

focus

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On the Graduate School of Nursing

"...where research, practice and service are the keystones of education."

Research a natural progression for nurse practitioners

A research career path – which included obtaining a postdoctoral degree, pursuing a fellowship and writing grants – was the furthest thing from Carol Bova's mind when she graduated from the GSN in 1988. Although she loved being a clinician, her work as a nurse practitioner in a HIV program and in several AIDS clinical trials helped steer her toward research, an area she felt had a more direct impact on the quality of clinical care.

Carol continued her clinical practice while she attended Boston College from 1993 until her graduation in 1998 with a postdoctoral degree. In fact, the focus of her dissertation, titled "Adjustment to Chronic Illness and Adherence Behaviors Among HIV-infected Women," came directly from her experience as a nurse practitioner. Work on the dissertation resulted in the creation of a funded intervention project at UMass Memorial Health Care called the Positive Life Skills Workshop. Carol and the workshop's co-founders, Tobey Burwick, MSW, and Maritza Quinones, initiated a clinical program designed to encourage women with HIV to re-frame their negative appraisals of the infection. Now in its third year, Carol calls the workshop a success in improving adherence behaviors and quality of

life and in helping women re-enter the workforce, or take on jobs for the first time. "I'm particularly proud of this program because it illustrates the direct connection between nursing theory, research and practice."

Currently, Carol is completing a postdoctoral fellowship at the Yale School of Nursing, studying the impact of home-based nursing intervention to improve anti-retroviral adherence among those who are diagnosed with HIV, mental illness and substance abuse. She hopes to develop a research

program focusing on the emerging primary care needs of adults with HIV-infection. "Clearly this is a departure from traditional nursing research programs that typically focus on one conceptual area. However, this research strategy requires that I stay clinically grounded, which in turn facilitates the translation of research findings to clinical practice. After all, I still love being a clinician as well as a researcher."

Carol offers the following advice for nurse practitioners considering a similar career path:

- Find the right PhD program. Attend an institution that has funded researchers in your area of interest who are willing to work with you.
- Pursue a postdoctoral fellowship. It's to your advantage to jumpstart your research career.
- Start young. The profession needs young nurses to pursue advanced degrees.
- Most importantly, have perseverance and passion for the subject matter. ●



Carol Bova, MS, PhD, incorporates her research into the care of her patients.

A message from the Dean

What a great time to be a nurse! Professional and advanced practice nurses are in great demand. Nursing is approaching crossroads with unprecedented opportunity in hospital and community-based settings across the country. Society is beginning to recognize and value the nursing profession and its contributions to improved patient care and outcomes. Yet, this public recognition calls for new and innovative leadership in the midst of tremendous challenge and change in both the health care system and professional nursing—leadership that inte-

grates the practice and outcomes with its caring science.

Throughout its 15-year history, the University of Massachusetts Graduate School of Nursing (GSN) has created a successful tradition of leadership in education, practice and research, impacting health care throughout central Massachusetts. Co-located with the School of Medicine and Graduate School of Biomedical Sciences, the GSN is one of the few nursing schools in New England based at an academic health center that offers a thriving academic health campus environment with



Doreen Harper, PhD, CS, ANP, FAAN

abundant research and clinical resources. Moreover, the GSN is distinguished by its interdisciplinary research, practice and education within

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Alumni Association looks to the future



Happy Birthday to the GSN, which celebrates its 15th anniversary this year. So much growth has occurred from the school's infancy to its toddlerhood, and now it's a budding teen. We're looking forward to what the future holds. There are so many changes and exciting things happening.

Jill Terrien and I will be co-chairing the GSN Alumni Association. Sue Shannahan has graciously agreed to help us during the transition. And, we wish former co-chair Elizabeth Shilale the very best in her new position and hope to see her at the GSN Alumni functions. A warm thank you to both of them for all of their hard work for the Alumni Association and for their support of the GSN.

We are pleased to welcome you to your newsletter, *Focus on the Graduate School of Nursing*. Important news about the Graduate School and GSN Alumni will be available twice a year through this venue. We feel that this is a great forum in which to highlight the accomplishments that you, the advanced practice nurse, have achieved. *Focus* also provides us with a means to communicate with one another and allows us to share news from other classes and colleagues. We hope that you enjoy this and future issues. Please call, write or e-mail us with your input. Our contact information is listed on the back of this publication.

Now that we have shared our happy birthday wish, blow out that candle and celebrate!

Happy, healthy days,

Jill (Terrien)

Graduate School of Nursing – The First 15 Years

- 1985** Graduate School of Nursing established; First dean appointed: Dr. Kathleen Dershel
- 1986** First class accepted
- 1987** First class graduated
- 1988** Initial accreditation by the National League for Nursing
- 1990** HIV Subspecialty established
- 1991** Second dean appointed: Dr. Lillian R. Goodman
- 1994** First PhD Program in Nursing (in UMass system) initiated: Collaborative between Amherst and Worcester campuses
Cardiac Nursing Subspecialty introduced
- 1995** First Adult Acute/Critical Care-Nurse Practitioner/Clinical Specialist Specialty (in UMass system) initiated
Geriatric Subspecialty established
- 1996** Nurse Practitioner Attending Collaborative Service (NPACS) implemented with the Department of Medicine
- 1997** Graduation of the first five PhD candidates in the nursing program
Accredited for eight years by the National League for Nursing
Cancer Prevention and Control Education program (CPACE) Subspecialty initiated
- 1999** Dean Goodman retires; fund raising initiated to establish endowed chair
- 1999** Correctional/Institutional Subspecialty introduced
- 2000** Third dean appointed: Dr. Doreen C. Harper
- 2001** Advanced Practice Nurse Education Specialty established
- 1990-2000** 63 faculty publications
Two books
\$2.5 million in grants
\$400,000 in traineeships
453 master's and 16 PhD diplomas awarded

Harper announces new faculty

Since her tenure began in July of 2000, Dean Doreen Harper has recruited an impressive group of new faculty members to the GSN ranks:

- **Jean Boucher**, PhD(c), CS, ANP, instructor as of Oct. 1, 2000. Currently completing her dissertation, Boucher received her master's degree from Boston College and her bachelor's degree from Fitchburg State College. As an acute care nurse practitioner, she teaches the GSN's Adult Acute/Critical Care Specialty. Her research focus is on cancer.
- **Janet Frazier Hale**, PhD, CS, FNP, professor as of Feb. 12. Dr. Hale received her PhD from the University of Maryland, a master's of science degree from the University of Alaska, a master's of arts degree from Central Michigan University and a bachelor's

degree from Russell Sage College. Her most recent position was as an associate professor at George Mason University College of Nursing and Health Science and an adjunct associate professor at George Washington University School of Medicine and Health Science where she developed interdisciplinary curriculum for medical, nurse practitioner and physician's assistant students. Her research interest is in prevention and health behaviors in the area of smoking cessation.

- **Lois Howland**, DrPH, RN, assistant professor as of July 1, 2000. Dr. Howland received her DrPH from Harvard University and her master's and bachelor's degrees from the University of California. Her general research interests involve improving the health status and quality of life for vulnerable families and children;

currently this interest focuses on children in foster care. Dr. Howland previously investigated the effects of stress on quality of life and immune function in children with HIV infection.

- **Anne Kane**, PhD, RN, assistant professor as of Oct. 1, 2000. Dr. Kane received her PhD, master's and bachelor's degrees from Boston College. Her research focuses on the issues and problems in health policy development and the need for marginalized families to "add their voices to the debate."
- **Ellen Long-Middleton**, PhD, FNP, assistant professor as of Jan. 31. Dr. Middleton recently completed her PhD at Boston College; she received her master's degree from the University of Pennsylvania and her bachelor's degree from the University of Vermont. She has been associated with UMMS in her role as co-investigator of the Mass.

Workforce Development Project, an initiative of Commonwealth Medicine. Her research focuses on the prevention of HIV/AIDS in adolescent girls.

- **Sheila Noone**, PhD, RN, assistant professor as of Jan. 31. Dr. Noone holds a PhD from the Union Institute, received her master's in public health from Boston University and her bachelor's degree from Worcester State College. She is director of Clinical Trials in the UMMS Office of Research, investigating clinical research integrity, HIV/AIDS, STDs, medical sociology, and women and children's health issues. ●

Dean's message

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a collaborative health professions environment, preparing our graduates for the integrated health care delivery systems of the future.

The GSN has built on the successful accomplishments and leadership of our students, alumni, faculty and former deans. Accredited by the National League for Nursing, the GSN prepares the next generation of nurse leaders, advanced practice nurses, scientists and scholars at the masters, post-masters and doctoral levels.

UMass Worcester GSN graduates shape the health care systems of the future, making Massachusetts a better place to live. Our faculty continues to grow in stature by generating progressive, practice-based research and testing

new and innovative models of practice as the scholarly keystones of graduate nursing education. This is most evident in our cutting-edge curricula; the increase in grant submissions, publications and extramural funding; and most importantly, the employment flexibility of our graduates in advanced nursing leadership and practice positions throughout the state and nation.

To serve the nurses in Massachusetts, our programs use distance learning modalities, such as Web-enhanced courses and videoconferencing to increase access and opportunity for prospective and current graduate students. Our innovative collaborative doctoral program combines the best of the UMass Amherst (comprehensive) and Worcester (health science) campus-

es with program and faculty resources shared across the two nursing schools.

As the new dean of the GSN, I continue to marvel at the endless opportunities and challenges experienced by our profession. Graduate nursing education provides the basis for improving nursing and health care for the benefit of patients, families and communities. With the focused mission of the GSN, we too stand at the threshold of opportunity. Whether a student, alum, faculty, colleague or friend, your partnership with the GSN will help us meet the health care challenges of the 21st century. Together, we can lead the GSN and our profession toward excellence in research, practice, service and education in the commonwealth and beyond. ●

Save the Date

March

14 Board Meeting
Sigma Theta Tau/Iota Phi

April

20 Sigma Theta Tau Induction Meeting, Worcester State College

30 Nursing Excellence Conference, UMass GSN

May

22 Annual Meeting
Sigma Theta Tau/Iota Phi
Alumni Breakfast, UMass GSN

June

13 Board Meeting
Sigma Theta Tau/Iota Phi

focus Graduate School of Nursing

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Support the GSN's first endowed chair

Diana Bergin and Jill Terrien, co-chairs of the Graduate School of Nursing Alumni Association, asked me to write you about the Lillian Goodman Endowed Chair, announced at the time of my retirement in November 1999. The response thus far as been gratifying, and we are optimistic that we will reach our goal of \$1 million by December 31.

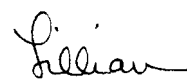
This new millennium holds unprecedented promise for the growth and development of nurses prepared for roles in advanced practice, education and research. But such milestones are not achieved without continued effort and support. I have made the personal decision to commit energy, time and funding to make the first endowed chair in the history of graduate nursing at the University of Massachusetts a reality not because it will bear my name, but because an endowed faculty position is a mark of national distinction that will enhance the growing reputation of the GSN. This distinction will in turn enhance the GSN's

ability to recruit outstanding faculty and students.

The success of this campaign is greatly dependent on the generosity of our graduates and friends. I ask you to consider making a philanthropic tax-deductible investment in the Graduate School of Nursing. If you would like to discuss this effort, call me at (508) 856-2085; or Karen Shea at

the UMass Memorial Foundation Development Office at (508) 856-5520.

Your support for the Graduate School of Nursing is an investment in the future of nursing. Please consider joining us in this effort. I thank you in advance. ●



Lillian Goodman, EdD, Dean Emerita

Join in the celebration of the GSN's 15th year and its advancement into the new century by making a contribution toward the establishment of The Lillian Goodman Endowed Chair. Mark your place in history with a contribution in any amount to support the graduate school. Make a donation in memory of a loved one, classmate or a class year.

Please make check payable to *The Lillian Goodman Endowed Chair* and mail to:

Karen E. Shea, Office of Development
UMass Memorial Foundation
Four Biotech, Suite 315
377 Plantation St.,
Worcester, MA 01605

Name: _____

Address: _____

Donation: _____

In memory of: _____