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News of the UMass Worcester Graduate School of Nursing

Message from the Dean

Quality patient care is the most critical issue facing nursing and health care professionals today, and for some time to come. The level of quality has been directly linked to the nursing shortage, further exacerbated by concerns such as staffing and work conditions, and a decreased number of nursing faculty available to educate and train new nursing students. This situation has created a national crisis that calls for fundamental changes in how nurses care for patients in both the hospital and community-based setting. Change is not a new concept for nursing; however, the rapid pace of change in today's health care environment requires dynamic leadership and innovative solutions. These solutions must reach far beyond our local borders and span across our nation and the world.

In his book, *Leading Change*, John Kotter predicts that the "rate of change isn't going to slow down anytime soon" (p. 161). Nursing can attest to this prediction; the rate of change in contemporary nursing education, practice and research has accelerated dramatically in the past decade, challenging existing leadership paradigms. In order to "lead such change" in the future, the University of Massachusetts Worcester Graduate School of Nursing (GSN) builds its programs in education, service and research on a set of core values that move us beyond the status quo. As we approach our school's 20th anniversary, history tells us that change continues to be inevitable, but leadership and lifelong learning remains critical for nurses

to provide the best patient care possible.

The GSN believes that the key to creating a truly great school is an intense focus on the values that give faculty, students and alumni direction as they approach change. These include academic opportunity, collaboration, dignity and respect, integrity, quality, scientific advancement and service. It's been almost five years since I arrived at the GSN to serve as Dean and I continue to find that our core values set this school apart and serve as a keystone for leading change to create outstanding nursing practice, research and education among our faculty, students and alumni. Let me share a few of the examples of how the GSN is leading change for the future:

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alumni message



Most of us experience a degree of anxiety when we ask for help. There is always the possibility that the request will be ignored or turned down. Regardless of this worry, we reach out to you because the ultimate gain is worth this effort.

We needn't have been concerned — once again we called and you responded! Not one person turned us away when we asked for your help in assembling a steering committee to help plan the GSN's Gala Celebration for its 20th anniversary. Both the excitement and acceptances grew with each phone call.

It is through the goodwill of the Alumni Association that we promote the important work and accomplishments of the GSN. We are proud of you — our alumni and ambassadors to the community. Your energy and enthusiasm for your work, teaching, precepting, mentoring and support of the GSN are only matched by the vitality of the Graduate School of Nursing Organization that is grooming the next generation of alumni.

Many of you have stepped forward over the years to quietly volunteer service without fanfare or award, and we deeply appreciate this consistent commitment to make this organization work.

Margaret Thatcher captured the essence of volunteered service well when she said, "Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's one when you've had everything to do and you've done it!"

We thank you.



alumni feature

By Jill Terrien

Richard Boyajian, MS, APRN-BC
Class of 2001

Adult Ambulatory Community Nurse Practitioner
Cancer Prevention and Control Subspecialty



Recently, the GSN received news of Rich Boyajian's new appointment at the Dana-Farber Cancer Institute in its Lance Armstrong Adult Survivorship Clinic. Hearing that his peers and faculty would like to know the inside story, Rich enthusiastically agreed to an interview.

Rich began his nursing career in 1992 after he graduated from Fitchburg State College. His interest in cancer as a nursing specialty didn't develop, however, until he himself was diagnosed with chronic myelogenous leukemia in August 1996. After undergoing treatment and a bone marrow transplant at Dana-Farber, Rich knew that this was the specialty he wanted to pursue. Following his recovery, he applied to UMass Worcester because of its distinction as the only school in the Commonwealth offering a subspecialty in cancer prevention and control. His two-hour commute each way to attend classes began.

In his new appointment at Dana-

Farber, Rich will utilize the knowledge gained from his coursework to design interventions, measure outcomes and participate as an essential member of his research team. As a cancer survivor, Rich also has what he calls an "insider's view" as he cares for his patients. Rich's new role is unique, exciting and, as he puts it, "filled with the evidence-based practice" emphasized in the UMass Worcester program.

Rich feels his education at UMass Worcester helped him to develop a systematic approach to the care of patients and the use and application of case study methodology.

When asked about the care he provides when assessing his patients, Rich said, "The holistic approach is emphasized with each visit; patients aren't treated like they have just a cancer diagnosis."

Rich sees his new position as one of tremendous opportunity and feels his education got him where he is today — both personally and professionally.

New GEP program feted at ribbon-cutting ceremony

Guests of the Graduate School of Nursing (GSN) gathered at a ribbon-cutting and recognition ceremony this past December to formally toast the success of the new Graduate Entry Pathway (GEP) program and tour its Shrewsbury campus.

The only state-run program of its kind in Massachusetts, the GEP is an accelerated course of study for recent college graduates and working adults

Commonwealth Medicine Thomas Manning, a key contributor to the program. “I firmly believe that, within the next three years, this will be one

“This partnership is one of a kind in the country and Dean Harper should be applauded for its success.”



With Doreen Harper, PhD, looking on, (from left to right) Chancellor of the Board of Higher Education Judith Gill, Patricia O’Day, Thomas Manning and Aaron Lazare, MD, cut the ribbon to officially “open” the GEP program at the South Street site.

with bachelor’s degrees in areas other than nursing. The students devote their first year to becoming licensed registered nurses and then two additional years to earning a master’s in nursing that will further prepare them to become nurse practitioners, health care executives and nurse educators.

“This partnership is one of a kind in the country and Dean Harper should be applauded for its success,” remarked Deputy Chancellor for

of the most outstanding programs in the nation.”

Acknowledging the support received from Manning and UMMS Chancellor and Dean Aaron Lazare, GSN Dean Doreen C. Harper, PhD, stated that the GSN was able to enroll the GEP’s inaugural class of 45, hire 12 new faculty members and build out the space at the South Street facility – all within about five months time. She also thanked UMass Memorial Health

Care for its vital in-kind and programmatic support, provided in the form of faculty preceptors, donated hospital beds and sites for the students to conduct their clinical rotations.

“Clara Barton said, ‘Think only of the need and the impossible can

be accomplished,’” Dean Harper remarked as she thanked Chancellor Lazare, Deputy Chancellor Manning, Commonwealth Medicine’s Patricia O’Day and UMass Memorial’s Paulette Seymour Route for “making ‘the impossible’ a reality.” ■

grant profile

Susan Sullivan-Bolyai, DNSc, RN, CNS

My scientific interest sprang from my passion for working with families who have young children with chronic conditions. When I returned to school to pursue my doctoral degree at Yale University School of Nursing, my mentor, Dr. Margaret Grey – a research expert in type 1 diabetes in children and adolescents – advised me to focus on

parents of toddlers and preschool children with this disease. I began to think about what a typical day would be like for such parents, who are often unable to determine directly from their child if they are experiencing hypoglycemia or hyperglycemia, and my interest was piqued.

For my dissertation, I pursued a mixed-methods study on mothers’ experiences with young children who have type 1 diabetes, funded through a postdoctoral fellowship by the National Institutes of Health’s National Institute of Nursing Research (NIH-NINR, F31). While interviewing these mothers and noting their worry and concern, I considered how it might be beneficial to give parents of children newly diagnosed with chronic conditions the contact information for other parents going through the same experience. I asked all the mothers I interviewed if this information would have been helpful and they unanimously said yes.

Social support provided by individuals in similar situations is very powerful, but has not often been provided or studied in a formalized way. This led to the creation of HOMEWARD (Helping Other Mothers Effectively Work At Raising their young children with Diabetes)

“At the end of the six-month trial, mothers in the intervention group were more confident, had fewer concerns, identified more support and felt the illness had less of a negative impact on their family...”



Intervention, a feasibility randomized controlled trial (RCT) funded by NIH-NINR, again through a postdoctoral fellowship (F32). This study provided parents of such children with a mentor who made home visits and phone calls that were focused on social support. The pilot data provided the evidence needed to advocate for such programs; at the end of the six-month trial, mothers in the intervention group were more confident, had fewer concerns, identified more support and felt the illness had less of a negative impact on their family compared to those in the control group.

These results prompted the NIH-NINR to fund the next level of study: an RCT entitled STEP (Social Support To Empower Parents), which included fathers both as providers of social support and recipients of the intervention. This trial was run for one year, rather than six months. Future plans include culturally tailoring the intervention to Latino families with young children who have type 1 diabetes, and expanding to include parents raising young children with other diagnoses such as type 2 diabetes, gastroesophageal reflux (GERD) and epilepsy.

GSN co-sponsors successful nursing conference

By Elaine Barber Parker, PhD, RN, CNAA; Carol Bova, PhD, RN, ANP; and Doreen Harper, PhD, RN, FAAN

The faculty of the Graduate School of Nursing (GSN) co-sponsored the 16th Annual Scientific Session of the Eastern Nursing Research Society (ENRS), held last April in Quincy, Mass. The highly acclaimed meeting, planned in conjunction with the schools of nursing from the five University of Massachusetts campuses, attracted more than 400 nurse researchers, faculty and graduate students from top-ranked hospitals and academic health centers throughout the Northeast. Distinguished nurse leaders from the National Institute of Nursing Research, the Agency for Healthcare Research and Quality and the Health Research Services Administration also shared their perspectives on national nursing research.

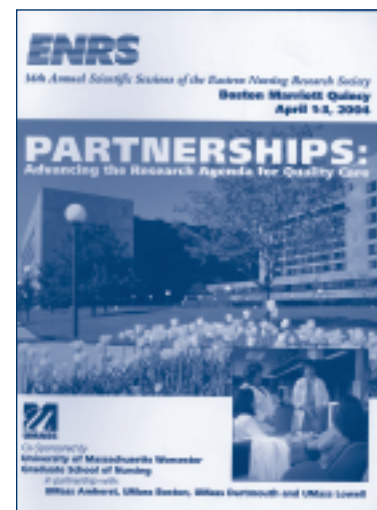
Titled *Partnerships: Advancing the Research Agenda for Quality Care*, the conference emphasized the importance of interdisciplinary and nursing viewpoints that contribute to the improvement of quality patient care in state, regional and national health care systems. Following welcoming remarks from University of Massachusetts President Jack M. Wilson, PhD, GSN Dean Doreen C. Harper, PhD, RN, FAAN, and State Senator Richard T. Moore (D-Worcester), the conference began with a variety of research-focused workshops. Mary Wakefield, PhD, RN, director of the Center for Rural Health at

the University of North Dakota, then presented a keynote address discussing contemporary trends, outcomes and policy implications for research partnerships.

In addition to disseminating and critiquing the findings of relevant nursing research, participants enjoyed the opportunity to propose solutions to the problems facing the nursing workforce and the health care industry. Papers were presented on topics such as methodological issues, care of vulnerable populations, professional practice, acute care nursing practice and nursing informatics; GSN representatives who presented

papers or posters included students Nancy Allen and Lea Ayers and then-student Maureen Wassef (now assistant professor) and faculty members Jean Boucher, PhD, RN, BC, ACNP, ANP, OCN; Lois C. Howland, DrPH, MS, RN; Kathleen Miller, EdD, RN, BC, ANP, ACNP; Katharine O'Dell, MSN; Susan Sullivan-Bolyai, DNSc, RN, CNS; Jill M. Terrien, RN, BC, ANP, ACNP; and Rosemary Theroux, PhD, RN, WHCNP, BC.

Awards were also presented to two retiring nurse leaders who have made significant contributions to the scholarly development of nursing: Hesook Suzie Kim, PhD, RN, of the University of Rhode Island and Madeline Schmitt, PhD, RN, FAAN, FNAP, of the University of Rochester. Additional awards included the *Distinguished Contributions to Nursing Research Award* to Suzanne Bakken, RN, DNSc, FAAN, from Columbia University School of Nursing; and the *John A. Hartford Senior Investigator Award*, presented to Nancy Watson, PhD, RN, of the University of



Rochester and Meredith Wallace, PhD, RN, from Fairfield University.

Networking with colleagues and nationally known nurse researchers and leaders set the stage for an event that was hailed by participants as a "resounding success." The 2005 ENRS conference, scheduled for April, will be hosted by Columbia University School of Nursing at the Roosevelt Hotel in New York City. ■

Message from the Dean

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■ *The Graduate Entry Pathway*, an accelerated program for individuals with bachelor's degrees, accepted its inaugural class of 45 students, hired 12 new faculty and outfitted the offices, classrooms and clinical space at the new South Street campus in

University of Massachusetts nursing schools, UMass Worcester GSN faculty hosted the 2004 Eastern Nursing Research Society's 16th Annual Scientific Sessions. See story above. The theme of the conference emphasized the importance of partnerships that contribute to improving the quality of

These accomplishments illustrate the positive energy and productivity of the members of the GSN nursing community.

Shrewsbury. See story on page 2. This three-year program leads to a master's degree and prepares talented adults for careers as professional and advanced practice nurses and faculty.

■ Drs. Susan Sullivan-Bolyai and James Fain each received R-15 awards from the National Institute of Nursing Research for their investigations in the area of diabetes. Dr. Sullivan-Bolyai is studying social support interventions to empower parents and children with type 1 diabetes. See story on page 2. Dr. Fain is testing the development of the Diabetes Self Management Measure among Hispanics. Both of these studies are contributing to community-based efforts to improve diabetes care for high-risk and vulnerable populations.

■ In partnership with the Eastern Nursing Research Society and the

health care. Held in Quincy, the conference was attended by more than 400 nurse scientists, faculty, leaders and doctoral students throughout the eastern United States.

These accomplishments illustrate the positive energy and productivity of the members of the GSN nursing community. I invite you to share in these accomplishments as we celebrate the 20th anniversary of the Graduate School of Nursing and commemorate the alumni, students and faculty who have advanced nursing practice, research and education in the Commonwealth and who, using their expert knowledge, skills and competencies, will continue to lead nursing to achieve the best results in patient care today and into the future. ■

GSN launches new Web site

By Lindsey Hall

www.umassmed.edu/gsn



The GSN's Web site was recently redesigned to give it a fresh look and promote ease of use. The site offers visitors access to on-line request and information session registration forms and downloadable applications, and also includes a GSN news and events page and individual faculty pages that have proven to be valuable resources for those considering the GSN.

The new Web site has received an outstanding response. Since it was launched in October 2004, over 450 "hits" have been logged from potential applicants wishing to contact the GSN for more information.

If you haven't done so already, visit the GSN's new Web site at

www.umassmed.edu/gsn.

New Faculty

■ **Cathi Bartolini**, MS, instructor, received her bachelor's degree in psychology from Worcester State College, an associate's degree in nursing from Quinsigamond Community College and her master's in nursing from UMass Worcester. Her areas of specialty include acute care and cardiovascular nursing.

■ **Anne Bateman**, EdD, assistant professor, received her bachelor's degree in psychology from Worcester State

and her master's in nursing from UMass Worcester. Her area of specialty is cardiovascular nursing.

■ **Kilbyanne Garabedian**, JD, instructor, received her bachelor's degree in liberal studies from Assumption College and a law degree from Suffolk University. Her area of specialty is health care law.

■ **Barbara Henrichon**, MS, instructor, received her bachelor's degree in

and her master's in nursing from UMass Worcester. Her areas of specialty include adult acute care and cardiovascular nursing.

■ **Diane Hurley**, MS, instructor, received her bachelor's degree in nursing from Boston College, her master's in health management from Lesley University and her master's in nursing from Regis College. Her areas of specialty include family practice nursing and health care administration.

■ **Omanand Koul**, PhD, research associate professor in the GSN and the Department of Molecular Genetics & Microbiology, received his bachelor's in chemistry and biology from Jammu and Kashmir University and his master's and doctoral degrees in zoology from Banaras Hindu University. His areas of specialty include biomedical science and pathophysiology.

■ **Deborah Navedo**, MS, instructor, received her bachelor's degree in psychology from Miami University and her bachelor's and master's degrees in nursing from Columbia University. Her areas of specialty include pharmacology and pediatrics.

■ **Lisa Ogawa**, MS, instructor, received her bachelor's degree in nursing from the University of Texas

and her master's in nursing from UMass Worcester. Her area of specialty is medical-surgical nursing.

■ **Mary Perras**, MS, instructor, received her bachelor's degree in nursing from Worcester State College and both her master's degree and post-master's certificate in nursing from UMass Worcester. Her area of specialty is interventional cardiology.

■ **Nancy Stone**, MS, instructor, received her bachelor's degree in nursing from Anna Maria College and her master's degree in nursing from UMass Worcester. Her areas of specialty include acute care and cardiovascular nursing.

■ **Maureen Wassef**, PhD, assistant professor, received her bachelor's degree from the University of Connecticut, her master's degree from Southern Connecticut State University and her PhD in nursing from UMass Worcester. Her areas of specialty include cardiovascular and medical-surgical nursing.

■ **Ana Wolanin**, MS, instructor, received her bachelor's degree in nursing from UMass Amherst and her master's degree in nursing from UMass Worcester. Her area of specialty is psychiatric nursing. ■

Welcome to the following new full and part-time faculty who have recently joined the GSN:

College and both her master's in nursing and her doctoral degree in education from UMass Amherst. Her areas of specialty include psychiatric and community health nursing.

■ **Melinda Darrigo**, MS, instructor, received her bachelor's degree in nursing from Salem State College and her master's in nursing from UMass Worcester. Her areas of specialty include acute care and cardiovascular nursing.

■ **Coleen Fritsche**, MS, instructor, received her bachelor's degree in nursing from Atlantic Union College

nursing from UMass Amherst and her master's in nursing from St. John Fischer College. Her areas of specialty include medical-surgical, emergency room and pediatric nursing.

■ **Catherine Hill**, MS, instructor, received her bachelor's degree in nursing from Anna Maria College and her master's in nursing from the University of Phoenix. Her areas of specialty include medical-surgical and obstetrical nursing.

■ **Elizabeth Houk**, MS, instructor, received her bachelor's degree in biology from UMass Lowell, her bachelor's in nursing from UMass Amherst

save the date	
For information on Save the Date, contact Elizabeth Flodin of the GSN at 508-856-5801.	
March '05	7 Nursing Schools Expo 4 – 8 p.m., Arthur and Martha Pappas Amphitheatre
	15 PhD application deadline for Fall 2005
	23 Open House and Information Session 5 – 8 p.m., Arthur and Martha Pappas Amphitheatre
April '05	5 Educational Recognition Awards 1 – 3 p.m., Arthur and Martha Pappas Amphitheatre
	7 ENRS Conference, New York City
	12 Doctoral Round Table Meeting 5 – 6:30 p.m., Chancellor's Board Room
	26 Excellence in Nursing Conference 2005 Arthur and Martha Pappas Amphitheatre
May '05	6 – 12 National Nurses Week — celebrate!
June '05	3 Annual Alumni Breakfast
	5 Commencement, Mechanics Hall, Worcester



Meet the GSN Staff
Office support for the GSN, from left to right, include, front row: Cheryl Rupolo, Joanne Klova, Vi Nguyen, and Elizabeth Flodin; middle row: Susan Young, Carol Skidmore, Ann Lobdell, and Diane Brescia; and back row: Lindsey Hall and Diane Quinn

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