On behalf of the Graduate School of Nursing I would like to wish all of our faculty, students and alumni who are nurse practitioners a very Happy NP Week.

The Theme for Nurse Practitioner week is *NPs Moving Forward: Today, Tomorrow, Together*. We join a grateful nation in recognizing NPs for their leadership, putting the health of patients ahead of their own, and we honor those who lost their lives in service to patients. The exceptional care that you provide needs to be celebrated.

Moreover, during this week we also must remind our lawmakers to remove outdated barriers to your practice. Congratulations and enjoy your week! Please stay safe!

**Joan Vitello**

Dean, Graduate School of Nursing

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**Appreciative Reflection of the Day**

“The path forward may sometimes be unclear. It may be messy but the shared heart is calling and we have the opportunity to make lasting shifts toward love and justice in our world”

**Kristi Nelson**
During NP week we celebrated our faculty, students and alumni. This is just a few stories we featured, visit our website here for more.

Adam Baskin, NP at Baystate Mason Square Community Health Center and 2020 graduate of the Graduate School of Nursing DNP Program. He writes about Managing needs of Seniors in a Pandemic.

Graduate School of Nursing Faculty NP’s

- Karen Dick, PhD, GNP-BC, FAANP: Hebrew Senior Life
- Ken Peterson, PhD, PNP-BC: Family Health Center, Worcester
- Jean Boucher, PhD, RN, ANP-BC, AOCNP: VNA Care Network
- Jill Terrien, PhD, ANP-BC; Sue Feeley, DNP, FNP-BC, NP-C; Rachel Richards, DNP, ANP-BC: Worcester State University Student Health Services
- Alex Menard, DNP, AGACNP-BC; Jes Pagano-Therrien, PhD, RN, CPNP; Nancy Morris, PhD, ANP; Mary Fischer, PhD, MSN, WHNP-BC: UMMHC
- Shari Harding, DNP, PMHNP-BC, CARN-AP, CPRP: Reliant Medical Group
- Mechelle Plasse, PhD, APRN: Moon Spot Wellness Center, PC
- Stephanie Rondeau, ACNP, CCRN
- Ideal Health Care: Pat White
- Carol Jaffarian, MS, RN, ANP-BC
- Mary Sullivan, DNP, ANP-BC, ACNP-BC
- Rosemary Taylor, PhD, RN, CNL
- Donna Perry, PhD, RN

Managing needs of Seniors in a Pandemic

By Laurence Lavigne

Over the past eight months, the COVID-19 pandemic has altered all facets of life, resulting in disruptions to "normal" functioning. As healthcare providers, we have adjusted to meet the needs of our patient populations, especially our senior citizens. According to Adam Baskin, a Nurse Practitioner at Baystate Mason Square Community Health Center, many of his senior patients are at increased risk of complications from COVID-19. The need for telehealth visits has grown, but providers are limited in how they can review in a virtual setting. While opportunities exist to improve the comprehensive use of telehealth visits can be - by providing telehealth medical equipment to see patients at home or through other methods - some conditions require a level of emergency that can't be addressed in this manner. As a result, newer patterns with chronic health conditions may find themselves going to the clinic more frequently than they are comfortable. In this case, providers offer support and guidance around the importance of coming in for a face-to-face exam, provide health care around medication regimens, COVID-19, and address acute and chronic behavioral health concerns. Baskin reports that many seniors are experiencing an increase in anxiety-related symptoms, perhaps due to a lack of support. They are finding the new realities of living at home, managing social distancing, working from home, and the need for virtual interactions with health care providers and loved ones, can exacerbate the increase in risk of complications from COVID-19. The pandemic has also had a profound impact on the mental health of seniors, with a greater need for support and resources. As a result, providers are working to connect patients to mental health resources, including providing access to behavioral health care providers and support groups. The mental health impact of the pandemic has been significant, with many seniors experiencing feelings of isolation and fear.

A few Alumni NP’s

Jessica Deglialberti
Abigail Mathews & GSN Grad
Amaryllis Teixeira
Brianna Leonard

Kennedy Community Health Center

Meghan Lavin & Jenna Lizewksi
Pre-surgical evaluation at UMMHC
Faculty Spotlight

Rosemary Theroux, Mary Fischer and Cathy Violette are Women’s Health NPs (WHNPs) see above for a good description of WHNPs (courtesy of NPWH). GSN has a Women’s Health concentration as well as a Women’s Health Elective taught by Rose Theroux & Cathy Violette. Fun fact: Rosemary, Mary and Cathy are GSN Alumni and Rose was the advisor for both Cathy and Rosemary.

Student Spotlight

A manuscript, An Exploratory Study of Bullying Directed Toward Clinical Nursing Faculty: Prevalence and Impact by GEP faculty member Rosemary Taylor, PhD, RN and UMass Lowell colleagues Mazen El Ghaziri, Ph.D., MPH, RN and Shellie Simons, Ph.D., RN was accepted for publication in the journal Nurse Educator. It will be available pre-publication and is slated for publication in the fall of 2021.

We are so proud of Melissa Condren, MSN, RN, CPNP of what she has accomplished and her passion in advancing her role as a leader in advanced practice nursing. She is Graduate School of Nursing DNP student and the recipient of the 2020 M. Louise Fitzpatrick Nursing Scholarship Award. Melissa is currenting working as a Pediatric Nurse Practitioner at Connecticut Children’s Medical Center in Hartford, CT. Learn more about Melissa here: https://www.n-e-f.org/scholars/2020-2021-winners/melissa-condren.html

Emily Davenport didn’t have a nursing background before she started the Graduate School of Nursing’s Graduate Entry Pathway to Doctor of Nursing Practice program. After earning her RN, she began working with #COVID19 patients: https://bit.ly/32tdNGr #StudentSpotlight
Announcements

**DIVERSITY IN ACTION**

The Office of Diversity sponsored a few all campus virtual events in the month of October. To view the recordings and download the slides from each event go to the diversity website [here](#).

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**Modifications to UMMS travel policy – effective October 5, 2020**

**Travel Policies:**

For updated information about travel policies, please refer to [UMMS travel policy updates](#) and the [Student Life COVID-19 sharepoint travel info page](#) for complete details, including an FAQ on travel.

- **Clinical SOM (MS3 and MS4) and GSN students**
  - Students who are in their clinical years of training/returning to clinical sites are considered healthcare workers and do not need to quarantine after return from travel to a 'higher risk' state.
  - However, clinical students must provide SHS with a COVID PCR test within 72 hours of arrival from any location other than a lower risk state, and must quarantine until the results are available.
  - The negative test must be provided to SHS in order to be cleared to return to the clinical work site.

- **Nonclinical SOM, GSN and GSBS students** – you must either quarantine for 14 days or utilize the test out option (7 day quarantine followed by SARS-CoV-2 testing and quarantine until resulted)

- **All students must register travel using the student travel form** regardless of clinical/non-clinical status, school, or destination. The link to the form is on the sharepoint site noted above.

**What to do if you are sick:**

- **Stay home if you are sick! Do not come to work/school.**
  - Check out the [sharepoint site](#) for guidelines on what to do when sick, if you think you may have symptoms consistent with COVID-19.
  - Contact Student Health Services/Family Medicine clinical line: 508-334-2818 for guidance on whether/when you can return to work/school.

**What to do if you are exposed to someone with COVID-19, either at UMMS or in the community:**

- Check out the [sharepoint site](#) for guidelines on what to do if you are exposed to someone with COVID-19.
- For community exposures, contact Student Health Services/Family Medicine clinical line: 508-334-2818 for guidance on next steps
- For clinical exposures (SOM and GSN) at UMMHC, Employee Health Services (EHS) will contact students, or students may call EHS at 508-793-6400.
- For clinical exposures (SOM and GSN) at affiliate sites, please call the SHS/Family Medicine clinical line.
- Clinical students must also contact their supervisor if the contact occurred in the clinical setting, so that clinical contact tracing can occur at the affiliate site.
Project Civility launches series of student workshops on diversity, leadership

Project Civility, a new series of programs that takes a deep dive into diversity and inclusion issues not covered across UMass Medical School’s curricula, kicked off this month with an online conversation about understanding privilege. It was the first of six sessions planned throughout the academic year.

“We had rave reviews. We never really offered anything like ‘the identity molecule’ in orientation before,” said Max Quinn, MEd, assistant dean of student affairs and enrollment management for the Graduate School of Nursing.

Quinn said he and student affairs colleagues across UMMS said, “Let’s put our brains together and provide an unprecedented programming slate for our students, issues that we feel speak to the time we’re experiencing but also are much needed as we grow as individuals and learners.”

Read more [here](#).
Mick Huppert Community Health Scholar Awards

This is the third year that the annual Mick Huppert Community Health Scholar awards will be given to second year medical and/or graduate school of nursing students interested in family medicine who have demonstrated a commitment to community engaged service and scholarship. Between two and four awards, each up to $2,500 will support awardees’ proposed community health initiatives. Medical and nursing student pairs will be considered and are encouraged. A pair would split one award.

A formal commitment between the applicant(s) and a Department of Family Medicine and Community Health or Graduate School of Nursing faculty member to mentor and provide guidance for the work is required.

Applications should be submitted to Suzanne Cashman at Suzanne.cashman@umassmed.edu. Completed applications are due January 18th. Awardees will be announced within 45 days following this deadline. Funding will be provided by the Department of Family Medicine and Community Health and the Graduate School of Nursing.

For more information about this and other scholarship opportunities visit our website here.
Recipe of the Month

Submission by Diane Brescia, Admissions Manager

Sweet Potato Cranberry

Ingredients:
- 6 medium sized sweet potatoes
- 1 1/2 cups organic cranberries
- 1 cup pure maple syrup
- 3 tablespoons butter
- 1/2 tsp cinnamon (optional)

Method:
1. Bring a large pot of water to a boil. Add the sweet potatoes, reduce the heat to low, and simmer covered for 25-30 minutes or until the sweet potatoes are fork-tender. Remove the sweet potatoes from the water, set aside, and allow to cool.
2. While the sweet potatoes are boiling, add the maple syrup to a saucepan. Bring to a boil, lower the heat and simmer for 10-15 minutes
3. Add the butter, cranberries, optional cinnamon, 1/2 tsp salt and cook just until you hear the cranberries start to "pop."
4. Once the sweet potatoes have cooled, slice about 1/2" thick and layer in a baking dish. Spoon the maple cranberry syrup over the sweet potatoes and bake at 375F for 25 minutes.
5. To really jazz these up, you can even add walnuts!

Be part of the next newsletter

Tell us something good and exciting!
Enter your newsletter submissions & be featured in our 1st edition!

We will release the monthly GSN newsletter on the 2nd week of every month.
You can be featured in our student/faculty/staff spotlight section, or recommend a peer :)

For the November newsletter have your submissions in by October 30th.
Send in your submissions today and don’t forget to bookmark the submission form!