



**Jacques retires  
after 36 years**  
*see page 7 for full story*



**WCU, Duke and UNCC partner to  
increase technology in nursing education**

WCU School of Nursing collaborated with Duke University School of Nursing and the University of North Carolina at Charlotte to write a Health and Human Services grant that was funded for three years for a total \$1.9 million dollars. The goal of the grant is to increase the use of technology in nursing education. The School of Nursing has been afforded the opportunity hire an instructional developer who has worked with faculty to enhance their knowledge of online teaching pedagogies, assist them with learning to use educational classroom and online technology, and evaluate technologies for use in testing and teaching. The school has also partnered with Duke and UNCC to host a conference each year for nurse educators across North Carolina that has brought national experts on educational technology to the state. The grant has allowed the School of Nursing to enhance our students' exposure to mobile as well as classroom learning technology. The school has worked with Duke and UNCC to host student video contests that have stimulated student use of technology, and also, each school of nursing has contributed free continuing education modules to the iNET website for all nurse educators to access. Please check out the website [www.inet-nurse.org](http://www.inet-nurse.org) for more information on the grant activities.

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## Metcalfe invited to serve as visiting professor in Scotland

Dr. Sharon Metcalfe was invited in July 2011 to travel to Edinburgh, Scotland, and Edinburgh Napier University to present her educational research on developing international collaborative nursing leadership. This presentation was delivered to the College of Health, Life and Social Sciences faculty and senior administration from throughout the university. Additionally, there were invited faculty, students and international partners from the School of Nursing, Midwifery & Social Care, and the International Honor Society for the European Union.

Metcalfe has been asked to collaborate on the development of the fall online international nursing course with several other European universities. The course will allow international students to learn

through a shared wiki Web site. The university sponsored her visit to the campus for on-site collaboration with the nursing faculty.

Dr. Jayne Donaldson, head of the School of Nursing, Midwifery & Social Care, and a panel of university administrators (including the associate principal-provost) reviewed Metcalfe's research, publication and international presentations. Based on this review, Metcalfe has been asked to serve in a new position as Visiting Professor for Edinburgh Napier University. Through this role, Metcalfe will act as a consultant in facilitating the design of new nursing curriculum and collaborating to develop new international leadership education and research.

The National Health Service of Scotland has mandated that structured nursing leadership development must be a cornerstone of all baccalaureate programs. By 2015, all nursing graduates must be fully prepared for an advanced clinical role with the ability to enter practice as an entry-level nursing manager. All universities within Scotland must rise to meet the emerging healthcare challenges of the future.

Metcalfe is pleased to have been asked to serve in this role and for the honor to collaborate with the faculty, staff and administration of Napier University and the College of Health, Life and Social Sciences. Napier University is exploring future opportunities for collaboration with Western Carolina University and the College of Health and Human Sciences.



## UK collaboration promotes international clinical travel

Dr. Sharon Metcalfe and Professor Bonnie Garner have collaborated with European nursing administration and faculty in facilitating nursing students' growth and development as future nursing leaders through international clinical travel. International health care awareness and role development was conducted through guiding students to prepare, deliver and evaluate service-learning presentations to clinical and academic nursing practice sites. Practicing nurses and students from three university schools of nursing and three hospitals located in the United Kingdom collaborated in an educational partnership with Western Carolina University School of Nursing during the years 2005-11.

Visiting nursing students from the United States and clinical nursing students from the United Kingdom collaboratively presented service-learning topics of mutual global-health interest on-site at hospitals and university campuses in England, Scotland and Wales. Through this structured process

of delivering international presentations and facilitating discussions, student nurses had the opportunity to mature in their development as future nursing leaders. Visiting nursing student participants from the United States and clinical nurses within the United Kingdom have reported a sense of awareness of the role of nursing leaders in confronting emerging international

health care issues. International educational travel for academic year 2010-11 was conducted in Edinburgh, Scotland, with faculty from Napier University School of Nursing, Midwifery & Social Care. Clinical sites that participated with student and staff development sessions were the Royal Hospital for Sick Children and the Royal Infirmary.







## School of Nursing focuses on high-fidelity simulation

The WCU School of Nursing has made significant advancements in its development of high-fidelity simulation for its undergraduate and graduate nursing students. Beginning in the fall of 2010, the School of Nursing appointed an ad hoc simulation committee, chaired by Dr. Mark Kossick, to advance this area of the school's curriculum. Simulation has become an integral part of many nursing and medical residencies with the intent to provide learners with the ability to experience simulated acute crisis scenarios that are infrequently encountered in many clinical settings.

The most recent advances in this area of the nursing curriculum have occurred on the Enka campus, where two prior storage facilities were converted to a high-fidelity simulation room, control center and debriefing/micro clinical skills lab. The

School of Nursing also committed its current high-fidelity simulator (Laerdal SimMan) to this newly renovated site. Financial contributions permitting the development of this space were provided by Patsy Miller, director, WCU Programs in Asheville, Dr. Shawn Collins, director of the nurse anesthesia program, and Dr. Linda Comer, associate director for graduate nursing programs.

To service the eclectic needs of both undergraduate and graduate students, the lab was designed to permit an exchange/rotation of clinical environments (e.g., operating room suite with an anesthesia machine, intensive care unit). During the winter and spring semesters, simulation Professors Chuck Tucker, Steve Forst and Davina Dietrich extensively used the new lab, and along with other simulation faculty, assisted with the development of this new resource.

Beginning in late fall 2011, students responding to staged scenarios will be recorded via a pan-tilt-zoom camera for an enhanced educational experience. The student's clinical experience (implementation of critical thinking skills) can therefore be reviewed during debriefing episodes to maximize learning. Several large monitors have been strategically placed in both the simulation room and debriefing area to maximize the overall simulated experience. From an administrative perspective, a simulation lab policy, procedure and resource manual was developed and a simulation education objective was submitted for the School of Nursing's strategic plan.

Of great significance, this past summer the School of Nursing was awarded a \$1.23 million HRSA Advanced Education Grant for Nurse Anesthesia. Collins is serving as

*Continued on page 7*

## Nursing students get haircuts to help others

*Teresa Killian Tate*

Six Western Carolina University nursing students completed their last final exam and then trekked to a salon, where each had at least 10 inches of hair cut off for Locks of Love, an organization that gives prosthetic hairpieces to financially disadvantaged children experiencing medical hair loss. "It was a fun thing we

clinical practice hours – as students in the traditional program," said Shelia Chapman, associate director for undergraduate programs with the WCU School of Nursing. "Despite the fast pace and very tight schedule, the quality of the graduates is outstanding. The pass-rate of ABSN students sitting for the National Collegiate Licensure

"They were as much a part of this donation as we were," said Ashley Hupe, a nursing student originally from Waynesville, Ohio, and currently from Waynesville, N.C., who was inspired to take part by the pictures on the Locks of Love website of children receiving their new hairpieces. "I wasn't sure I had the full 10 inches to donate if I cut it chin length, so I went for a pixie cut. It was a small sacrifice for such a great cause."

Hupe said that the event was like a double happy moment. "Not only were we finished with a very difficult exam, but we also got to go do something special together. Locks of Love and Natural Impressions did the hard part, all we had to do was get a haircut. I am glad that although we will all soon be dispersing across the country, we got to share such a wonderful thing together, and I couldn't think of any better way to spend that moment. I hope our story inspires more people to participate in making a donation," she said.

Lauren Kukkamaa, communications director with Locks of Love, said the organization was extremely grateful to WCU's nursing students for their generous volunteerism. "The donations and support received from these six students will further our efforts to help children living with the daily trials of medical hair loss," said Kukkamaa. "Continuing awareness of Locks of Love's efforts will assist us in reaching more and more families and improving the day to day lives of these children."

Chapman said she was moved that the students would be sporting their new hairdos at the pinning ceremony, a traditional and symbolic welcoming of newly graduates nurses into the nursing profession.

"Our students' willingness to participate in the Locks of Love program does not surprise me," said Chapman. "They have consistently gone above and beyond what is expected of nursing students in their service to the community and the region. Their act of compassion and sacrifice is just one example of what we see as the excellence that these students bring to nursing profession and to our community – a commitment to helping others, compassion and dedication to service."



*Western Carolina University nursing students who donated hair to Locks of Love included, from left, Ashley Hupe, Amanda Graves, Will Avrett and Casey Baker. (Photo by John Fletcher courtesy of the Asheville Citizen-Times)*

could do together to not only help others but also celebrate our accomplishment and new beginnings," said Casey Baker, one of the students in WCU's accelerated Bachelor of Science nursing program who participated. "Some of us had started talking about Locks of Love, and the decision was made: It was the perfect time to add purpose to our neglected manes. A small group of us looked forward to it all year, and the group gradually got a little bigger in the end."

Students in WCU's ABSN program, many of whom already hold a degree in another field, complete a Bachelor of Science degree in nursing in one year, and several said the rigors of the program led them to build close relationships as they supported each other through long clinical hours and difficult exams. "Students in the ABSN complete the same number of credit hours – including more than 900 hours of

Exam, the test required for licensure as a registered nurse, has been 100 percent since the graduation of the first cohort in 2008."

Amanda Graves, a student who came to the ABSN program with a degree in business administration and is a real estate developer, sent an email to her classmates inviting them to participate in the Locks of Love donation. Baker, an ABSN student who lives in Morganton and worked as an occupational therapist, said they chose the day of their final, final exam – Friday, Aug. 12 – for the haircut in part because they were so busy before the final exam, and in part because it seemed like a way to celebrate – a finale. After the six participating students completed the test, they went to Natural Impressions salon in Asheville, where owner Monica Thomas and stylist Chris Donato gave them free haircuts and agreed to prepare the ponytails and send the donations to Locks of Love.



## Leaving a legacy paves the way for new beginnings

Recently the School of Nursing honored Dr. Vincent Hall with a brick to commemorate his 10 years of service to the School of Nursing as director. The brick, engraved with Hall's name, will be placed on the Legacy Walk in the center of campus to honor Dr. Hall for all he has done for the School of Nursing. During Dr. Hall's tenure as director, he led the school to start the accelerated bachelor's degree program; collaborated with A-B Tech to start a national model program for community colleges and university to work together called Regionally Increasing Baccalaureate-Prepared Nurses (RIBN); and facilitated the start of three graduate nursing programs. He wrote many grants and represented the School of Nursing on numerous committees and boards both at the state and national level. His legacy of service

will guide the School of Nursing far into the future.

As I take over for Dr. Hall, it is with gratitude for the opportunity to serve with such an excellent group of nurse educators. Our faculty members are known for their excellence as clinicians, writers and educators. They bring a wealth of experience to the classroom and clinical settings. Many have received honors for their work both nationally and internationally. I count it a true privilege to serve alongside such a distinguished group of nurses. I am looking forward to these new beginnings, a time to learn from our past and embrace our future. Now is the time to see the challenges that lie ahead and turn them into success



stories. As Oprah Winfrey once said "When I look into the future, it's so bright it burns my eyes."

**Judy Neubrandner**  
Interim Director



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## Dr. Sharon Jacques retires after 36 years at WCU

This spring, Dr. Sharon Jacques retired from the WCU School of Nursing after 36 years of dedicated service. Jacques began her teaching career at WCU as an instructor in obstetrical nursing. During later years she was instrumental in the development



of the RN to BSN program and in its conversion to an online program. During her tenure at WCU, Jacques provided leadership in a number of roles, including interim director. She taught countless numbers of nursing students during her 36 years and was a positive force for nursing education in North Carolina. At the time of her retirement, Jacques was regional director for the North Carolina Nurses Association.

On April 26, 2011, the School of Nursing honored Jacques with a retirement reception held at the Princess Anne Hotel in downtown Asheville. More than 100 guests attended to congratulate Jacques. Among them were Dr. Vivian Dietz, retired director of the School of Nursing, and Dr. Ernest Grant of the North Carolina Nurses Association.

Jacques was honored with several awards at the reception. A representative from the office of Gov. Bev Perdue was on hand to present Jacques with the coveted Order

of the Long Leaf Pine. Sigma Theta Tau International Nursing Honor Society sent a letter to honor Jacques, and appreciation for her contributions to the School of Nursing were expressed by Dr. Vincent Hall, director of nursing, and Dr. Linda Seestedt-Stanford, dean of the College of Health and Human Sciences.

Guests were entertained by an instrumental trio, and the Princess Anne Hotel provided a variety of refreshments. Jacques was surrounded by friends and colleagues who offered congratulations and best wishes. She was presented a signed commemorative edition of "Florence Nightingale: Mystic, Visionary, Healer" by Barbara Dossey. At the School of Nursing convocation on May 5, Jacques also was presented a plaque expressing gratitude and best wishes.

Jacques was awarded professor emeritus status at Western Carolina University. The School of Nursing is delighted that she will remain an active voice for nursing education in Western North Carolina.

## School of Nursing focuses on high-fidelity simulation *continued*

grant project director. Kossick is overseeing the anesthesia simulation curriculum. He has previously served as a director of graduate simulation education at a center that used Management and Engineering Technologies International, Inc. Human Patient Simulators, or METI HPS.

The grant money has been allocated to purchase the most sophisticated high-fidelity simulator available for anesthesia providers (METI HPS). The cost of the HPS is approximately \$230,000 and includes such key features as:

- Pupils that automatically dilate and constrict in response to light
- Thumb twitch in response to a peripheral nerve stimulator
- Automatic recognition and response to administered anesthetic drugs and drug dosages
- Variable lung compliance and airways resistance
- Automatic response to needle decompression of a tension pneumothorax, chest tube drainage and pericardiocentesis

The grant monies also have been designated to purchase METIVision – a fully integrated, digital audiovisual management system that is data-synchronized in real-time for use with the HPS METI simulator. These future purchases with the HRSA grant funds will mitigate the need for rotating clinical environments and improve scheduling requests for faculty needing to use the

existing simulation lab. A solid foundation has been established to provide high-fidelity simulation for Western Carolina's undergraduate and graduate nursing students, as well as to service the future needs of the community of interest and promote simulation scholarship through research.







Faculty at Convocation 2010

## Faculty and Student Accolades

**Dr. Shelia Chapman and Professor Johnnie Guttery** have been invited to speak at the NLN Education Summit in September. Their presentation, titled “Academia/Practice: A Win/Win Partnership,” focuses on the School of Nursing’s collaboration with the Charles George VA Medical Center as a result of receiving the VA Nursing Academy Grant.

**Dr. Shawn Collins** presented his work titled “Model for a Reproducible Curriculum Infrastructure for Nurse Anesthesia CE in Developing Countries” on Sept. 29 via a peer-reviewed and invited podium presentation at the third national Doctors of Nursing Practice conference in San Diego, Calif.

Collins also presented this topic at the peer-reviewed, invited International Conference of Education, Research and Innovation in Madrid, Spain, in November 2010.

Collins was awarded a three-year, \$1.23 million HRSA grant to develop a high-fidelity simulator in the nurse anesthesia program and increase cultural awareness in the MS(N) program.

Collins was named the 2011 AANA Foundation Doctoral Fellow, which came with a \$10,000 award for his dissertation work on emotional intelligence.

Collins was invited to present at the 2011 NCANA conference in Asheville on Sept.

30. His presentation is titled “Beware the Procrustean Solution: Evidence-Based Practice vs. Standard of Care.”

Collins was invited to write a chapter on hepatobiliary anesthesia for the fifth edition of the text “Nurse Anesthesia,” with a publication date of 2013.

Collins presented at the 2011 WCU Nurse Anesthesia Update CE course held May 29 at Mission Hospital in Asheville. His lectures were titled “Life Upstairs: A Neuro Review” and “Endocrine Disease Review.”

Collins co-authored an article accepted for publication in the AANA Journal titled “Anesthesia-Induced Neuronal Apoptosis during Synaptogenesis: A Review of the Current Literature,” with an anticipated publication date of August 2012.

Collins was asked to serve on the National Certification Examination Committee. In this role, his primary responsibility is writing questions for the national certification examination.

Collins wrote and was awarded a Nurse Anesthesia Traineeship grant from HRSA. These funds go directly to senior nurse anesthesia students to assist with their educational costs.

**Dr. Claire DeCristofaro** (*associate professor*) published a research article with former nurse anesthesia students in the December

2010 issue of the journal of the American Association of Nurse Anesthetists titled “The Use of Propofol and Emergence Agitation in Children: A Literature Review.” Lead authors were former students K. Logan Key MS(N) CRNA; and Chris Rich MS(N) CRNA. Third and fourth authors were faculty members DeCristofaro and Shawn Collins DNP CRNA (nurse anesthesia program director). This article was based on collaborative research done by the students while enrolled in the WCU program. PubMed link to the abstract is [aana.com/Resources.aspx?id=28621](http://aana.com/Resources.aspx?id=28621)

DeCristofaro also had journal articles accepted for publication in the Journal of the American Association of Nurse Practitioners (JAANP) as co-author with several recent family nurse practitioner graduates. The third author for these articles was Lydia Elliott DNP FNP-BC, who is also the FNP track coordinator for the MS(N) FNP program.

The first article with recent FNP graduate Kristy Hopkins MS(N) FNP-BC, titled “How can primary-care providers manage pediatric obesity in the real world?” was published in May 2011 in The Journal of the American Academy of Nurse Practitioners, and the PubMed abstract is located at: [ncbi.nlm.nih.gov/pubmed/21649770](http://ncbi.nlm.nih.gov/pubmed/21649770)

With another recent FNP graduate, Carl Brad Torrence MS(N) FNP-BC, an article, “Empowering the Primary Care Provider

to Optimally Manage Mild Traumatic Brain Injury,” published in August 2011 and with the publisher abstract at [onlinelibrary.wiley.com/doi/10.1111/j.1745-7599.2011.00658.x/abstract](http://onlinelibrary.wiley.com/doi/10.1111/j.1745-7599.2011.00658.x/abstract)

In addition, with recently graduated FNP student Jamie McCall MS(N) FNP-BC, a journal article titled “Oral Sucrose for Pain Control in Non-neonate Infants during Minor Painful Procedures,” accepted for publication and as CE article March 2011, Journal of the American Academy of Nurse Practitioners, for publication 2011 or 2012.

DeCristofaro also co-authored conference research posters presented at the national American Association of Nurse Anesthetists (AANA) annual conference in October 2010 and August 2011. The 2010 conference poster had first authors our recent nurse anesthesia graduates Erica Edgington MS(N) CRNA and Amelia Hinds MS(N) CRNA titled “What pharmacologic characteristics of propofol contribute to its use as a drug of abuse?” This research also won the Health Science Award at the 2011 annual WCU Graduate Research Symposium. The conference research posters presented in 2011 included one co-authored by current nurse anesthesia students Eldridge Lee Coates and Leigh Sauls titled “Is Sugammadex A Safe and Effective Alternative for Reversal of Profound Rocuronium Neuromuscular Blockade in Adults?” An additional conference research poster was authored with current nurse anesthesia students Katrina McDonald-Morrow and Melanie Black, titled “Stand By Me: Is Parental Presence During Induction the Answer to Emergence Delirium in Children?” The last co-author on these posters was nurse anesthesia faculty member Mason McDowell MSNA CRNA.

DeCristofaro also co-authored conference research posters for presentation at the statewide N.C. Association of Nurse Anesthetists (NCANA) in September 2010 and September 2011. The 2010 conference included posters by recent nurse anesthesia graduate Adrienne Fosegan MS(N), CRNA (“Prevention of Succinylcholine Associated Postoperative Myalgia in Adults,” with third author nurse anesthetist faculty member Mason McDowell MSNA CRNA); David Abel MS(N) CRNA (“Ancient Adjunct: Does Auricular Acupuncture Have a Place



Professor Ramona Whichello speaking at Eta Psi Induction Spring 2010

in Modern Anesthesia Practice?,” with third author NA faculty Mason McDowell MSNA CRNA); and Danny Roth MS(N) CRNA and Andrew Hatch MS(N) CRNA (“What Non-therapeutic Drug Effects Are Seen with Fospropofol for Moderate Sedation?,” with fourth author NA faculty Shawn Collins DNP CRNA). For the 2011 conference, nurse anesthesia students Jed Godfrey and J. Bryan Haslam co-authored a research poster titled “Does clevipidine possess the clinical attributes of an ideal parenteral antihypertensive agent for anesthesia practice?” with faculty co-authors DeCristofaro and Mason McDowell MSNA CRNA.

DeCristofaro gave several invited Continuing Education presentations at two South Carolina APRN conferences over the past year. The topic “CS Prescribing Pharmacology: Focus on Pain Management” was presented at the Grand Strand APRN conference in September 2010 and September 2011 and at Advanced Seminars for APRN in May 2011. An additional topic, “DM Update 2011,” was given at Advanced Seminars for APRN in May 2011.

DeCristofaro also gave several invited continuing education presentations at the Charles George VA Medical Center in Asheville in fall 2010. Topics included “Nutraceuticals & Herbal Therapies,”

“Hypertension Update,” “DM Update” and “CS Prescribing Pharmacology.”

DeCristofaro was invited to write a chapter on behavioral health pharmacology in Integrated Care: Creating a Thriving Practice. This will be available as a hardcover text (256 pages; Publisher, Routledge; first edition, March 15, 2012; ISBN-13: 978-0415891325; editors, Russell Curtis and Eric Christian; online at [amazon.com/Integrated-Care-Creating-Thriving-Practice/dp/0415891329](http://amazon.com/Integrated-Care-Creating-Thriving-Practice/dp/0415891329)

DeCristofaro presented an invited online lecture titled “Responsibilities for Safe Practice” for the ANP, FNP and PNP students in the doctoral program at the Medical University of South Carolina School of Nursing in June 2011.

**Dr. Lydia Elliott** completed the doctor of nursing practice from the University of Alabama in Birmingham in August 2011. Elliott was the recipient of the Nurse Educators of Tomorrow Scholarship, 2009 to 2011 (\$30,000).

**Elliott’s recent publications include:**

Authors: Jamie McCall MS(N) FNP-BC (2011 FNP graduate student), Claire DeCristofaro MD and Lydia Elliott DNP FNP-BC. “Oral Sucrose for Pain Control in Infants during Minor Procedures.” (Accepted for



## Faculty and Student Accolades *continued*

publication and as CE article March 2011, Journal of the American Academy of Nurse Practitioners, for publication 2011 or 2012.)

Authors: Lydia Elliott MS(N) FNP-BC, Claire DeCristofaro MD and Alicia Carpenter MSN. "Blending Technology in Teaching Advanced Health Assessment in a Family Nurse Practitioner Program: Using Personal Digital Assistants in a Simulation Laboratory." (Accepted for publication October 2010, Journal of the American Academy of Nurse Practitioners, for publication 2011.)

Authors: Kristy Hopkins MS(N) FNP-BC (2010 FNP graduate student), Claire DeCristofaro MD and Lydia Elliott DNP FNP-BC. "How Can Primary-care Providers Manage Pediatric Obesity in the Real World?" (Published in May 2011 in The Journal of the American Academy of Nurse Practitioners, and with the PubMed abstract located online at [www.ncbi.nlm.nih.gov/pubmed/21649770](http://www.ncbi.nlm.nih.gov/pubmed/21649770).)

Authors: Suzanne Green (2009 FNP graduate student), Linda Comer, Lydia Elliott and Judy Mallory. "Exploring the Value of an International Service-Learning Experience in Honduras." (Accepted for publication, Nursing Education Perspectives, for publication July-August issue 2011.)

Authors: Carl Brad Torrence MS(N) FNP-BC (FNP student, graduated May 2010), Claire DeCristofaro MD and Lydia Elliott DNP FNP-BC. "Empowering the Primary Care Provider to Optimally Manage Mild Traumatic Brain Injury." (Published in August 2011 and with the publisher abstract online at <http://onlinelibrary.wiley.com/doi/10.1111/j.1745-7599.2011.00658.x/abstract>)

**Professor Bonnie Garner** has had a paper presentation accepted at the RNAO Conference: "Knowledge, the Power of Nursing: Celebrating Best Practice Guidelines" (in Toronto). She will be presenting her work titled "Partnerships in Excellence: Teaching Empathy and Respect."

**Dr. Sharon Jacques** received the North Carolina Order of the Long Leaf Pine, awarded by the Governor of North Carolina, for her decades of service to the state and Western Carolina University.

**Dr. Ann Johnson and Professor Amy Putnam** have received word that their AHEC Clinical Site Grant has been funded. They will be developing Autumn Care in Waynesville for use by undergraduate junior nursing students.

**Dr. Mark A. Kossick**, professor of nursing, presented two lectures Oct. 2 at the North Carolina Association of Nurse Anesthetists 2011 annual meeting in Asheville. His topics included "Reading Between the Lines: Essentials of EKG Interpretation" and "Computerized ST Segment Analysis – Technology that Can Help or Hurt".

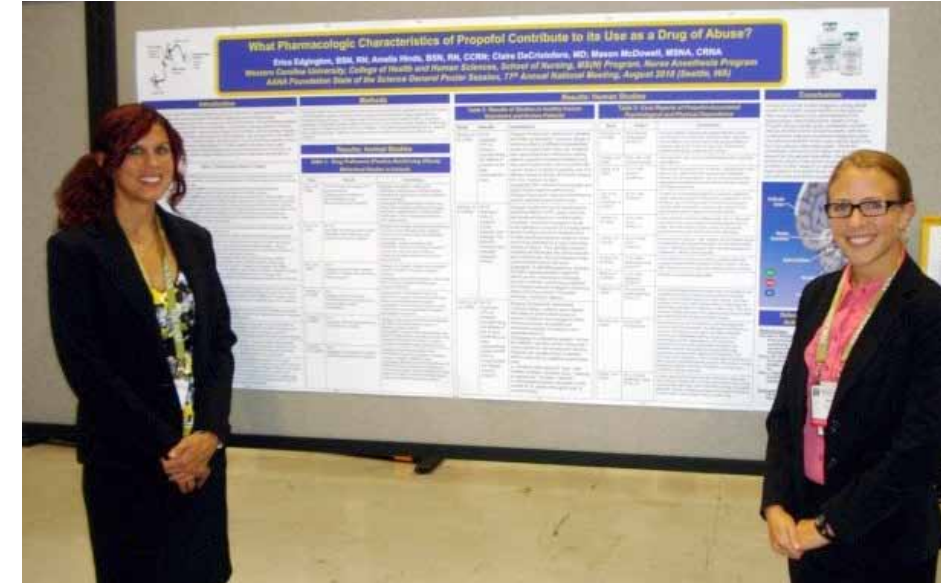
Kossick was elected to serve on the board of directors for Asheville Pregnancy Support Services. This community ministry provides counseling and educational services for women and men at risk of or affected by an unplanned pregnancy. The organization serves the entire community of Buncombe County and surrounding areas, regardless of race, creed, nationality, age, marital status or disability. Clients also are cared for by obstetricians volunteering from Park Ridge Health and referrals made by Planned Parenthood.

Kossick was selected to serve as the anesthesia graduate simulation education and research coordinator. This position has been developed in concert with the recently awarded \$1.23 million HRSA grant for the graduate nurse anesthesia program. Kossick will provide oversight of simulation education which includes 1) development of an operating room high-fidelity simulation lab, 2) curriculum-staged scenarios, 3) future research, 4) mentoring faculty and 5) a control center for delivery and evaluation (debriefing) of student simulation experiences.

Kossick presented, on Aug. 13-14, 2011, an 11 CEC program for Blue Ridge Regional Hospital's critical care nurses, nurse anesthetists and emergency medical services personnel. The continuing education program was titled "Two-Day 12 Lead ECG Seminar" and was held in Spruce Pine.

Kossick was notified, on June 24, 2011, that he has been selected to serve as an AANA Journal reviewer. This peer-reviewed journal was established in 1933 and is the official publication of the American Association of Nurse Anesthetists.

Kossick presented, on May 28, 2011, a seven-hour lecture titled "2011 Comprehensive EKG Seminar" for the WCU Nurse Anesthesia Program's anesthesia update continuing education program in Asheville.



Erica Edgington MS(N) CRNA and Amelia Hinds MS(N) CRNA

Kossick presented a lecture to CRNAs at the Heart Center of Mission Hospital on May 12, 2011, in Asheville. His lecture title was "Current Practice Guidelines in Electrocardiography for Anesthesia Providers."

Kossick presented a seven-hour comprehensive ECG analysis seminar April 30, 2011, at the South Dakota Association of Nurse Anesthetists annual Spring Education Conference in Rapid City, S.D. His topics included computerized ST segment analysis, configuration of modified chest leads, diagnosis and pharmacological management of myocardial infarction, diverse supraventricular and ventricular arrhythmias.

Kossick presented a seven-hour CEC and CME educational seminar on electrocardiography in Las Vegas on April 3, 2011. Attendees included physicians and nurses specializing in anesthesia. This continuing education activity was implemented by A. Webb Roberts Center for Continuing Medical Education of Baylor Health Care System, Dallas, and Northwest Anesthesia Seminars, Inc.

Kossick, on March 5, 2011, presented a two-hour lecture titled "Navigating ST Segment Changes During Anesthesia" at the North Carolina Association of Nurse Anesthetists all districts meeting in Greensboro.

Kossick presented three lectures Jan. 28, 2011, to graduate nurse anesthesia students at East Carolina University, Greenville. His lectures were "Prerequisite Knowledge to Mentoring Anesthesia Providers in Electrocardiography," "Critical Assessment & Interventions for Invasive Hemodynamic Data" and "Anesthesia Concepts for Patients with Valvular Heart Disease."

Kossick received notification Jan. 20, 2011, from the president of the North Carolina Association of Nurse Anesthetists of his appointment to the Research and Education Committee.

Kossick was notified Jan. 19, 2011, by the editor of Nurse Anesthesia of his appreciation of Kossick's offer to be a contributor to the fifth edition of the textbook. His contributions will include two chapters ("Inhalation Anesthetics" and "Clinical Monitoring I: Cardiovascular System"). This textbook is used extensively by graduate nurse anesthesia programs across the country and is listed by the Library of Congress as one of the essential texts in the specialty of nurse anesthesia. Kossick has contributed chapters to all prior editions. The publisher is Saunders/Elsevier.

**Mason McDowell**, assistant professor and assistant director of the Nurse Anesthesia Program, was awarded a second Nurse

Educators of Tomorrow scholarship to fund his remaining year of doctoral education. He plans to complete the doctor of nurse anesthesia practice program in 2012.

McDowell is currently co-authoring the "Hepatobiliary & GI Disorders and Anesthesia" chapter in Nurse Anesthesia (fifth edition, with Dr. Shawn Collins). This textbook is used extensively by graduate nurse anesthesia programs across the country and is listed by the Library of Congress as one of the essential texts in the specialty of nurse anesthesia. The publisher is Saunders/Elsevier.

McDowell was an invited speaker at the NCANA statewide meeting in September 2011 at the Grove Park Inn in Asheville. He presented a one-hour CEU lecture on Perioperative Patient Management.

McDowell presented, in May 2011, a two-hour lecture on preoperative patient management for the WCU Nurse Anesthesia Program's anesthesia update continuing education program in Asheville.

McDowell became a member of Society for Perioperative Assessment and Quality Improvement and International Anesthesia Research Society.

McDowell was invited to repeat his service to the North Carolina Association of Nurse Anesthetists Research and Education Committee, judging student research poster presentations.

McDowell was third author for two conference posters at the national American Association of Nurse Anesthetists annual conference in August 2011. With nurse anesthesia students Katrina McDonald and Melanie Black, he presented "Stand By Me: Is Parental Presence During Induction the Answer to Emergence Agitation in Children?"; and with Lee Coates and Leigh Sauls, he presented "Is Sugammadex a safe and effective alternative for reversal of profound rocuronium neuromuscular blockade in adults?" Claire DeCristofaro was co-author and project chair for both. McDowell was also third author, August 2010 AANA national conference, with recent nurse anesthesia graduates Erica Edgington and Amelia Hinds, on "What



Eta Psi Inductees Spring 2010



## Faculty and Student Accolades *continued*



Eldridge Lee Coates and Leigh Sauls

pharmacologic characteristics of propofol contribute to its use as a drug of abuse?" This research won the Health Science Award at the 2011 annual WCU Graduate Research Symposium. Claire DeCristofaro was co-author and project chair.

McDowell also co-authored conference research posters at the statewide N.C. Association of Nurse Anesthetists in September 2010 with recent nurse anesthesia graduates Adrienne Fosegan ("Prevention of Succinylcholine Associated Postoperative Myalgia in Adults," also with Claire DeCristofaro); David Abel ("Ancient Adjunct: Does Auricular Acupuncture Have a Place in Modern Anesthesia Practice?, also with Claire DeCristofaro); and Ann Meyers ("Use of Dexmedetomidine in procedural sedation in pediatric patients").

**Dr. Sharon Metcalfe** received the Outstanding Academic Achievement Teaching Award from the WCU Center for Service Learning for her extensive contributions to service learning through teaching.

Metcalfe was appointed visiting professor in the School of Nursing, Midwifery & Social Care at Napier University in Edinburgh, Scotland (2011-14).

### **Metcalfe's recent publications and presentations include:**

Metcalfe, S.E. (2011). "The impact of international leadership development: A shared nursing educational service-learning partnership." *Nursing Education Perspectives*.

Metcalfe, S. "Invited presentation, International Nursing Leadership Development: A Shared Service Learning Partnership." 41st. Biennial Convention, Sigma Theta Tau International Honor Society for Nursing. Grapevine, Texas. October 28-31, 2011.

Metcalfe, S. Invited presentation, "The Use of Wikis to Connect Nursing Students Around the Globe." Duke University Innovative Nursing Education Technologies Conference, Duke University, Durham. Aug. 5, 2011.

Metcalfe, S. Invited presentation, "International Collaborative Mentoring for Future Nursing Leaders." College of Health, Life, and Social Sciences, and School of Nursing, Midwifery, and Social Care. Edinburgh, Scotland. Sighthill Campus, July 27, 2011.

Metcalfe has partnered with Napier University and the University of Lahti for the fall 2011 semester to teach an online

course using shared international nursing education wiki sites.

**Dr. Leslie Norris** received her doctorate of nursing practice degree from the University of Alabama Birmingham on May 8. Norris also recently presented a poster at the Institute for Healthcare Improvement's 11th International Summit in Washington, D.C. Norris will speak at the Tennessee PA Association FallFest CME Conference in October and the NPACE Primary Care Conference in November. The topic for both conferences is "Increasing Recommended Screenings and Immunizations in Adults."

**Professor Amy Putnam and Dr. Ann Johnson** have had a paper and poster presentation accepted at the sixth annual South Eastern Nurse Educator Symposium in October. They will be presenting Putnam's graduate work on the stressors and stress reactions of nursing students.

**Dr. Elizabeth Repede** delivered a talk titled "Faculty Promote Value of Scholarly Research" at the School of Nursing's 2011 Research Day.

**Dr. Julia Wetmore** will be presenting a poster at the Professional Nurse Educators Group's 37th annual national conference, "Gateway to Innovation and Creativity in Nursing Education," sponsored by Villanova University College of Nursing. The conference will be held in Baltimore from Oct. 21-24, 2010. Wetmore will be presenting a study of the six-hour research block in the RN to BSN program.

## Student Accolades

**Kylee Baquero**, student registered nurse anesthetist (SRNA) in Western Carolina University's nurse anesthesia program, participated in a surgical mission trip to Honduras from March 4-11, 2011. This trip was part of the ongoing work of Dr. Nathan Williams to provide lifesaving surgery to rural Honduran women with gynecological cancers who are without access to healthcare or funds to pay for it. Kylee joined husband-and-wife team Ken and Martha Walker, who are certified registered nurse anesthetists with Asheville Anesthesia Associates. They provided anesthesia for the surgical patients,



Kylee Baquero

participated in community education for cancer prevention, and donated time, food and diapers to three orphanages in Honduras. Kylee is working with her SRNA classmate Sallie Porter to involve students in international clinical rotations as part of their graduate senior research project at Western Carolina University.

**Robert Burch**, RN to BSN class of 2010, received the Great 100's Nurse for North Carolina award.

**Eldridge Lee Coates** (nurse anesthesia graduate student), Leigh Sauls (nurse anesthesia graduate student), Claire DeCristofaro MD and Mason McDowell MSNA CRNA presented "Is Sugammadex A Safe And Effective Alternative for Reversal of Profound Rocuronium Neuromuscular Blockade In Adults?" as a conference research poster at the annual national AANA conference, August 2011 in Boston.

**Suzanne Green** (2009 family nurse practitioner graduate student), **Linda Comer**, **Lydia Elliott** and **Judy Mallory**. "Exploring the Value of an International Service-Learning Experience in Honduras." (Accepted for publication in *Nursing Education Perspectives* for July-August 2011 issue.)

**Kristy Hopkins** MS(N) FNP-BC (FNP student, graduated May 2010), Claire DeCristofaro MD and Lydia Elliott DNP

FNP-BC. "How Can Primary-care Providers Manage Pediatric Obesity in the Real World?" was published in May 2011 in the *Journal of the American Academy of Nurse Practitioners*, and the PubMed abstract is located online at [www.ncbi.nlm.nih.gov/pubmed/21649770](http://www.ncbi.nlm.nih.gov/pubmed/21649770)

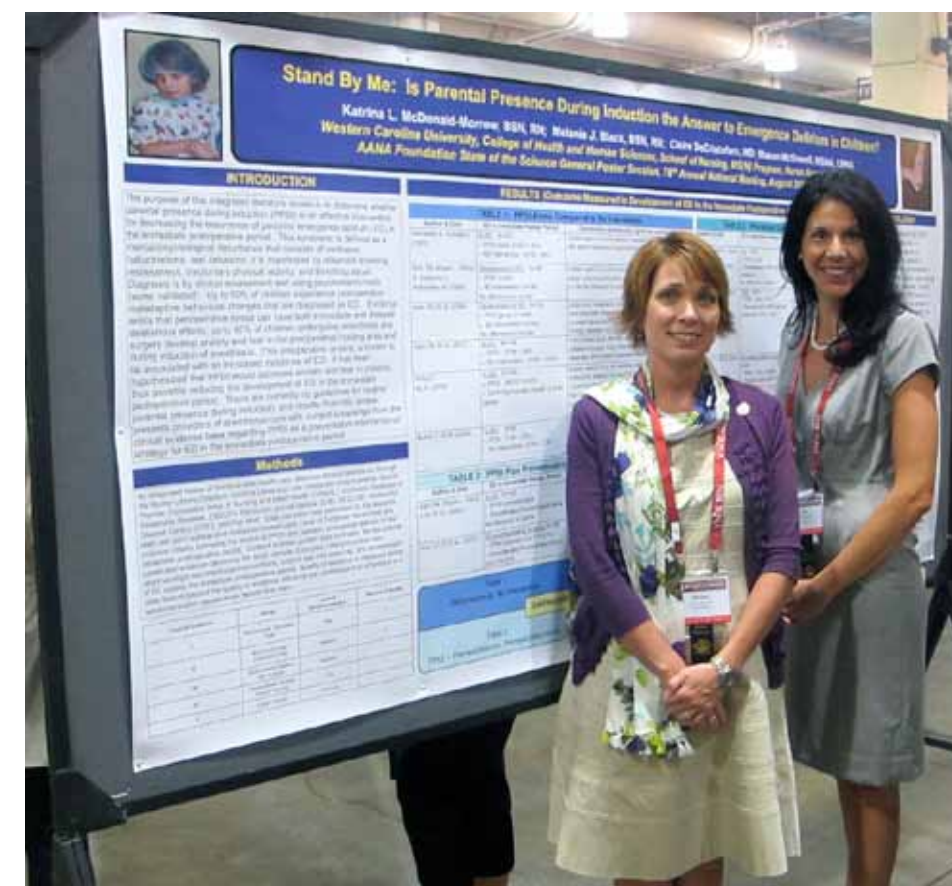
**Jamie McCall** MS(N) FNP-BC (FNP student, graduated May 2011), Claire DeCristofaro MD and Lydia Elliott DNP FNP-BC. "Oral Sacroce for Pain Control in Infants during Minor Procedures" was accepted for publication and as CE article March 2011, *Journal of the American Academy of Nurse Practitioners*, for publication 2011 or 2012.

**Katrina McDonald-Morrow** (nurse anesthesia graduate student), **Melanie Black** (nurse anesthesia graduate student), **Claire DeCristofaro MD** and **Mason McDowell MSNA CRNA**. Presented "Stand By Me: Is Parental Presence During Induction the Answer to Emergence Delirium in Children?" as a conference research poster

at the annual national AANA conference, August 2011 in Boston.

**Carl Brad Torrence** MS(N) FNP-BC (FNP student, graduated May 2010), **Claire DeCristofaro MD** and **Lydia Elliott DNP FNP-BC**. "Empowering the Primary Care Provider to Optimally Manage Mild Traumatic Brain Injury," published August 2011 and with the publisher abstract at [onlinelibrary.wiley.com/doi/10.1111/j.1745-7599.2011.00658.x/abstract](http://onlinelibrary.wiley.com/doi/10.1111/j.1745-7599.2011.00658.x/abstract)

This year, Western Carolina University's Association of Nursing Students, or ANS, had a big presence at Relay for Life. Prior to the relay, ANS raised more than \$300 for the American Cancer Society through the sale of T-shirts. During the event, 15 junior nursing students sold cookies and other baked goods to raise money and provided free blood pressure checks for relay participants.



Katrina McDonald-Morrow (right on the photo) & Melanie Black





## WCU wins "Anesthesia Bowl" again

The Western Carolina University nurse anesthesia program won the Anesthesia Bowl on Saturday October 1, 2011. The Anesthesia Bowl is a "jeopardy-style" competition held each year at the annual meeting of the North Carolina Association of Nurse Anesthetists (NCANA). WCU graduated its first nurse anesthesia class in 2009. Despite its brief history compared to the competition, WCU nurse anesthesia has now won the bowl 3 of the last 4 years, claiming victory over Duke, Wake Forest, UNC Charlotte, Raleigh School, and East Carolina University. Each team consists of four graduate students from the six nurse anesthesia programs in the state of North Carolina. The winning team keeps the coveted trophy at its respective school for the entire year. Members of the WCU team were Katrina McDonald, Jed Godfrey, Leah Dickerson, Holly Braswell, and Bryan Haslam (alt). Nurse Anesthesia faculty and contributing faculty were Dr. Shawn Collins, Prof. Mason McDowell, Dr. Mark Kossick, Prof. Ian Hower, and Dr. Claire DeCristofaro.

The bowl victory capped off a great weekend for the WCU nurse anesthesia program. Three nurse anesthesia faculty members were invited speakers at the NCANA annual meeting held at the Groves Park Inn Sep 30-Oct 2. Prof. Mason McDowell presented recommendations for Perioperative Patient Management; Dr. Shawn Collins presented information on Evidence Based Practice; and Dr. Mark Kossick presented the Essentials of EKG interpretation and Computerized ST

segment analysis. Additionally, WCU nurse anesthesia students Bryan Haslam and Jed Godfrey were selected to provide a brief presentation of their research project titled "Does clevidipine possess the clinical attributes of an ideal parental antihypertensive agent for anesthesia practice?"

More information about the WCU nurse anesthesia program can be found online at [wcu.edu/4207.asp](http://wcu.edu/4207.asp) or by calling (828) 670-8810 ext 222.



## There is great value in nursing research

*Elizabeth Repede PhD*

Nursing research has been and continues to be a major catalyst in transforming the state of health care. From its roots in the Nightingale era, the domain of human health within the context of environment has been the focus of nursing research. Nursing research has changed the way people view the science of health and healing.

While maintaining a tradition of scientific rigor, nursing researchers have moved beyond the narrow confines of randomized clinical trials to study and understand human health in all of its complexity.

Qualitative methods such as phenomenology, grounded theory, unitary appreciative inquiry, narrative and ethnography to name a few have been embraced and have contributed to the body of nursing knowledge. Jean Watson's research and theory on Caring has driven the return to the foundation of nursing as a caring science, in which the human condition is completely embedded within the context of relationality and the co-creation of health. Other pioneering nurse scientists such as Martha Rogers have expanded nursing theory and science beyond the boundaries of the human as an isolated particle in a predetermined universe, thereby opening the discipline of nursing to completely new ways of thinking and understanding how knowledge is defined and obtained.

Nursing research has changed clinical practice guidelines. Dr. Jean McSweeney found during her dissertation research that women had qualitatively different symptoms than men preceding an acute MI. To date, most of the medical research on acute MI had been done on men. She surveyed 515 women from Arkansas,

North Carolina and Ohio and found that a prodromal syndrome in women was a higher prediction of AMI than even risk factors such as diabetes. Only 29 percent of women presented with chest pain before the event, and 43 percent of women did not have chest pain with an acute infarction.

Nursing research has saved millions of dollars. A 1991 study by C.J. Goode comparing the safety and efficacy of using saline versus heparin to maintain peripheral intravenous catheters demonstrated that

saline was more efficacious, less costly and eliminated the anticoagulant side effects and drug interactions found with heparin use. The cost savings in 1991 dollars for one year in the U.S. alone was estimated at more than \$2 million, which is almost double that amount in 2011 dollars.

Nursing research has changed nursing practice and organizational structures in hospitals. Linda Aiken PhD RN was listed among the 100 most influential people in health care for 2010. Aiken looked at disconnection between what nurses wanted to do for patients and what was possible within a hospital setting. Her first landmark study found that patient safety and satisfaction are directly related to nurse staffing. For each additional patient assigned to a nurse, 30-day patient mortality increased by 7 percent, failure to rescue rates rose by 7 percent, the odds of nurse job dissatisfaction increased by 15 percent, and the odds of nurse burnout increased by 23 percent. A second study

published in JAMA in 2006 found that hospitals employing higher percentages of bachelor's degree-prepared nurses had lower surgical-patient mortality than hospitals that staffed with fewer bachelor's-prepared nurses. This study demonstrated that nursing experience, while an important factor in patient outcomes, is not as critical as nurse educational preparation. The ANA's Magnet hospital recognition program evolved from this research.

Nursing research directly affects health policy. According to Carol Hall Ellenbecker, a nurse and health policy analyst and reviewer for the Agency for Healthcare Research and Quality, nursing research evidence was used to gain increases in funding for nurse

education and for mandating an expanded role for nurse practitioners as primary care providers. The work of nurse researchers contributed directly to the provisions enacted with the Patient Protection and Affordable Outcome Act. Research done comparing patient outcomes between nurse anesthetists and anesthesiologists has contributed directly to state-mandated changes in policy that allow for independent practice for nurse anesthetists in many states, thereby increasing nurse autonomy and decreasing health care costs.

These are just a few of hundreds of thousands of nursing research studies that have affected, and continue to affect, health, healing and health care. And this is in the U.S. alone. There are studies being done by nurses the world over that are helping to change the lives and the health of nations. This is the value of nursing research.

*Nursing research has changed the way people view the science of health and healing.*



## Alumni News

### Veterans Affairs recognizes WCU alumna for excellence in nursing

Melissa "Lisa" James, a BSN graduate of WCU in 1997, began working at the Charles George VA Medical Center in May 2007. James is a psychiatric nurse and is now the staff nurse/charge nurse on the night tour assigned to inpatient psychiatry. She has been recognized by the Department of Veterans Affairs for her work and is the 2010 Asheville VAMC Staff RN recipient of the Secretary's Award for Excellence in Nursing.

James was nominated by her peers at the VA for this award. Her nomination letter noted that she is recognized for demonstrating expert clinical knowledge of psychiatric nursing and commitment to educating

patients and families about diagnosis, medications and side effects, based on an individualized care plan. In addition, she is very professional and honors the patients' values. She demonstrates leadership in all areas of nursing and is committed to the field.

As a charge nurse, it is her responsibility to assign nursing duties fairly, and she also assists in patient care. Especially noted is her ability to work with an interdisciplinary team to handle discharges and make sure patients get the care they need after they leave the hospital. She ensures the handoff to the incoming tour is done correctly, and

she developed a new handoff tool in order to improve communication between the shift leaving and the shift coming on.

She is reported to be especially sensitive to patients' values and their needs for dignity in the face of psychiatric crisis. Several cases were cited where James used sound judgment for handling difficult situations.

This past fall she was a guest lecturer on the topic of schizophrenia for undergraduate nursing students at WCU. She is a member of Eta Psi Chapter of Sigma Theta Tau, the Nursing Honor Society.