the Paul Ambrose Scholars program in Washington, DC last summer. She was among 42 students from across the nation to be selected for the scholarship, which attracted more than 400 applicants from health profession programs.

First Patient Safety Officer Joins College

The College of Nursing and Health Innovation has become what is thought to be the first nursing educational institution to add a patient safety officer (PSO) to its staff.

Joanne Olsen, PhD(C), RN, CPHQ, CPSO* has joined the College of Nursing and Health Innovation as its first Patient Safety Officer. "The appointment of a PSO in our college reinforces our evidence-based curriculum to improve patient outcomes through data to reduce medical errors when our students enter their careers," Dean Bernadette Melnyk said.

Olsen's clinical background is critical care nursing, including extensive experience in acute care hospital leadership and management, including chief operating

IN MEMORIAM

Gary Lewis Brown, 49, a clinical assistant professor at the ASU College of Nursing and Health Innovation, passed away peacefully surrounded by friends, family and fellow faculty in early May after a long courageous battle with cancer and heart disease. Born in Akron, Ohio, Brown had been a nursing faculty member since 2004.

A graduate of ASU, Brown earned his MS in Nursing with an advanced practice specialty in community health/nurse education in 2004 and his BSN in 2001.

Brown received many awards during his career, most recently from The Arizona Partnership for Immunization as a "Hot Shot" for the immunization work he did with his students in downtown Phoenix at the Salvation Army and the ASU Nursing Alumni Award during the celebration of the college's 50th anniversary. In late 2008, Brown received Civitan Foundation's Gary Brown Humanitarian Award for his work with Quivira Farms, an award created 'to honor Gary's life and his work as an inspirational leader within special communities.'



officer of a two-hospital system. For the last 10 years, Joanne has managed a quality improvement consulting business implementing patient safety structures and processes, and measuring outcomes in acute care facilities.

Olson's studies and research in patient safety have been funded, in part, by the Don Tapia Nursing Fellowship and a HRSA Advanced Education Nursing Grant. She also is a fourth-year doctoral student in the College of Nursing and Health Innovation.

*CPHQ=Certified Professional Healthcare Quality, CPSO=Certified Patient Safety Officer

Baldwin Honored as New AAN Fellow

Carol M. Baldwin, PhD, RN, AHN-BC of the ASU College of Nursing and Health Innovation has been selected as a Fellow of the American Academy of Nursing. Dr. Baldwin is the Director of the World Health Promotion and Disease Prevention Office in the college, and is one of just 98 nurses in the United States to receive the honor this year.

The Academy is made up of more than 1,500 nursing leaders in education, management, practice, and research.

Cristina Rabadán-Diehl, PhD, MPH, director, Global Health Initiative, National Heart, Lung, and Blood Institute, spoke recently to faculty and staff at the College of Nursing and Health Innovation. She discussed the agency's initiatives to prevent chronic disease to improve global health, especially in developing nations. Dr. Rabadán-Diehl's presentation was arranged by the college's Office of World Health Promotion and Disease Prevention, directed by Dr. Carol Baldwin.



2010 Continuing Education Programs



Healthy AZ 2020 Series

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Teaching Excellence in Simulation Education (TESE)

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February 25-26, 2010, Mesa, AZ

Phoenix Children's Hospital Pediatric Update: Mental Health Workshop

March 1, 2010, Scottsdale, AZ

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For additional information, contact:

Academy for Continuing Education
ASU College of Nursing and Health Innovation

Web: <http://nursingandhealth.asu.edu/ace>

Phone: 602.496.7431

E-mail: ace@asu.edu

Arizona State University College of Nursing and Health Innovation's Academy for Continuing Education (ACE) is an approved provider of continuing nursing education by the Arizona Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

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