

# JOHNS HOPKINS NURSING

## Leadership From Within

Deborah Baker makes good on Hopkins education, pledge to improve care

## Phases of the Moonflower

On the Pulse blog joins magazine and its website with ode to Officer Larry Cole

## Garden of Hope

On duty or off, psych nurse works to cultivate positivity



COMMUNITY  
OUTREACH  
PROGRAM  
ANSWERS  
THE CALL

# JOHNS HOPKINS NURSING

A publication of the Johns Hopkins School of Nursing, the Johns Hopkins Nurses' Alumni Association, and the nursing departments of the Johns Hopkins-affiliated hospitals



**Stretching themselves:** Master's Entry students Zoe Lim, left, and Kelsi Brooks before a workout in Patterson Park. Lim and Brooks lead a weekly exercise session—in Spanish—for underserved women, mostly Latina, who have been diagnosed with hypertension, diabetes, or other health ills as part of the Community Outreach Program ("Real-Life Experiences," Page 14). PHOTO BY CHRIS HARTLOVE

## Featured



### 14 REAL-LIFE EXPERIENCES

Community care is about context and connection. "We help the nursing students understand how we all see things through different lenses and how that can have an impact on the health care they provide," explains Patty Wilson, co-coordinator of the Community Outreach Program, which combines the cutting-edge information of the classroom with practical experiences gleaned from caring for some of Baltimore's most underserved communities.



### 18 HOME-GROWN LEADER

Deborah Baker, new senior vice president for nursing for the Johns Hopkins Health System, is where she needs to be.



### 22 GARDEN OF HOPE

On duty and off, psych nurse Melinda Walker works to cultivate positive life stories in an East Baltimore neighborhood.

## Departments

#### 04 ON THE ISSUE

It's one thing to tell prospective students how far a Hopkins Nursing degree can take them. But it's so much better to be able to show them.

#### 05 ON THE PULSE

10th DNP cohort, new faculty, a blog debuts with a tribute, plus news and notes

#### 08 CELLS TO SOCIETY

Struggles of the military family, plus a selected listing of faculty research publications from July 2015-June 2016

#### 12 STUDENT PROFILE

A strong foundation helps Shelby Pitts make connections and a difference in the most challenging moments.

#### 18 HOPKINS NURSE

Next generation of midwife leaders, "virtual ICU" nurses scramble to clear surgery backlogs, Innovation Hub turns brainstorming to solutions, Other Lives

#### 26 VIGILANDO

Alumni Update, Class News, Church Notes, Western (Re)union, What Is a Hopkins Nurse?, and more

## LETTER FROM THE EDITOR:

## The Skinny

You might have noticed at first touch that the Summer 2016 issue of *Johns Hopkins Nursing* is a bit ... svelte. The slenderizing is for a very specific reason: trading a little paper today to keep fresh news and notes coming to you more often than just three times a year.

No, we're not killing the paper magazine. (Over this dinosaur's dead body!) We simply felt the online version wasn't doing enough—wasn't "alive" enough—and figured the summer vacation season, when everyone's distracted anyway, would be a good time to divert resources to fix that. And talk about beach-ready: a lighter nursing periodical to carry with you to the shore. You're welcome!

The size is really the only thing you'll find different about this issue. All the usual stuff is here, including the annual summer roundup of faculty research ("Cells to Society," Page 08). Meanwhile, we've made the website more user-friendly and any day now will annex the school blog, now known simply as On the Pulse. That's where we can share all the awards won by students and faculty between issues, the pictures of events that generally wouldn't warrant a full article (but are fun and say so much about our community), and genuinely touching insights from the folks who call Hopkins Nursing home away from home. And that's probably enough tinkering for now. We've got a full-sized autumn issue to fill.

Steve St. Angelo

Experience the  
Excellence  
of Johns Hopkins  
School of Nursing

**Prerequisite  
Courses**

Anatomy  
Biostatistics  
Human Growth  
& Development  
Microbiology  
Nutrition  
Physiology

Learn more at  
[nursing.jhu.edu/prereqs](http://nursing.jhu.edu/prereqs)





**Editor**

Steve St. Angelo

**Managing Editor**

Tammy Berwanger

**Assistant Editor**

Danielle Kress

**Vigilando Editor**

Erika Juengst

**Art Direction**

Orange Element

**Advisory Board**

Terry Bennett  
Director of Nurse Recruitment,  
Johns Hopkins Bayview Medical Center

JoAnn Coleman  
Post-master's, CRNP '95

Deborah Dang  
Director of Nursing Practice, Education,  
and Research, Johns Hopkins Hospital

Marian Grant, BS '00, MSN '05

Sandy Reckert-Reusing  
Director of Communications and Public Affairs,  
Johns Hopkins Bayview Medical Center

Leslie Kemp, BS '95

Robert Rosseter  
Director of Public Affairs, American  
Association of Colleges of Nursing

Sharon Sopp  
Sr. Communications Manager,  
Howard County General Hospital

**Editorial Mission**

*Johns Hopkins Nursing* is a publication of the Johns Hopkins School of Nursing, the Johns Hopkins Nurses' Alumni Association, and the nursing departments of the Johns Hopkins-affiliated hospitals. The magazine tracks Johns Hopkins nurses and tells the story of their endeavors in the areas of education, practice, scholarship, research, and national leadership.

**For advertising, contact:**

son-editor@jhu.edu 410.614.5317

**Send correspondence to:**

Editor  
Johns Hopkins School of Nursing  
525 N. Wolfe Street  
Baltimore, MD 21205  
410.614.5317  
son-editor@jhu.edu

**For general inquiries, call:** 410.614.5317

**Follow Johns Hopkins Nursing**

# IS RIGHT HERE!

**Don't Be A Square!**

Why pay for utilities, internet and cable? Save money and time with our all-inclusive rates—**ALL RIGHT HERE.**

Schedule your tour and apply online today!

**Live929.com**



410.246.8538 | 929 N. Wolfe Street | Baltimore, MD 21205



NOTES FROM THE DEAN:

## The Best Advertisement Is Success



It's one thing to tell prospective students just how far a Johns Hopkins Nursing degree can take them. But it's so much better and—for us—rewarding, to be able to show them.

Meet alumna Deborah Baker, DNP, CRNP, senior vice president for nursing for the Johns Hopkins Health System, a job newly created to utilize her unrivaled skill set and unwavering focus on health care quality and safety (“Leadership from Within,” Page 18). It is the top of the nursing pyramid at Johns Hopkins, with oversight on care at all of its affiliates—a spot at the “big boys’ table”—and we can think of no one better qualified to fill the position or represent the excellence we strive for every day at the School of Nursing.

Deb arrived at the school as a bright light—an intelligent, driven baccalaureate student—and left, with master’s and doctoral degrees, as a force of nature. Or should we say “graduated as a force of nature,” since she has never really left us, staying on as a teacher, a mentor, and an employer to many grads at the Johns Hopkins Hospital? She is “one of ours,” and she is “one of us.”

That is where a Hopkins Nursing degree can take you. Join us. And enjoy the Summer 2016 issue of *Johns Hopkins Nursing* magazine.

*Crish*

Patricia M. Davidson  
PhD, MEd, RN, FAAN  
Dean, Johns Hopkins School of Nursing

*“We can think of no one better qualified to fill the position.”*



### Discover Professional Programs at Johns Hopkins School of Nursing

Innovative programs designed to meet your learning needs at home, in the workplace, and around the world.

Programs and Workshops

Online Prerequisites

Massive Open Online Courses

Learn more at [nursing.jhu.edu/professional](http://nursing.jhu.edu/professional)



### Letters to Johns Hopkins Nursing

We welcome all letters regarding the magazine or issues relating to Hopkins Nurses. Email 200 words or fewer to [son-editor@jhu.edu](mailto:son-editor@jhu.edu) or send to:

Editor, *Johns Hopkins Nursing*  
525 N. Wolfe Street  
The House, Room 106  
Baltimore, MD 21205

Letters will be edited for length and clarity.



# ON THE PULSE

News from **Around the School**

Inside this section:

P. 07

## PHASES OF THE MOONFLOWER

On the Pulse blog launches run in magazine and on website with ode to Officer Larry Cole

P. 05

A MILESTONE FOR THE DOCTOR OF NURSING PRACTICE PROGRAM

P. 05

NEW FACULTY BRING EXPERIENCE AND DIVERSITY TO SCHOOL

P. 06

JONAS SCHOLARS; ACHIEVEMENT AWARD; SUN SETS ON BSN SONSET COHORT

P. 07

SHINING STAR WINNERS TO BE ANNOUNCED SOON

## 10 and Counting ...

It was a day like few others for the Johns Hopkins Doctor of Nursing Practice program.

First of all, it's rare that DNP students from several cohorts are together on campus since so much of their learning experience is virtual. (And when individual cohorts are here, their days are packed full of activities, classes, seminars, networking opportunities, and more.) Add the presence of the school's first Saudi Arabian DNP students and it made for a perfect opportunity to celebrate the milestone 10th DNP cohort.

And so on May 5, DNP students past and present gathered to celebrate a program that is currently ranked No. 2 nationally and internationally and to toast its bright future. ■



PHOTO BY WILL KIRK

## School Welcomes New Faculty

Nearly two dozen new members have been added to the faculty of the Johns Hopkins School of Nursing, an injection of experience and diversity that will enrich and enliven the educational experience here for years to come.

A warm welcome to Rita D'aoust, associate dean for teaching and learning; assistant professors Yvonne Commodore-Mensah, Brian Hansen, Kimberly McIltrout, Nicole Mollenkopf, Susan Renda, Jennifer Trautmann, and Janiece Walker; instructors Audra Rankin and Erin Wright; clinical instructors Hope Agen-Davis, Janelle Akomah, Kathi Johnson, Nicole Johnson, Colleen King, Susan L'Heureux, Alison Pirie, Mishiko Redd, and Amanda Rohde; faculty associate Chao-Hsing Yeh; and research associate Natalie Regier.

Their bios are currently being added to the Faculty Directory at [nursing.jhu.edu](http://nursing.jhu.edu). Expect to hear more from—and about—them soon. ■

## News and Notes



PHOTO BY DANIELLE KRESS

### Jonas Scholars

More doctorally prepared nurses are needed everywhere, the front of the classroom being no exception.

As faculty shortages remain a challenge and as health care demands more nurses who can practice and teach at higher levels, the Jonas Center for Nursing Excellence, through its Jonas Nurse Scholar Program, has maintained its support of future nurses who can fulfill these needs. Students from across the country

who are committed to the faculty role, both in clinical and classroom settings, are chosen to receive financial support in addition to leadership, development, and networking opportunities. The program also supports nurses who are focused on care for veterans.

Twelve SON students were selected to participate in this important initiative. The 2016-2018 Jonas Scholars:

**PhD students:** Kyra Waligora (incoming), Sarah Mossburg, Tamryn Gray, Erin Whitehouse

**DNP students:** Marianne Schallmo, Fara Bowler, Roberto Roman LaPorte, Leslie Rowan, Shelby Pitts

**PhD students in veteran health care:** Tamar Rodney, Paula Nersesian

**DNP student in veteran health care:** Cynthia Ward

### Applause!

Phyllis Sharps, PhD, RN, FAAN, was awarded the Lifetime Achievement in Education and Research Award at the 2016 annual meeting of the Association of Black Nursing Faculty.

“One of the few times I am speechless,” Sharps said of the award, an unexpected thrill.

### BSN SONset

The final group of baccalaureate students graduated in July, marking their status as the last of their kind with a June courtyard celebration. Students with a bachelor’s degree in any field who want to switch to nursing now join the Johns Hopkins School of Nursing’s MSN: Entry into Nursing program.

Grads of that program are qualified to sit for the NCLEX and are primed for success at the bedside or at other levels of nursing. ■



PHOTO BY TIMOTHY CARL

At top, Colleen Keany of the MSN: Entry into Nursing program at a health fair at the Henderson-Hopkins School. Right, the final baccalaureate cohort of the Johns Hopkins School of Nursing celebrates in the courtyard.



## Shining Star Winners Announced Soon

Watch our On the Pulse blog, in its new location on the *Johns Hopkins Nursing* website, for winners of this year’s Shining Star Awards. The awards will be officially presented at An Evening with the Stars on September 24. Winners will be announced in mid-August, part of a format change for An Evening with the Stars, which also features a new venue this year, the Center Club in Baltimore.

Nurses were nominated in one of three categories:

**SHINING STAR AWARD**—honoring outstanding nurses in the Hopkins community including nurse preceptors, faculty, and student nurses at the Johns Hopkins School of Nursing.

**CYNTHIA AND PETER ROSENWALD STAR NURSE OF THE YEAR AWARD**—honoring a nurse working in an intensive care unit of the Johns Hopkins Hospital who goes above and beyond the call in providing caring, compassionate, and competent nursing to patients. Awardee receives \$5,000.

**CYNTHIA AND PETER ROSENWALD NURSING INNOVATION AWARD**—honoring a nurse for developing implementable and innovative initiatives that improve the quality of patient care across all the Johns Hopkins Hospitals. Awardee receives \$5,000.

Now in its fifth year, An Evening with the Stars celebrates the excellence, diversity, integrity, innovation, and dedication that embodies the Hopkins Nurse. Net proceeds from this year’s event will go toward the Mobley Fund, which supports faculty and students whose research is intended to keep families and communities safe from intimate partner violence.

### Buy a Star

Celebrate all nurses and the profession as a whole by recognizing a favorite nurse, faculty member, or nursing student, at Hopkins or not, by purchasing a star to be displayed at the event and featured in the program. These can be purchased at one of three levels: Gold (\$500), Silver (\$250), and Blue (\$125). Stars purchased by August 15 will be featured in the program, and all submissions are due by September 15. Visit [nursing.jhu.edu/stars](http://nursing.jhu.edu/stars).

Registration for the event is also still open. ■



## BLOG

### Phases of the Moonflower

Officer Larry Cole was a member of the Johns Hopkins family since 1982, warming so many days with a wave and a gentle smile from behind the security desk and, often, a pair of dark sunglasses. When he died earlier this year, the school sought to create an appropriate tribute to his years of service and friendship.

Officer Cole’s family remarked that his favorite plant was the moonflower—appropriately, a night-blooming plant beloved by the afternoon watchman who every day sent students, faculty, staff, and visitors alike into their evening hours with a chuckle or some sage bit of advice. And so this spring, in his honor, school staff planted moonflower seeds in the courtyard. (Above is the plant in the first days of summer.) We will think of Larry Cole as we watch the vine grow and then bloom in years to come. Watch for Instagram updates via the hashtag #phasesofthemoonflower. ■

@ LOOK FOR MORE FROM THE ON THE PULSE BLOG SOON AT [MAGAZINE.NURSING.JHU.EDU](http://MAGAZINE.NURSING.JHU.EDU)



# CELLS TO SOCIETY

The Latest in **Nursing Research**

## ONLINE NEWSLETTER: CELLS TO SOCIETY

Our online newsletter captures the best of research publications from faculty and students at the Johns Hopkins School of Nursing. To receive a copy by email, send a request to son-editor@jhu.edu.



## STRUGGLES OF THE MILITARY FAMILY

Over 2 million children in the U.S. have at least one parent in the military. Such families have long been known to carry additional burdens, including frequent moves and changing schools, and this is particularly the case when a parent has been absent from home during a lengthy deployment. Jennifer Trautmann, PhD, RN, FNP-BC, a nurse practitioner who spends her Fridays in clinical practice at Fort Belvoir in Alexandria, VA, has seen the stresses of that challenge. “Families with small children often struggle with deployment and reintegration after deployment as it comes at such a critical time in young children’s development,” says Trautmann. In general, children from military families “have significantly more mental health problems” than their civilian counterparts, according to “Impact of Deployment on Military Families with Young Children: a Systematic Review,” written by Trautmann, Deborah Gross, and a colleague. These include anxiety, depression, attachment difficulties in young children, and suicidal thoughts and substance use in older children. In addition, the authors reviewed studies that found “deployment was associated with increased parent stress, child behavior problems, health care utilization, and child maltreatment.” *NURSING OUTLOOK*, NOVEMBER 2015

## Scholarly Publications July 2015–June 2016

SEPTEMBER 2015

### AMERICAN JOURNAL OF CRITICAL CARE

“Burnout and Resilience Among Nurses Practicing in High-Intensity Settings”

CYNDA RUSHTON\* & COLLEAGUES

APRIL 2016

### AMERICAN JOURNAL OF PUBLIC HEALTH

“Effects of Community-Based Health Worker Interventions to Improve Chronic Disease Management and Care Among Vulnerable Populations: A Systematic Review”

LAURA GITLIN, HAE-RA HAN & COLLEAGUES

MAY 2016

### ANNALS OF ALLERGY, ASTHMA & IMMUNOLOGY

“Salivary Cotinine Measurement for All Children with Persistent Asthma: Spit Matters”

ARLENE BUTZ\*, JOAN KUB, SHAWNA MUDD & COLLEAGUES

MARCH 2016

### ANNALS OF FAMILY MEDICINE

“Supporting Patient Behavior Change: Approaches Used by Primary Care Clinicians Whose Patients Have an Increase in Activation Levels”

CARMEN ALVAREZ & COLLEAGUES

MARCH 2016

### BMC HEALTH SERVICES RESEARCH

“The Role of Primary Care Providers in Patient Activation and Engagement in Self-Management: A Cross-Sectional Analysis”

CARMEN ALVAREZ\* & COLLEAGUES

NOVEMBER 2015

### CLINICAL SCHOLARS REVIEW

“Decision Support for Women with Early Breast Cancer”

MARY DONNELLY\* & ANNE BELCHER

OCTOBER 2015

### CLINICAL THERAPEUTICS

“Multidisciplinary Management of Chronic Heart Failure: Principles and Future Trends”

PATRICIA DAVIDSON\*, THITIPONG TANKUMPUAN, CHERYL DENNISON HIMMELFARB & COLLEAGUES

FEBRUARY 2016

### CONFLICT AND HEALTH

“Psychometric Properties and Reliability of the Assessment Screen to Identify Survivors Toolkit for Gender Based Violence (ASIST-GBV): Results from Humanitarian Settings in Ethiopia and Colombia”

NANCY GLASS, NANCY PERRIN & COLLEAGUES

NOVEMBER 2015

### CONFLICT AND HEALTH

“Coping Among Trauma-Affected Youth: A Qualitative Study”

ANJALEE KOHLI, NANCY GLASS & COLLEAGUES

JANUARY 2016

### DISASTER CARE

“Increasing Emergency Preparedness: Examining the Issues Faced by U.S. Health Care Organizations—and the Policies to Address Them”

TENER GOODWIN VEENEMA\*, SARAH LYNN-ANDREWS LOSINSKI & COLLEAGUE

APRIL 2016

### EUROPEAN JOURNAL OF CARDIOVASCULAR NURSING

“Multi-Morbidity, Frailty, and Self-Care: Important Considerations in Treatment with Anticoagulation Drugs. Outcomes of the AFASTER Study”

PATRICIA DAVIDSON & COLLEAGUES

DECEMBER 2015

### EVALUATION & THE HEALTH PROFESSIONS

“Diversifying the Health-Care Workforce Begins at the Pipeline: A 5-Year Synthesis of Processes and Outputs of the Scholarships for Disadvantaged Students Program”

KATHLEEN WHITE & COLLEAGUES

APRIL 2016

### INTERNATIONAL JOURNAL OF PALLIATIVE NURSING

“Implementing a Palliative Approach in the Intensive Care Unit: An Oxymoron or a Realistic Possibility?”

PATRICIA DAVIDSON & COLLEAGUES

MARCH 2016

### JOURNAL FOR NURSE PRACTITIONERS

“Breathlessness in an Older Woman”

ROSEANNE VELEZ\*, MARY DONNELLY, KRYSIA HUDSON & ELIZABETH SLOAND

DECEMBER 2015

### JOURNAL OF CARDIAC FAILURE

“Nutritional Interventions in Heart Failure: A Systematic Review of the Literature”

MARTHA ABSHIRE\*, JIAYUN XU, DIANA BAPTISTE, JINGZHI XU, MARTHA ANDREWS, CHERYL DENNISON HIMMELFARB & COLLEAGUES

FEBRUARY 2016

### JOURNAL OF CLINICAL NURSING

“Communication Between Office-based Primary Care Providers and Nurses Working within Patients’

Homes: An Analysis of Process Data from CAPABLE”

JILL ROTH, KATHLEEN BECKER, JESSICA SAVAGE, MANKA NKIMBENG, SARAH L. SZANTON & COLLEAGUES

APRIL 2016

### JOURNAL OF GENERAL INTERNAL MEDICINE

“Provider-to-Provider Communication during Transitions of Care from Outpatient to Acute Care: A Systematic Review”

CHERYL DENNISON HIMMELFARB & COLLEAGUES

FEBRUARY 2016

### JOURNAL OF GERIATRIC PSYCHIATRY

“Impact of Caregiver Readiness on Outcomes of a Nonpharmacological Intervention to Address Behavioral Symptoms in Persons with Dementia”

LAURA GITLIN\* & COLLEAGUE

OCTOBER 2015

### JOURNAL OF HOMOSEXUALITY

“Developing an App for College Women in Abusive Same-Sex Relationships and Their Friends”

NANCY GLASS & COLLEAGUES

OCTOBER 2015

### JOURNAL OF IMMIGRANT AND MINORITY HEALTH

“The Afro-Cardiac Study: Cardiovascular Disease Risk and Acculturation in West African Immigrants in the United States: Rationale and Study Design”

JOYCELYN CUDJOE, CHERYL DENNISON HIMMELFARB & COLLEAGUES

JANUARY 2016

### JOURNAL OF MIDWIFERY & WOMEN’S HEALTH

“Caring for Women Experiencing Reproductive Coercion”

KAREN TRISTER GRACE\*

APRIL 2016

### JOURNAL OF NURSING CARE QUALITY

“Systematic Review of Control Measures to Reduce Hazardous Drug Exposure for Health Care Workers”

DEBORAH FINNELL & COLLEAGUE

MARCH-APRIL 2016

### JOURNAL OF PEDIATRIC HEALTH CARE

“Pediatric Branchial Cleft Cysts: A Case Study”

ELIZABETH SLOAND\* & COLLEAGUES

APRIL 2016

**JOURNAL OF PEDIATRICS AND NEONATAL CARE**

“Moving to a Single Patient Room Design: Are there Physical and Psychological Effects on the Neonatal Intensive Care Unit Staff?”

KAREN FRANK\* & COLLEAGUES

NOVEMBER 2015

**JOURNAL OF PREGNANCY AND CHILD HEALTH**

“Delayed Cord Clamping in the Premature Neonate: Development of an Interdisciplinary Guideline”

KAREN FRANK\*, JOANNE SILBERT-FLAGG & COLLEAGUES

DECEMBER 2015

**MIDWIFERY**

“The Impact of Research Assessments on Midwifery”

PATRICIA DAVIDSON\*

MAY 2016

**NURSE PRACTITIONER**

“Perinatal Depression: A Clinical Update”

CARMEN ALVAREZ\* & COLLEAGUE

OCTOBER 2015

**PEDIATRICS AND NEONATAL NURSING**

“Enhancing Child Health and Welfare Following Disasters and Public Health Emergencies in Schools and University Health Centers”

TENER GOODWIN VEENEMA\* & CLIFTON THORNTON

SPRING 2016

**PROGRESS IN COMMUNITY HEALTH PARTNERSHIPS**

“A Community Health Initiative: Evaluation and Early Lessons Learned”

JOAN KUB & COLLEAGUES

FEBRUARY 2016

**QUALITY OF LIFE RESEARCH**

“Home but Still Engaged: Participation in Social Activities Among the Homebound”

SARAH SZANTON\*, LAKEN ROBERTS, BRUCE LEFF, JANIECE WALKER, ROLAND THORPE & COLLEAGUES

SPRING 2016

**QUICKENING**

“Midwives and Self Care: An Ethical Perspective”

ERIN WRIGHT & COLLEAGUES

DECEMBER 2015

**REFERENCIA REVISTA DE ENFERMAGEM**

“Implementing and Disseminating Alcohol-Related Evidence-Based Practices: A Global Call for Nurse Champions”

DEBORAH FINNELL\*

DECEMBER 2015

**SOCIAL SCIENCE & MEDICINE**

“Family and Community Driven Response to Intimate Partner Violence in Post-Conflict Settings”

ANJALEE KOHLI\*, NANCY GLASS & COLLEAGUES

JUNE 2016

**SOCIAL SCIENCE & MEDICINE**

“Parental Acceptance and Uptake of the HPV Vaccine Among African-Americans and Latinos in the United States: A Literature Review”

JILL HAMILTON & COLLEAGUES

MARCH 2016

**TRAUMA, VIOLENCE & ABUSE**

“Provider Screening and Counseling for Intimate Partner Violence: A Systematic Review of Practices and Influencing Factors”

CARMEN ALVAREZ\* & COLLEAGUES

MARCH 2016

**WOMEN’S HEALTH ISSUES**

“I-DECIDE: An Online Intervention Drawing on the Psychosocial Readiness Model for Women Experiencing Domestic Violence”

NANCY GLASS AND COLLEAGUES

JANUARY 2016

**WORKPLACE HEALTH & SAFETY**

“An Evaluation of a Worksite Diabetes Education Program for Employees with Diabetes at a Large Urban Medical Center”

SUSAN RENDA\*, KATHLEEN BECKER & COLLEAGUE

\*lead author

# A better Ebola suit starts here.



In West Africa, temperatures can reach 115 degrees Fahrenheit with 100 percent humidity.

For Ebola caregivers, wearing crucial protective suits for more than an hour in these conditions is nearly unbearable. Yet each time they change, they risk contact

with the virus on the suits’ exteriors.

Thanks in part to her Shaw Scholarship, Gabriela Frid, Engr ’16 (left at top), could attend Hopkins and join a team that helped design a safer Ebola suit. Frid worked on cooling and venting, to increase the amount of time workers can function comfortably without changing.

It was the experience of a lifetime — not only for Frid, but for all the caregivers who will benefit from her work.

#HopkinsRising   

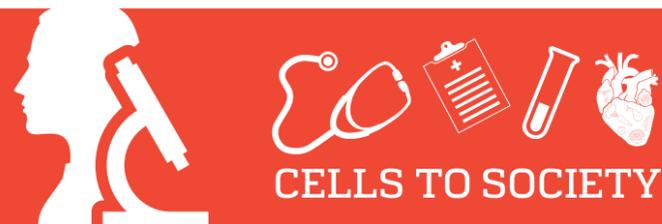
Together, there’s more we can do to help great students like Gabriela Frid obtain a Hopkins education.

Watch her video at [rising.jhu.edu/ebolasuit](http://rising.jhu.edu/ebolasuit) and join us in *Rising to the Challenge*.



THE CAMPAIGN FOR JOHNS HOPKINS

@ FOR A FULLER LIST OF FACULTY PUBLICATIONS AND RESEARCH NEWS, SEE [MAGAZINE.NURSING.JHU.EDU](http://MAGAZINE.NURSING.JHU.EDU)



CELLS TO SOCIETY

## Foundation of Strength

During her first job as a nurse, Shelby Pitts, MSN, RN, went to a lot of funerals for her once-patients. It was often a heartbreaking reality of treating kids with cystic fibrosis. Though it felt as if it was the most challenging way to wet her feet as a new grad, Pitts says it taught her important lessons about the profession she believes is a calling.

“You are with people during their most vulnerable times. What an honor it is to help families through the difficulties, but you can’t do it from the sidelines. You’re all in, and you do it because you love it.”

Getting through the emotionally challenging moments of her career Pitts credits to her faith and spiritual foundation. She also says they were the guiding lights that led her to nursing in the first place.

“I was working as a clinical care tech, and one of my patients was scared about an emergency surgery he needed. He was clenching tight to his Bible, so I asked him what his favorite book in the Bible was. He immediately began to calm down and open up.”

For Pitts, that’s when the realization came. “I wanted to make connections with people and let faith make a difference for someone who is struggling.”

Now, 15 years later, Pitts cares for women preparing for childbirth. As a DNP student in the ninth cohort and a Jonas Scholar award recipient, she is developing an educational model to help Hispanic women better manage gestational diabetes through knowledge, diet, and exercise.

“I never could have imagined the doors that would open for me,” she says. ■

### JHU Nursing Memorial Scholarship

Established in 1988 by friends and family of Minnie Stephens Ballou, Nurs 1918, of Oakham, MA; Lillian Long, Nurs 1931, of Willow, PA; and F. Grainger Marburg, former trustee of Hopkins Hospital and the Peabody Conservatory. Increased by annual contributions from many others in memory of classmates or friends.

Learn more at [nursing.jhu.edu/financialaid](https://nursing.jhu.edu/financialaid)

STORY BY DANIELLE KRESS | PHOTO BY CHRIS HARTLOVE

# JOHNS HOPKINS FEDERAL CREDIT UNION

## BUILT BY AND FOR THE HOPKINS COMMUNITY

- ✓ Access to 30,000 Free ATMs Nationwide
- ✓ Online/Mobile Banking...Including Deposits!
- ✓ No Annual Fee Visa Credit Card
- ✓ Private Student Loans & Consolidation

**JHFCU.ORG • 410-534-4500**

Federally Insured  
by NCUA



## Not a Member? Join Today!

Serving the Hopkins community since 1971

**EAST BALTIMORE**  
2027 E. Monument St.

**BAYVIEW**  
5201 Alpha Commons Dr.

**HOMWOOD**  
Charles Commons, 4 E. 33rd St.

**EASTERN**  
1101 E. 33rd St., Room 303A

Employees of JHU, JHH, JHMI, JHBMC, and most other Hopkins affiliates; current JHU students; and contributing members of the JHU Alumni Association are eligible for membership. For a full list, contact JHFCU or visit our website.



# REAL-LIFE EXPERIENCES

Community Outreach Program gets students outside the classroom and hospital to get inside people's lives and health needs

STORY LESTER DAVIS | ILLUSTRATIONS SHAW NIELSEN

On a recent sunny Saturday morning, a handful of women gathered in front of the Patterson Park Youth Sports and Education Center eager to sweat together. Dressed in workout gear and clutching water bottles were mostly Latina immigrants who had discovered the free fitness sessions by Embajadores de Salud—or Health Ambassadors—after being diagnosed with diabetes, hypertension, or other health issues.

Forty-five leg, arm, and heart-pumping minutes later, the women form a circle, join hands, and shout the group mantra: *Juntos podemos!* It translates, basically, to “Yes, we can!”

“I can't speak for everyone, but to me it signifies the power of community. It represents that it is possible to achieve anything when we are together,” explains Kelsi Brooks, an MSN: Entry into Nursing student who got involved in leading the exercise sessions through the Community Outreach Program (COP) at the Johns Hopkins School of Nursing. “For many of the participants, English is a second language and Spanish is a pivotal aspect in their identity. At Embajadores, we see firsthand how language is a major barrier for anyone seeking resources that empower a healthy lifestyle.”

The classes are organized by Bienestar Baltimore and Centro Sol, which provide essential health services to the city's Latino community, according to Brooks, 24, who got involved through COP. She says she's watched workout participants become

“

**I can't speak for everyone, but to me it signifies the power of community.”**

– Student Kelsi Brooks

noticeably stronger and healthier as the weeks pass and develop better self-confidence about taking charge of their self-care.

“Having the opportunity to engage with the Spanish-speaking community has helped me understand the value of reaching out and meeting people where they are in their journey to achieve health,” adds classmate and partner in calisthenics Zoe Lim, 22. “The program also allowed me to have a positive influence on people’s attitudes toward their health care, which is such a major part of improving outcomes for patients.”

## DIFFERENT LENSES

Community care is about context and connection. It can be difficult to get an understanding from a textbook of how things like environmental factors–



PHOTO BY CHRIS HARTLOVE

from so-called food deserts to the walkability of a neighborhood–impact health outcomes. And the conscious or unconscious personal biases among health workers that can hamper proper care are tough to overcome or re-program in a classroom setting.

“We help the nursing students understand how we all see things through different lenses and how that can have an impact on the health care they provide,” explains Patty Wilson, MSN, RN, co-coordinator of COP, who credits the program with helping students navigate complex systems that include such “implicit bias.” (Wilson, also a PhD candidate, explains that people often confuse COP for the Student Outreach Resource Center, or SOURCE. The organizations are separate but have close ties.)

It’s just part of COP’s important role, combining for students the cutting-edge information of the classroom with practical experiences gleaned from caring for some of Baltimore’s most underserved communities. It serves as a bridge to the intangible skills students will need in order to become nurses capable of erasing the myriad health disparities faced by individuals living in underserved communities.

COP was created in 1991 to help “improve the health of Baltimore’s urban community while engaging students in the complex practical issues surrounding public health.” It partners a network of about 20 organizations, from the House of Ruth Maryland Domestic Violence Shelter to the Lillian

D. Wald Community Nursing Center “to prepare students with the skills and knowledge to serve similar communities around the world.”

“The COP encourages our students to get firsthand experience with the health barriers that people face,” says Phyllis Sharps, PhD, RN, FAAN, associate dean for community programs and initiatives. “When you see someone in your clinic, you’re only seeing a snapshot in time out of this whole other picture that includes structures and laws that are in place and impact a person’s health.”

Mindi B. Levin, MS, CHES, co-coordinator of COP, credits the program’s great reputation for its popularity as “a unique opportunity” among nursing students. In fact, groups like COP are why some community care-minded nursing students choose the Johns Hopkins School of Nursing. (Levin is also founder and director of SOURCE.)

Master’s Entry student Tim Whelden, 27, says he ultimately decided to attend Hopkins because, in addition to access to the world’s sharpest academic minds and researchers, he’d have an opportunity, through COP, to learn by—and while—making a difference. He just didn’t realize how quickly he would get his chance, a pleasant surprise as it turned out.

“I thought I’d just do my schoolwork and not have time for much else. But I quickly realized that working in a health care setting offers a major benefit to nursing students,” Whelden explains. “The great thing about COP is that it gives students an opportunity to care for and connect with patients, which is such a gift because that’s a large part of what nursing involves.”

Whelden likened the COP experience to the NFL’s annual draft. Students complete an application and select the top three organizations they’d like to intern for. The staff handles the matching and students learn their placements around the end of October. The internships last the full academic year, and students work about four hours per week.

Whelden, who recently completed an internship at a hospice facility in Baltimore, says he plans to remain involved with COP as a student program assistant.

## STEPPING UP

“To me, patient-centered care begins with first understanding the environment patients come from and COP is the link that helps students and Johns Hopkins to achieve this,” says Brooks while stretching at Patterson Park. “Medical jargon can cause a separation between health care providers and patients in the same way that English cannot provide Spanish-speaking members of Baltimore with a supportive, familiar, welcoming, and encouraging community that may be key to healthy living and connections.”

Mission accomplished. New challenge accepted. “Through COP and my internship with Bienestar, I’ve really developed an understanding of how I’d like to use my nursing career,” Brooks says. “Our work should really be about understanding how people live and what their needs are and you can really only do that outside of the hospital.” ■

## GET INVOLVED

**Community Outreach Program (COP)**  
[pwilso23@jhu.edu](mailto:pwilso23@jhu.edu); [mlevin@jhu.edu](mailto:mlevin@jhu.edu)

A service-learning collaboration between the JHSON’s Department of Community-Public Health Nursing, SOURCE, and community-based organizations.

**Bienestar Baltimore**  
[Baltimore.Bienestar@gmail.com](mailto:Baltimore.Bienestar@gmail.com)

A tri-school, student-run community outreach organization serving Baltimore’s Latino community.

**Centro Sol**  
[centrosol@jhmi.edu](mailto:centrosol@jhmi.edu)

Mission: to promote equity in health and opportunity for Latinos by advancing clinical care, research, education, and advocacy.

**Student Outreach Resource Center (SOURCE)**  
[SOURCE@jhu.edu](mailto:SOURCE@jhu.edu)

A community service and service-learning center for the schools of Nursing, Medicine, and Public Health at Johns Hopkins University.



# HOPKINS NURSE

News from the **Johns Hopkins Hospital & Affiliates**

Inside this section:

**P. 25** JOHNS HOPKINS DEPARTMENT OF NURSING

## INTENSIVE CARE, NO MATTER WHERE

Flexible “virtual ICU” nurses scramble at news of a patient backup in Surgery Department and help end it

**P. 20** JHPIEGO

PREPARING NEXT GENERATION  
OF MIDWIFE LEADERS

**P. 21** SIBLEY MEMORIAL HOSPITAL

HUB OFFERS SPACE TO INNOVATE ON CARE

**P. 22** JOHNS HOPKINS DEPARTMENT OF NURSING

OTHER LIVES: GARDEN OF HOPE

## Leadership from Within

By Stephanie Shapiro

Deborah Baker makes good on her Hopkins education and a pledge to improve care and safety



PHOTO BY CHRIS HARTLOVE

The new senior vice president for nursing for the Johns Hopkins Health System doesn't have to make herself at home.

Deborah Baker, DNP, CRNP, *is* home.

After Baker earned her bachelor's degree in 1992 at the Johns Hopkins School of Nursing, she saw no need to go elsewhere for her master's and doctoral degrees. “I knew I wanted to continue my education and loved the environment of learning here,” Baker says. “Nursing has a voice at Johns Hopkins. As a student, I was encouraged to ask ‘Why?’ And as the gatekeeper at every juncture of patient care, nurses have to ask ‘Why?’ ”

In the newly created position, Baker is forging a centralized nursing structure that will integrate services throughout Johns Hopkins Medicine while tapping the strengths of the system's community hospitals and the academic campus.

“We will be able to share best practices, such as a fall assessment tool, across the system and at the same

time acknowledge necessary differences in practice,” Baker explains. “As we come together, we will be able to define what it means to be a ‘Hopkins Nurse.’ ”

Well before the tenets of “patient-centered care” began to transform health care, Baker embraced the concept. Initially, she planned to become a psychiatric nurse, but a clinical rotation in the post-operative unit at the Johns Hopkins Hospital changed everything. “I fell in love with the whole idea of surgery and patients getting better rapidly,” says Baker, also serving as interim vice president for nursing and patient care services for the hospital.

Over nearly 24 years at the hospital, Baker has held positions including acute care nurse practitioner,



As we come together, we will be able to define what it means to be a ‘Hopkins Nurse.’ ”

— Deborah Baker, DNP, CRNP

director of nursing for the department of surgery, and co-director of the postgraduate surgical physician assistant residency program. As she rose through the ranks, Baker never lost her frontline state of mind. “You cannot help patients and their families if they don't trust you,” she says. “From a leadership point of view, that's no different.”

Baker has made it a point to “hone her relationships with all the other professionals—the physicians, the physician assistants, the pharmacists, the therapists—who form the team,” says Karen Haller, PhD, RN, her predecessor as vice president of nursing and patient care services. As a result, “She is recognized beyond nursing as a team player and role model,” says Haller, now vice president for nursing and clinical affairs at Johns Hopkins Medicine International.

As she unifies best nursing practices across the health system, foremost in Baker's mind is a recent *BMJ* report that found medical errors to be the third leading cause of death in the United States. Nurses must play a role in reducing errors, she says. “What are we doing about it? There needs to be some kind of response for our patients and families. That's what I want to articulate. Nursing has a leadership role in ensuring safe care and improving the patient experience.”

Baker plans to work closely with School of Nursing Dean Patricia Davidson, PhD, MED, RN, FAAN, to accelerate the development of nurse leaders who



PHOTO BY WILL KIRK

will help to eliminate all of those “never” events. “Pressure ulcers, falls, central line infections, catheter associated urinary tract infections; those are the things nurses can really lead the team in preventing,” Baker says.

Outside of work, Baker keeps just as busy. She and husband Ron de Guzman have three children and live in Baltimore County. Daughter Roxanne, 21, studies social work and pre-law at the University of Tennessee, Knoxville. Peter, 19, will be a junior at Tufts University, where he majors in Mandarin Chinese. Elizabeth, 14, is an eighth-grader and a member of her mother's Girl Scout troop. ■

*Baker with, left, Joanne Ioannou, DNP, MBA, RN, and Kathleen White, PhD, RN, at a celebration of the 10th DNP cohort at the Johns Hopkins School of Nursing.*

## Karen B. Haller Endowed Scholarship Fund



In 2016, Dr. Karen Haller, esteemed vice president for nursing and patient care services and chief nursing officer at the Johns Hopkins Hospital for 17 years, assumed a new role as the vice president for nursing and clinical affairs for Johns Hopkins Medicine International.

Dr. Haller's greatest legacy is her commitment to and advancement of patient-centered care, long before it became a common phrase. To honor this commitment, the Johns Hopkins School of Nursing has established the Karen B. Haller Endowed Scholarship Fund in patient-centered care. Each year an award will be made to a Johns

Hopkins School of Nursing student in the MSN: Entry into Nursing program who has demonstrated an exceptional commitment to patient-centered care.

This scholarship represents a calling to Hopkins health care professionals to fortify the position that exceptional nurses are desperately needed as the health care system is reformed to become more accessible and flexible to meet patients' needs. ■

© TO MAKE A TAX-DEDUCTIBLE DONATION, VISIT [NURSING.JHU.EDU/HALLER](http://NURSING.JHU.EDU/HALLER)



PHOTOS BY COLE BINGHAM/JHPIEGO

JHPIEGO

## Midwives United

A strong midwifery workforce depends on strong leadership. To help prepare the next generation of leaders, Jhpiego, the International Confederation of Midwives, World Health Organization, United Nations Population Fund, and others brought together 33 young midwives from 32 countries to participate in a leadership symposium. The midwives met in Copenhagen in May for three days of workshops and networking. As part of the 18-month program, each midwife will be paired with an experienced midwife-mentor. Together, they will have opportunities to engage and collaborate with advocates and specialists in maternal health with the goal of promoting the profession, strengthening midwifery education, and advancing the leadership role of midwives in preventing needless deaths and building strong, healthy communities. ■

SIBLEY MEMORIAL HOSPITAL

## In the Wink of an Eye

By Stephanie Shapiro

Innovation Hub offers a safe space to ponder and improve patient care

At Sibley Memorial Hospital, it has been routine to present newly diagnosed breast cancer patients with piles of information about the disease, treatment options, self-care, recovery, surgical reconstruction, and other related materials.

Although Jennie Tarica, MSN, RN, Sibley's breast cancer nurse navigator, cares deeply about her patients, she had never before considered whether what is "routine" for a caregiver like her may be overwhelming for the women she advises.

Recently, a project called the Breast Cancer Journey, made possible by the Sibley Innovation Hub, gave Tarica the opportunity to interview patients about their health care experiences. She learned that many were not prepared to digest large quantities of information at once. Working with the Hub team, she and her colleagues devised a prototype for an information toolkit patients can refer to "when and if they want it, on their own terms," Tarica says.

Launched in 2014 as an incubator for imagining the future of health care, the Hub uses a model called "design thinking" that focuses on the "end user," says Matt Brown, MSN, RN, a geriatric nurse navigator and clinical adviser to the Hub. "Design thinking is not about some fancy project or app or widget; it's about the people who use the project, app, or widget."

Housed in an expansive, open space stocked with brainstorming tools like crayons and Post-It Notes, the Hub invites creativity. Hospital staff, volunteers, patients, families, and community members are welcome to share ideas for improving patient care and clinical quality or tackling a problem.

Guided by the Hub team, multidisciplinary groups move projects through a collaborative process of study, design, prototyping, and testing. Brown occasionally fills in for floor nurses so they can contribute. "I want to make sure the workflow and all other parts of nursing are included in the design work," he says.

Nurses' experience is essential to the process, says Hub Executive Director Nick Dawson, MHA. What's more, "They are experts in listening to patients."

The Hub has supported a variety of projects spearheaded by nursing staff. One nurse's concern

about an increase in central line infections led to "Do the Twist," a poster campaign reminding nurses to scrub catheter parts more thoroughly.

Brown and other nurses are involved in designing a prototype menu for patients that allows them to call for newspapers, puzzles, or games when bored. The goal is to encourage them to feel "comfortable asking for big things," such as help going to the bathroom, a time when patient falls are more likely to occur, Brown says. "The message is: 'Please don't think it's not OK to call for what you really need.'"

Sibley nurses also conceived the Wink Project, an initiative that remotely connects mothers confined to bed with their newborns in the special care nursery. Wink visits between parents and their babies take place using iPads attached to IV poles and videoconferencing software.

When mothers can't have a physical visit with their baby, "it makes them so sad," says Alexis White, RN, nurse manager of Sibley's family center care unit. A Wink visit gives them a "sense of comfort that your baby's OK and reassurance from the baby's nurse."

Working on the Wink Project has given White a glimpse of how innovation can upend standard practices in health care for the good. "I think it transcended boundaries that I never knew I would cross in my nursing career," White says. "My nurses don't need to ask me for permission to enable a Wink visit. They have the autonomy to offer it to patients if they see a medical need. It's as simple as that." ■

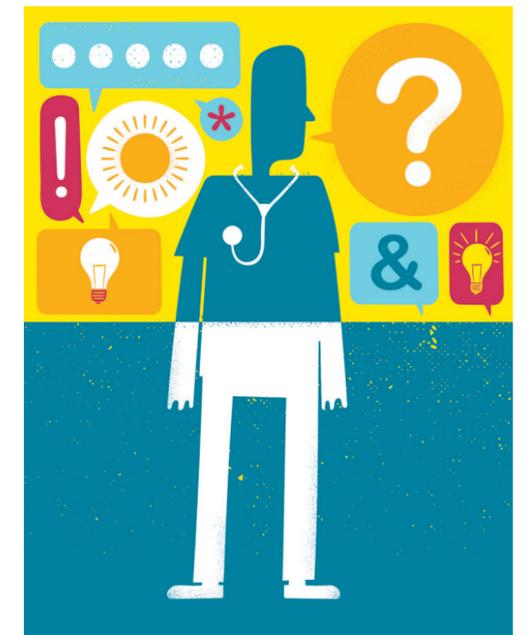


ILLUSTRATION BY SHAW NIELSEN

# Other Lives: Garden of Hope

By Ashley Festa



On duty and off, psych nurse works to cultivate positivity

Whether on the job or during leisure time, Melinda Walker, RN, has a passion for changing people's lives.

Walker, with 20 years of psychiatric nursing experience at the Johns Hopkins Hospital, has spent the past 10 years as the electroconvulsive therapy (ECT) nurse coordinator in the Henry Phipps Psychiatric Service clinic, part of the Department of Psychiatry and Behavioral Sciences. Her typical patients suffer from severe depression, and most have not responded to normally prescribed antidepressants. For many, ECT has been shown to have a helpful effect.

Walker works with a group of nurses who, like her, are dual certified as RN's and for post-anesthesia care. They treat patients waking from general anesthesia and recovering from the procedure.

"It's very intense work," Walker says. "It's rewarding because patients get better, but it's also draining."

Seeking an off-hours refuge, Walker established a community garden in a struggling part of East Baltimore three years ago. The venture has already begun transforming lives, including her own.

"My work at the garden is restorative," Walker says. "A whole different side of my being gets involved. My nursing job is driven by scheduling, so it's nice to be in the moment with the plants and the environment."

The project is called Friends of Dayspring Gardens, named for a nonprofit that provides transitional housing and social services for women and children. Walker has helped to create a bright spot in a landscape once dominated by empty lots, a few inhabited houses, and abandoned buildings awaiting condemnation.

"You would hardly ever see butterflies, birds, or pollinator insects in that space, but now I go out and a flock of birds will fly over. We're trying to grow milkweed because it's important to monarch butterflies," she explains. "Now, nature wins. It wants to come out and make a beautiful space for everybody. We're trying to create an oasis, and it's a positive thing for me."

It's a place where anyone can get involved (indeed, Hopkins Hospital employees have come out to volunteer). Women from Dayspring regularly water the garden. Others give their time to build raised



PHOTOS BY CHRIS HARTLOVE

“Now, nature wins. It wants to come out and make a beautiful space for everybody.”

— Melinda Walker, RN

beds where vegetables and native plants thrive or write grant applications for funding to cover the cost of infrastructure. All are welcome to share at harvest time because one of the garden's missions is promoting good nutrition.

"The garden is changing the story of the neighborhood," Walker says. "A lot of bad things happened there. Talking to the kids, the story of their life is only bad things—people getting shot or getting taken to jail, or their mom is getting treated for opium addiction."

"But the garden is a place for planting watermelon, listening to a jazz band that came to play, face painting, spinach harvesting. It changes their life story. It instills hope that life can take a different direction." ■



**Elkridge Estates**  
OF ROLAND PARK

WE PUT OUR *Hearts* IN YOUR HOME™



♥ **Spacious house-sized apartments**

♥ **Minutes away from the downtown Baltimore and Towson areas**

♥ **\$500 off first month's rent for JHU/JHMI professionals Limited Time offer Call for details**

**877-959-3664**

**Allen & Rocks, Inc.**

**Tour the Estates at**

**www.elkridgeestates.net**

6025 Roland Avenue Baltimore, MD 21210



# FEEL GOOD ABOUT THE FUTURE OF THE HUMAN RACE.

Could a simple anklet be an antidote to a massive vaccine problem in Pakistan? That's the dream that may become reality for Johns Hopkins Bloomberg School of Public Health alumna Noor Sabah, DrPH '13, MPH '08.

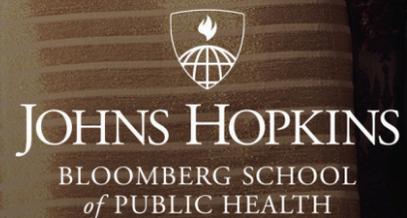
Noor developed an innovative vaccine reminder ankle band for infants in her native Pakistan, where only 60 percent of children complete their vaccinations. The Vaccine Indicator and Reminder (VIR) alerts parents when it's time for immunizations. Undeterred by red tape or even terrorism, Noor's field study shows promise, with hundreds of babies now wearing the VIR band in Karachi.

Graduates like Noor become the advocates and architects for global public health solutions.

Join us in protecting health, saving lives—*millions at a time*

[jhsph.edu/feel-good](https://jhsph.edu/feel-good)

Scholarships and financial aid options are available.



## Intensive Care, No Matter Where

By Ashley Festa

Flexible “virtual ICU” nurses scramble at news of a patient backup

Most times, Johns Hopkins Hospital nurses bring patients to the intensive care unit post-surgery. Now, they can also bring the ICU to the patients.

Even with 32 beds, the Surgery Department's two ICUs regularly are filled to capacity, threatening to leave surgery patients stuck in an operating room awaiting high-level care. The hospital has developed a solution—the surgery virtual unit, or “virtual ICU.”

“It’s not a location. It’s the people,” explains Dorna Hairston, the interim director of nursing in the Surgery Department. “The virtual unit is about a pool of nurses who are dispatched to where the need is.”

Because they are taken out of their element to serve patients moved to the post-anesthesia care unit (PACU) rather than the ICU, the nurses must rely on judgment, experience, and decision-making skills. “The challenge is they don’t have all the resources at their fingertips like they do in ICU,” Hairston says.

The hospital launched a pilot virtual ICU in September, based on an idea designed by interim Chief Nursing Officer Deborah Baker, DNP, CRNP, and carried out by leaders of the Department of Nursing. After about three months, the administration stopped to address the most critical logistical problems, such as having those proper resources—equipment, medications, physical space—in place. In January, the hospital again rotated nurses onto the six-week shift in the virtual unit.

Kerri Weinstein, RN, one of the volunteers for the pilot, says the rotation was one of the most

“I became more adaptable than I have ever been. Piloting the virtual ICU absolutely made me a stronger nurse.”

— Kerri Weinstein, RN



ILLUSTRATION BY SHAW NIELSEN

challenging experiences she’s faced in more than five years at Johns Hopkins. It was also one that stretched her skill set beyond what she thought possible. “I became more adaptable than I have ever been,” she says. “Piloting the virtual ICU absolutely made me a stronger nurse.”

A hospital taskforce—made up of surgical nursing leadership, perioperative leadership, pharmacy, respiratory therapy, RNs, and others—now meets every other week to continue improving the care the virtual unit nurses can provide.

Besides helping post-op patients get to ICU-level care sooner, the virtual unit also reduces OR holds—people waiting for a bed in intensive care—which eliminates delays for the next surgery.

“If we can get patients out to the level of care they need, the room can get prepped and the next patient can come in as scheduled,” Hairston says. “Patients are already anxious because of surgery, and waiting causes an undue stressor.”

Now back to her regular rotation, Weinstein has helped train the next set of virtual nurses. She and others from the pilot created a “virtual bible” with lists of resources and answers to common questions.

“The most important advice I give nurses starting in the virtual ICU is to be flexible and just go with the flow,” Weinstein says. “You can be called on to do any number of tasks at any moment. ... Flexibility and adaptability are probably the two most important qualities in becoming successful in the virtual ICU.” ■



# VIGILANDO

News from **the Johns Hopkins Nurses' Alumni Association**

Inside this section:

P. 30

## EDUCATION AND CARE THAT LIGHTED THE WAY ON AGING

Church Notes mark a 40th class year at Church Home and Hospital School of Nursing with a walk down Memory Lane by Jane Marks, MS, RN. Plus, Deb Corteggiano Kennedy, '73, on Reunion Weekend.

P. 27 MILESTONES AND REMINISCENCES

Classes look back on great nursing careers and forward to new generations and what's next

P. 28 WESTERN (RE)UNION

West Coast members of the Class of 2006 gather in Sausalito and San Francisco

P. 28 WHAT IS A HOPKINS NURSE?

Meghan Schultz on pushing boundaries

THE MOTTO "VIGILANDO," INSCRIBED ON THE ALUMNI PIN, IS LATIN FOR "FOREVER WATCHFUL."

## Alumni Update

Susan Kulik, BSN '86, MSN/MBA '06, DNP '12



### Dear Alumni,

Greetings to all. The dog days of summer have certainly not slowed down the JHNAA Board. The Student/Alumni Committee has been busy planning ways to connect with the nursing students while they are on campus in order to keep them involved beyond graduation. In the coming months, we will be inviting student group leaders along with students from the different degree programs to our board meetings so that they may have an opportunity to learn more about the Alumni Association. We are also excited about attending functions at the SON as we know the students like to hear from the alumni. A calendar of events will be placed on the JHNAA webpage for those who would like to join in on the events.

The board had a special guest presentation at our last meeting—Nyuma Harrison, from Career Services. She spoke on her role and how she assists students in reviewing their resumes, cover letters, and helps them to identify best work environments through coaching activities. We talked about how JHNAA could collaborate with Career Services to connect with students and provide insight on our journeys and also provide assistance in resume reviews. Please contact Erika Juengst if you are interested in participating in this type of event.

We are gearing up for Alumni Weekend and very excited about new event offerings. In celebration of World War I centenary events there will be a WWI nursing presentation, and we will be hosting our first fall festival as an East Baltimore community event. Of course, we will also be honoring the 50-year Class of 1966! There is something for everyone, so we hope to see you there.

We are fortunate to be alumni of the Johns Hopkins School of Nursing, a globally recognized leader in nursing education, research, and practice and ranking #1 nationally among graduate schools of nursing and #2 for DNP programs, according to *U.S. News & World Report*. With over 8,000 alumni across the globe, we are impacting nursing care across the world. We invite you to support future nurses through a gift to the school, and through participation in local, regional, student, and alumni events! ■

### STAY IN TOUCH!

Update your email address now to receive the quarterly alumni e-newsletter and annual Dean's message. Share your address at [JHNAA@jhu.edu](mailto:JHNAA@jhu.edu).

## CLASS NEWS

**1951** After graduating from the JHH School of Nursing, **Adele Sparks**

**Birx** earned her MSN from Penn State and worked as a professor of nursing at Harrisburg Area Community College until retiring in 1992. Now she enjoys spending time with her grandchildren and great-grandchildren and is a Bible study leader at church.

**1956** After a career as a nursing instructor, which included a year at the University of Malta as a Fulbright Scholarship recipient, **Jeannette Brundick Olodart-Marx** continues to be involved with education as a simulation patient for Johns Hopkins Medical School students.

**1961** **Donna Hargett** credits Hopkins for giving her a solid base for her 50-year career in clinical and administration of a community hospital. In her retirement, she enjoys ballroom dancing and traveling around the world.

**1966** While holding a long career in nursing until retiring in 2010, **Barbara Poole** had a second career as an artist. She developed art programs for schools, taught private lessons, and continues to work as an artist today.

**Julie Garman Huss** has had a long career in public health, geriatrics, and infection control and continues to work in a nursing home. In her down time, she enjoys gardening, quilting, and reading and hopes to skydive soon!

**1971** Originally a critical care nurse, **Roxanne Mushok Nelson** returned to

school after many years and earned a bachelor's degree in history and master's degree in library and information studies, which led to a second career as a medical librarian, from which she retired in 2012.

**1977** After retiring from Johns Hopkins Hospital in 2001, **Muriel Richardson** received her master's degree and license as a Licensed Clinical Professional Counselor (LCPC). Both of her degrees have prepared her for her current work as a parish nurse and a member of a Mission's team traveling to Africa.

**1991** **Joy Reineck** received her master's in midwifery from Georgetown University and has since worked on a Navajo reservation with the Indian Health Services and Planned Parenthood. Currently, she practices in a private OB/GYN office with 100-125 deliveries each year.

**1996** **Eve Cohen** has worked in HIV/AIDS for 12 years, the last eight as a hospice nurse for two nonprofit organizations.

**2001** **Heather Anne Lene** loved working in the heart of the Texas Medical Center in the Emergency and Trauma Center as a staff nurse, preceptor, assistant nurse manager, and educator on the unit before deciding on patient care

and completing her MSN-Family Nurse Practitioner with Emergency Medicine post-masters.

**2006** In addition to working at Kaiser Permanente, **Remi Momodu** recently wrote and produced XYZA, a feature film that addresses the stigma associated with domestic violence.

**2011** **Tracey Long** had a busy year as she was a fellow in the 2015-2016 Nurse Leadership Institute and welcomed her 5th child while working at the Johns Hopkins Hospital.

**Jeanne Alhusen**, PhD, received AWHONN's "Excellence Award" for research at its 2016 conference in Grapevine, TX. Jeanne, former SON faculty, is currently assistant dean for research and an associate professor at the University of Virginia School of Nursing. ■

## JOHNS HOPKINS IN MEMORIAM

Artha Pinkerton '50

Catherine W. McVicar '51

Cara T. Kelly '59

Rebecca Gardner-Brown '88



Far Left: Enjoying a meal cooked together at a cooking class in San Francisco are (clockwise from bottom) Kim Waldrep, Eunjoo An, Simon Rezvani, Anu Gopinathan, Susan Austin, Jessica Foran, Julie Fones, Meuy Saechao, Maryam Kianmajd, Lindsay Bischel, Jes Deputy, Sara Silberschatz, Maricris Dacumos, and Jeannie Jacobs.

Left: (from left) Maricris Dacumos, Anu Gopinathan, Kim Waldrep, Kym Aoki, Meuy Saechao, and Jeannie Jacobs in Sausalito, CA.

## West Coast 10th Reunion

Traveling from Los Angeles, Portland, and all across the Bay Area, 17 members of the Class of 2006 met in San Francisco for a weekend of fun to celebrate their 10th reunion on the West Coast. Activities included a faculty presentation, ferry ride, a cooking class, and lots of time to reminisce and reconnect. ■

## Change to the JHNAA Bylaws

At the Annual Meeting on Saturday, September 24, the JHNAA board will ask for a vote to approve a change to the Bylaws. In an effort to align record-keeping with the University's calendar, the change would affect Article V, Section 1, and recommend shifting the fiscal year to run July 1 through June 30. For a copy of the Bylaws or more information, please contact Erika Juengst, [ējuengst@jhu.edu](mailto:ējuengst@jhu.edu). We hope you plan to attend the meeting and place your vote. Invitations to Alumni Weekend will be coming soon. ■

## WHAT IS A HOPKINS NURSE?



*"I LOVE BEING A PART OF AN INNOVATIVE SCIENTIFIC COMMUNITY THAT CONTINUES TO PUSH BOUNDARIES AND ADVANCE MEDICINE EVERY DAY."*

### MEGHAN SCHULTZ

MSN '14, RN

I started my nursing career in pediatric rehabilitation at the Kennedy Krieger Institute. While working full-time night shift, I completed the part-time Health Systems Management Track, and earned my MSN. After graduation, I completely switched gears—leaving my position as a bedside nurse and entering the research field. Now, I work as a senior research nurse at Johns Hopkins University specializing in Alzheimer's and memory loss research. Over the past year, I have had the privilege of attending several alumni events. It is so empowering to meet fellow nurses who have successful and exciting careers in varying nursing fields, and I am incredibly proud to be a Hopkins Nurse.

Mr. Johns Hopkins, in a letter to the trustees of the hospital on March 10, 1873, set forth that a school of nursing be established in conjunction with the hospital to “benefit the whole community by supplying it with a class of trained and experienced nurses.”



### What Will Your Legacy Be?

The School of Nursing is committed to transforming nursing education and setting standards of excellence that improve the health of our communities and our world. Your gift for the future will help us preserve our mission for generations to come. Consider these opportunities to leave a meaningful legacy while taking into account your personal goals.

#### FROM YOUR WILL OR TRUST

Gifts that cost nothing in your lifetime.

#### RETIREMENT PLAN DESIGNATION

Avoid the double taxation incurred if designated to heirs.

#### LIFE INCOME GIFT

Receive annual income and an immediate tax deduction with a charitable gift annuity or charitable remainder trust.

To learn more about these and other creative ways to support the School of Nursing, contact:



Office of Gift Planning  
410-516-7954 or  
800-548-1268  
[giftplanning@jhu.edu](mailto:giftplanning@jhu.edu)  
[rising.jhu.edu/giftplanning](http://rising.jhu.edu/giftplanning)

Seek advice from a tax professional before entering into a gift annuity agreement. Johns Hopkins gift annuities are not available in all states.



## Church Notes

By Deb Corteggiano Kennedy, '73

### Save the Date

The Reunion Weekend committee is hard at work to plan activities that will afford for another not-to-miss event September 22-25. There is a room block reserved this year at the Hotel Indigo in the Mount Vernon neighborhood.

Thank you to **Donna Royster Swope, '66**, and **Yevive Hull Habicht, '66**, for serving as liaisons for their 50th celebration.

Please consider a donation to the **Freda Creutzburg Scholarship** as we celebrate our relationship with JHNAA. ■

### CHURCH HOME IN MEMORIAM

June Kelmartin '47

Ruth Roney '50

Wilma Bridger '51

## Education and Care that Lighted the Way on Aging

By Jane Marks

This year, our class of '76 is celebrating its 40th reunion from Church Home and Hospital School of Nursing. It is hard to believe that it has been 40 years since we had our white caps placed upon our heads and we received our pin "ego servo." We busted with pride that day and couldn't help but think of our past three years studying and more studying, our clinical rotations, our dedicated faculty, our friendships, our supportive families, the laughter (our bus rides to UB), the

tears, and most of all the education we received to prepare us as future nurses! It was a day with mixed emotions because we were also the last class to graduate from Church Home and Hospital School of Nursing, the end of a very special era!

I can't help but think of the education and how it impacted my career. I stayed at Church Home after graduation and became more aware of our growing older population and its needs. I continued my education and focused on gerontological nursing, and for 30 years have incorporated many of the concepts I learned while at Church Home and Hospital (as a student and nurse) in caring for older adults in the community.

Church Home was ahead of its time in caring for the elderly. Where else did you see a "home" within a hospital setting? Church Home was unique in the very special care provided to the older residents. They lived on Barton 2, but not like residents you think of in a nursing home. Many volunteered at the hospital and stayed engaged. They became family to each other and to the staff.

After graduation, the home moved into the renovated nurse's residence. I had

the pleasure of sharing stories with the resident who moved into my old room.

I cannot help but think of our home care experience and our instructor, Ms. Fowler. Our white student caps were replaced with the blue home care caps, our white aprons came off as we made home visits in our blue uniforms carrying the little black home care bag. (Of course we had to remember to place a paper towel down before we set the bag down on any furniture!) We visited home-bound patients in the East Baltimore area. Many of these patients would have ended up in the hospital, emergency room, or nursing home had it not been for our student program and the guidance of Ms. Fowler.

I had the privilege of taking over the home care program for Ms. Fowler for a short time while I was working at Church Home. This was before it was Medicare-certified and many of the patients depended on the visits to coordinate their health and social needs. Today, many programs focus on keeping older adults in their communities and decreasing emergency room visits and hospital admissions. Church Home and Hospital saw early on the need to reach out to care for the community's older adults. ■



From left, Jane Marks with a Church Home resident and mentor Helen Fowler.



21<sup>ST</sup> BIENNIAL CONGRESS

## SCALE AND SUSTAINABILITY: MOVING WOMEN'S HEALTH FORWARD FOUR SEASONS HOTEL | BALTIMORE, MARYLAND

The International Council on Women's Health Issues (ICOWHI) provides members with an international forum to exchange information and support through:

- Access to expert mentorship and consultation
- Networking with international leaders in women's health
- Online subscription to the prestigious 10-issue journal, *Health Care for Women International* (print subscription also available)
- Opportunity to participate in two award presentations at each congress: the Phyllis N. Stern Distinguished Lectureship Award and the Taylor & Francis Distinguished Research Award
- Reduced registration fees for biennial congress

Become an ICOWHI Member Today - [icowhi.org](http://icowhi.org)



## Johns Hopkins School of Nursing ADVISORY BOARD

**Walter D. (Wally) Pinkard, Jr.\* (Chair)**  
Chairman  
Cassidy Turley

**Marianne Andreach**  
Senior Vice President  
Strategic Marketing & Product Planning  
Esperion Therapeutics

**Deborah (Deb) Baker, DNP '11, MSN, '97, Accel. '92, CRNP**  
Director of Nursing  
Department of Surgery,  
Johns Hopkins Hospital

**Natalie F. Bush, RN**

**Judith (Judy) Campbell-McKennis '60**

**Gail Cassell, PhD**  
Former Vice President, Scientific Affairs  
Eli Lilly and Company

**Bowers Espy**  
Retired Managing Director  
Merrill Lynch

**Steve Fanning**  
CEO and President  
Z-Medica, LLC

**Ryan Frederick**  
Principal  
Point Forward Solutions

**Brent A. Hanson**  
Founder  
Healthcare Management Advisors

**Leslie Mancuso, PhD, RN, FAAN**  
President and CEO  
Jhpiego

**Judy A. Reitz, Sc.D**  
Executive Vice President/COO  
Johns Hopkins Hospital

**Colette C. Royston**  
Managing Member  
Carson Royston Group, LLC

**Wayne N. Schelle, A&S '58\***  
Chairman  
Wayne N. Schelle, Ltd.

**Thomas (Tim) Schweizer, Jr.**  
President  
Brown Advisory Securities, LLC

**Clair Zamoiski Segal**  
President  
Clair Zamoiski Segal, LLC

**Alison P. Smith, MPH, BA, BSN, RN**  
Consultant and Intern  
American Academy of Pediatrics

**Kimberly Spiro**  
Kimberly Spiro Photography

**Louise W. Weadock, RN, MPH**  
Founder  
Access Nursing and Healthcare Services

**Jane Webster, A&S '94**  
Secretary of the Family Advisory Council  
of the Charlotte R. Bloomberg  
Children's Center at Johns Hopkins

**Laura J. Wood, DNP '12, MS, RN**  
Senior Vice President, Patient Care Services  
and Chief Nursing Officer  
Boston Children's Hospital

**Mary Woolley**  
President  
Research!America

### EX-OFFICIO

**Gerry Peterson, RN '64, MA**  
Past President  
JHU Alumni Association

### HONORARY MEMBERS

**Ernest Bates, MD, A&S '58\***  
Chairman and CEO  
American Shared Hospital Services, Inc.

**Claire M. Fagin, PhD, RN, FAAN**  
Professor and Dean Emerita  
University of Pennsylvania School of Nursing

**E. Robert (Bob) Kent, Jr.**  
Director  
Alex Brown Realty

\*University Trustee Emeritus



**Slow and Steady Wins the Race:** Students of the Johns Hopkins Hospital Training School for Nurses enlist their powers of persuasion and tender touch to urge on participants of a 1950s turtle race, with decidedly mixed results. PHOTO COURTESY ALAN MASON CHESNEY MEDICAL ARCHIVES

**Johns Hopkins School of Nursing**

525 N. Wolfe Street  
Baltimore, MD 21205

[www.nursing.jhu.edu](http://www.nursing.jhu.edu)

Non-Profit Org.  
US Postage  
PAID  
Harrisburg, PA  
Permit No. 1107



PRINTED ON PAPER CONTAINING 10% RECYCLED FIBER



**#2 Ranked\* DNP (Doctor of Nursing Practice)  
at Johns Hopkins School of Nursing**

**Just got better**  
[nursing.jhu.edu/toprankedDNP](http://nursing.jhu.edu/toprankedDNP)



**JOHNS HOPKINS**  
SCHOOL *of* NURSING

\*Nationally Ranked #2 by U.S. News & World Report, 2017  
and Internationally Ranked #2 by QS Quacquarelli Symonds