Farm Theater
Nurse Researcher Sparks
Conversations About Occupational Safety and Health
Welcome to our third edition of Engagement! The College of Nursing is proud to kick off a brand new year with a fresh start and balanced minds, bodies and spirits—all thanks to our diverse and inclusive community that prioritizes mental health and wellbeing, as you will read about in this issue.

The College of Nursing has continually strived to create a safe and inclusive space that prepares students to work in what can be challenging environments.

In A Roadmap to Decreasing Clinician Burnout published in Hospitals and Health Networks on May 15, 2017, authors Paulus and Strand reported that more than 50 percent of nurses are emotionally exhausted and 25 percent are clinically depressed.

Our undergraduate nursing students took matters into their own hands by creating Student Mentors Advocating for Student Health (SMASH) as a project in psych-mental health nursing. The student group works with faculty to dissolve the stigma surrounding mental health and encourage nursing students to seek peer-to-peer and professional help when feeling overwhelmed.

We can look to these students and faculty members as an example for finding creative ways to support each other and overcome the challenges that health professionals often face.

In addition to honoring these students, we will reflect on the beginning of the 2014 academic year when the College hired four new and distinguished full-time faculty members. We’ll revisit a signature alumni moment, celebrating our roaring class of 1966—fondly referred to as our “Golden Wildcats”—who made history as pioneers and trailblazers and saved countless lives in a time when a woman with a degree was rare.

Finally, we will see the creative ways in which our faculty members are engaging with communities across the Commonwealth, as Deborah Reed, PhD, MSPH, RN, FAAOHN, FAAN, and her team organize and host Farm Theater Dinners across Kentucky and Tennessee that communicate with farmers the importance of occupational health and safety through dinners and performances.

We encourage you to engage with us! Let me hear how you think we are doing at making a difference in the lives of our students, our College, our community and beyond.

Health and Happiness Always,

Janie Heath, PhD, APRN-BC, FAAN
Dean and Warwick Professor of Nursing
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**Recipient List**

**2016-2017 College of Nursing Student Awards**

- Carolyn A. Williams Award
  - Adebola Adegboyega
- College of Nursing Alumni Association Nightingale Award Fall 2016
  - Brianna D'Alessandri
- Baptist Health Lexington Nursing Leadership Award Fall 2016
  - Brianna D'Alessandri
- UK HealthCare® Commitment to Excellence in Nursing Award Spring 2017
  - Morgan Brown
- College of Nursing Faculty Award Spring 2017
  - Chase Buck
- Taylor Ann Davis Award Spring 2017
  - Frankie Dawhare
- College of Nursing Alumni Association Nightingale Award Spring 2017
  - Christine Doukas
- College of Nursing Faculty Award Fall 2016
  - Stephanie Fahs
- Baptist Health Lexington Nursing Leadership Award Spring 2017
  - Ryan Hopson
- Sebastian-Stanhope Award
  - Sooksai Kaewbua
- PhD Alumni Award
  - Stephanie Kehler
- Paula Fritz, RN, Patient Education Award
  - Samantha Mancuso
- Delta Psi Senior Nurse Award Fall 2016
  - Emily Sawyer
- Delta Psi Senior Nurse Award Spring 2017
  - Sophia Schnack
- Taylor Ann Davis Award Fall 2016
  - Brandy Smith
- DNP Alumni Award
  - Nicki Sullivan
- UK HealthCare Commitment to Nursing Excellence Award Fall 2016
  - Nora Wright

**2017 Other Student Awards**

- CCTS-CON Scholarship Showcase Poster Presentation Winners
  - Alysia Adams
  - Jessica Harman
  - Carson Swartz
- Delta Psi Chapter, Sigma Theta Tau Scholarship
  - Gabrielle Boehman
  - Taylor Lewis
  - Maggie Roberts
  - Emily Sawyer
  - Stacy Stanifer
  - Nicki Sullivan
- American Association of Occupational Health Nurses' 2017 Medique Products Award for Research
  - Michael Callihan
- Lyman T. Johnson Torch Bearer Award, University of Kentucky
  - Simone Curd
- CCTS-CON Scholarship Showcase Oral Presentation Winners
  - Paula Halcomb
  - JungHee Kang
  - Megan Stoeckinger
- JONAS Scholar Award
  - JungHee Kang
  - Stephanie Kehler
- Dorothy Luther Fellowship
  - JungHee Kang
  - Jennifer Smith
- 2016 Saha Award for Cardiovascular Research and Education
  - JungHee Kang
- Karen Hall Sexton Scholarship Award
  - Stephanie Kehler
  - Matthew Proud
- Occupational Health Nursing Fellow, University of Kentucky
  - Elizabeth Metz
- Robert Wood Johnson Foundation Future of Nursing Scholar
  - Martha Monroe
  - Jason Ramey
- Second-Place Undergraduate Student Award, 2017 Southern Nursing Research Society
  - Carson Swartz

**2017 College of Nursing Annual Award Recipients**

- Excellence in Undergraduate Unit/Agency Award
  - 2H South ICU at Baptist Health
- Diversity and Inclusion Champion Award
  - Leslie Beebe
- Excellence in Graduate Precepting Award
  - Stephanie Eggert, Cincinnati Children’s Hospital
- Excellence in Part-time Teaching Award
  - Hartley Feld
- Louise J. Zegeer Award for Undergraduate Teaching Excellence
  - Stephanie Fugate
- Employee of the Year Award
  - Kevin Garland
- Gloe L. Bertram award
  - Kevin Garland
- Excellence in Graduate Teaching Award
  - Debra Hampton
- Excellence in Clinical Practice Award
  - Lynn Kelso
- Excellence in Research/Scholarship Award
  - Gia Mudd-Martin
- Dean’s Faculty Puma Award
  - Zim Okoli
- Teaching Excellence in Support of Professional Nursing Award
  - Julie Ossege
- Excellence in Undergraduate Clinical Precepting Award
  - Amie Rainwater, Good Samaritan Hospital
- Dean’s Staff Puma Award
  - Heather Robertson
2016-2017 Other Faculty Awards

Named an American Nurses Foundation Scholar
Amanda Fallin-Bennett

Public Health Nursing Junior Investigator Award, American Public Health Association
Jean Edward

Paul Mason Memorial Award, Kentucky Public Health Association
Fran Feltner

Inducted as Fellows in the American Academy of Nursing
Frances Feltner
Nora Warshawsky

Inducted as a Fellow in the American Association of Nurse Practitioners
Janie Heath

Mildred E. Newton Distinguished Educator Award, Ohio State University College of Nursing
Susan Frazier

University of Kentucky Provost Award for Excellence in Teaching
Stephanie Fugate

UK HealthCare-College of Nursing Academic-Clinical Engagement Award
Stephanie Fugate

Society of Critical Care Medicine Distinguished Service Award
Lynn Kelso

2017-2018 Research Professor, University of Kentucky
Terry Lennie

Terry Jo Curtis Award, United States Lactation Consultant Association
Ana Maria Linares

Women’s History Award, University of Kentucky
Ana Maria Linares

Award for Excellence in Advancing the Academic Clinical Partnership, University of Kentucky and Norton Healthcare
Sheila Melander

American Heart Association
Kathleen A. Dracup Distinguished Lecture in Exemplary Career Award
Debra Moser

Inducted as a Distinguished Practitioner and Fellow of the National Academies of Practice
Julie Ossege

Melva Jo Hendrix Lectureship Award, International Society of Psychiatric-mental Health Nurses
Evelyn Parrish

Florence Nightingale Award, University of Louisville School of Nursing
Deborah Reed

2017 Inclusive Excellence Award
Transform Health Clinic

Inducted as a Fellow of the UK Center for Interprofessional Health Education
Lee Anne Walmsley

1 | Carson Swartz with her award-winning poster at the CCTS-CON Scholarship Showcase
2 | JungHee Kang giving her award-winning presentation at the CCTS-CON Scholarship Showcase
3 | Stephanie Fugate receiving the Outstanding Teacher Award
4 | Kevin Garland, winner of the 2017 Employee of the Year Award
5 | New Fellows & Associates of the Center for Interprofessional Health Education, including Hartley Feld, Jennifer Cowley and Dr. Lee Anne Walmsley
Faculty Appointments

Kristin Ashford, PhD, WHNP-BC, FAAN, has been appointed to associate dean for undergraduate faculty affairs. Dr. Ashford also serves as an associate professor and director of the Perinatal Research and Wellness Center. She is the director of the Scholars in Nursing Pathway and the principal investigator on a National Institute of Drugs and Alcohol (NIDA) Impact of Electronic Cigarettes on Perinatal Immune Response and Birth Outcomes study.

Erin Chiswell, DNP, APRN, FNP-BC, has been appointed to lecturer, lecturer title series. Dr. Chiswell teaches full-time in the lab skills portion of NUR 211: Fundamentals of Adult Nursing Care. She is a board-certified family nurse practitioner with more than 15 years of emergency and acute care nursing experience.

Amanda Fallin-Bennett, PhD, RN, has been appointed to assistant professor, regular title series. Dr. Fallin-Bennett is an active early-career tobacco control scientist with a focus on tobacco use and disparate populations. She teaches in the undergraduate research course and serves as co-coordinator for the undergraduate research internship program. Her additional research interests include LGBT health, mental illness and substance use disorders.

Angela Grubbs, DNP, APRN, FNP-C, has been appointed to clinical assistant professor, clinical title series. Dr. Grubbs will teach health promotion and disease prevention to undergraduate students. She currently serves as the MedVet-BSN project director and is an advanced practice nurse at the Phyllis D. Corbitt Community Health Center in Wilmore, Kentucky.

Stephanie Kehler, PhD, RN, has been appointed to lecturer, lecturer title series. In this role, Dr. Kehler will provide instructional support for students, as well as curriculum facilitation that includes developing, coordinating and teaching nursing content and interventions. She will also assist in the operations of the Clinical Simulation and Learning Center space and equipment.

Evelyn Parrish, PhD, APRN-BC, has been appointed to associate professor, special title series. For the past 19 years, Dr. Parrish has served as a psychiatric mental health nurse practitioner, specializing in mood disorders, anxiety and co-morbid psychiatric-medical conditions. She also serves as the medical director for and practices at Access Wellness Group in Lexington.

Faculty Transitions

Mollie Aleshire, DNP, MSN, FNP-BC, PPCNP-BC, has been promoted to associate professor, clinical title series. Dr. Aleshire’s nursing practice spans more than 18 years with experience in both critical care and ambulatory care settings, and she currently provides care to patients across the lifespan in a rural community health center. Additionally, she serves as a clinical preceptor for advanced practice nursing students.

Leslie Beebe, MSN, RN, has been promoted to senior lecturer, lecturer title series. Beebe has been in the field of psychiatric nursing for the past 31 years. In those years, she worked as a nurse care manager at several inpatient psychiatric units in Kentucky, Ohio and Tennessee. Beebe has been a psychiatric clinic instructor at the College since 2000 and recently began lecturing psychiatric mental health nursing to undergraduate students.

Martha Biddle, PhD, RN, APRN, CCNS, FAHA, has been promoted to associate professor, special title series. Dr. Biddle is a certified clinical nurse specialist with a clinical practice in the cardiology clinic at the University of Kentucky. She also serves as the coordinator for the Clinical Nurse Specialist Track in the Doctor of Nursing Practice Program, as well as the director of operations for the RICH Heart Program.
undergraduate nursing education in the Commonwealth. From leadership with interprofessional education, to doubling undergraduate enrollment, to our 100 percent NCLEX pass rates, Dr. Burkhart’s achievements to advance the nursing workforce in Kentucky and beyond will continue to have a lasting impact long after her retirement.

Karen Butler, DNP, RN, has been promoted to professor, special title series. Dr. Butler teaches in the DNP Program and also serves as the assistant dean of academic operations. Additionally, she is a faculty associate in the BREATHE Program and the Tobacco Research Policy Program. Her clinical and research interests include adult health promotion, specifically in regards to tobacco dependence prevention and treatment.

Lillian Jan Findlay, PhD, MSN, APRN, resigned from the College of Nursing. Dr. Findlay served as the coordinator of the Graduate Psychiatric-Mental Health Nursing Track in the DNP Program. She has 19 years of advanced practice psychiatric mental health nursing experience and 16 years of research experience. Her expertise includes qualitative research on decision-making and health behaviors among African American adults diagnosed with schizophrenia.

Pat Burk hart, PhD, RN, FAAN, retired from the College of Nursing. Working as a pediatric nurse for 45 years, Dr. Burk hart has championed a new era of undergraduate nursing education in the Commonwealth. From leadership with interprofessional education, to doubling undergraduate enrollment, to our 100 percent NCLEX pass rates, Dr. Burkhart’s achievements to advance the nursing workforce in Kentucky and beyond will continue to have a lasting impact long after her retirement.

Carrie Gordy, APRN, MSN, PNP-BC, retired from her role as assistant professor the College of Nursing. Gordy has laid the groundwork for pediatric nursing nationwide since she began her career as a nurse 45 years ago. She has trained pediatric students at the College of Nursing for 23 years and has practiced nursing in a variety of settings including the emergency department, adult and pediatric intensive care units and pediatric hematology/oncology. Gordy will continue to teach at the College as a part-time clinical instructor.

Victoria Hensley, PhD, CPNP, has been promoted to assistant professor, clinical title series. Dr. Hensley has more than 15 years of experience as a pediatric nurse and currently practices at Baby Health Service, Inc. Prior to this, she worked at the University of Kentucky Children’s Hospital and the Family Care Center.

Chizimuzo “Zim” Okoli, PhD, MPH, MSN, RN, has been promoted to associate professor, special title series. Dr. Okoli directs the Tobacco Treatment and Prevention Division of the Tobacco Policy Research Program in addition to directing the Tobacco Treatment Services and Evidence-Based Practice at Eastern State Hospital. His research interests include developing and evaluating tobacco treatment programs for marginalized populations, particularly individuals living with mental illnesses and substance use disorders.

Lee Anne Walmsley, PhD, MSN, RN, has been promoted to assistant professor, clinical title series. Dr. Walmsley currently serves as the coordinator of the Second Degree Option in the undergraduate program and enjoys working with nontraditional students, teaching fundamentals in the clinical setting. She is also an Academic-Clinical Partner for Scholarship with UK HealthCare®.

Ana Maria Linares, DNS, RN, IBCLC, has been promoted to assistant professor, regular title series. Dr. Linares joined the College in 2009, teaching obstetric nursing in the undergraduate program. Her research interests include breastfeeding practices, particularly among the Hispanic population in Lexington, as well as predictors of prenatal care initiation and violence against women in the prenatal period.
Letitia Ducas has been appointed to nurse researcher for Dr. Ashford’s perinatal research team. Ducas is a trained Diabetes Prevention Program lifestyle coach and a tobacco cessation specialist. She currently works at UK’s OB-GYN clinics developing and implementing research protocols.

Sally Evans has been appointed to marketing/promotion specialist senior. Evans has worked for the College since 2015. In her new role, she manages content on the College’s website, in its semiannual magazines and in other publications in addition to overseeing external communications.

Angela (Renee) Fox has been appointed to radon program coordinator for BREATHE’s Radon Policy Division, providing health communication and direction for all initiatives. Her expertise includes communications, marketing, wellness and health education.

Jennifer Miller, PhD, MSNEd, RN, has been appointed to post-doctoral scholar for the RICH Heart Program. Her research focus is the social determinants of health and disparities in outcomes related to cardiovascular disease in vulnerable populations. She is currently working on the development of an intervention to improve end of life care in implantable cardioverter defibrillator and ventricular assist device recipients. Dr. Miller also serves as the digital editor for the Journal of Cardiovascular Nursing.

Jennifer Sherwood is the College’s new academic advisor for pre-nursing students. Sherwood has worked in various settings both as a mental health professional and as a program coordinator. She has been with UK since 2004 and worked as a Targeted Assessment Program specialist for nearly 13 years. Prior to this, she worked with Asbury University students through an off-campus organization.

Derrick Meads resigned from the College of Nursing. Derrick began working at UK in 2006 and worked at the College of Nursing as the director of external relations and communications, where he developed a new website and spearheaded rebranding efforts through the design of advertisements, signage and recruitment materials.

Evelyn Geller passed away in January 2017. She came to Lexington in 1968 and served as a faculty member of the UK College of Nursing, where she taught for many years. Evelyn also served as president of the Kentucky Nurses Association. She volunteered for and held leadership roles in several organizations, such as the Jewish Federation of the Bluegrass, Mended Hearts and Camp Young Judaea Midwest. Her memory will be cherished by her family, friends, former students and colleagues.

Mary Beth Graves passed away in May 2017. Beth was a University of Kentucky alum and a member of Central Christian Church. She served the College of Nursing as support staff in the Student Service Office for many years. Beth will be remembered by many who worked with her and knew her as a very kind and thoughtful person who was proud of her children and grandchildren and had a positive spirit and approach to life.
THE IMPACT OF
Faculty Practice
On Our Community and Our Students

Why Faculty Practice?

The College of Nursing is proud to have faculty members not only in the classroom and laboratory settings, but also in communities across the Commonwealth fulfilling the College’s mission to promote health and wellbeing through excellence in nursing education, research, practice and service while fostering diversity and inclusion. By practicing in these communities, our faculty also act as preceptors, giving our students hands-on opportunities to learn how nurse leaders work in different environments and engage with patients of unique backgrounds.

6,172
UK HealthCare® patients received care from UK College of Nursing providers over the past academic year

Faculty who are practicing at UKHC:

- Martha Biddle, Judith Daniels, Audrey Darville, Stephanie Fugate, Angela Hensley, Dianna Inman, Lynne Jensen, Lynn Kelso, Joanne Matthews, Leslie Scott, Elizabeth Tovar, Jessica Wilson
- Alexandra Dampier, UK College of Nursing Phyllis D. Corbitt Community Health Center
- Peggy El-Mallakh, Louisville Clinic
- Jan Findlay, Behavioral Health and Wellness Center, PSC
- Carrie Gordy, Baby Health Service, Inc.
- Angela Grubbs, UK College of Nursing Phyllis D. Corbitt Community Health Center
- Melanie Hardin-Pierce, Veterans Medical Center
- Victoria Hensley, Baby Health Service, Inc.
- Nancy R. Kloha, UK College of Nursing Phyllis D. Corbitt Community Health Center
- Sharon E. Lock, UK College of Nursing Phyllis D. Corbitt Community Health Center
- Wanda Lovitz, Baptist HealthCare
- Shelia Melander, Norton Healthcare
- Julie Ossege, Cincinnati Allergy & Asthma Center
- Elizabeth Salt, Kentucky One
- Laura Schrader, Community Medical Associates (Norton Healthcare)
- Jessica Wilson, Select Medical Corporation

Faculty who are practicing in the community:

- Mollie E. Aleshire, UK College of Nursing Phyllis D. Corbitt Community Health Center
- Erin Chiswell, Lexington Clinic
- Amanda Culp-Roche, UK College of Nursing Phyllis D. Corbitt Community Health Center
- Peggy El-Mallakh, Louisville Clinic
- Jan Findlay, Behavioral Health and Wellness Center, PSC
- Carrie Gordy, Baby Health Service, Inc.
- Angela Grubbs, UK College of Nursing Phyllis D. Corbitt Community Health Center
- Melanie Hardin-Pierce, Veterans Medical Center
- Victoria Hensley, Baby Health Service, Inc.
- Nancy R. Kloha, UK College of Nursing Phyllis D. Corbitt Community Health Center
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- Elizabeth Salt, Kentucky One
- Laura Schrader, Community Medical Associates (Norton Healthcare)
- Jessica Wilson, Select Medical Corporation
Nurse Researcher Sparks Conversations About Occupational Safety and Health
THIRD-GENERATION FARMER Marjorie Hunter never fretted about sunscreen or covered up with long sleeves while picking blueberries or moving Angus beef cattle on her 240 acres of farmland.

Then her primary physician pointed out an irregular spot on her skin, which ended up testing positive for carcinoma. She learned the diagnosis was not uncommon in her farming community—many other farmers had received a diagnosis of skin cancer. Now Hunter makes sure her husband, children and stepchildren are all wearing long sleeves while working long hours in the middle of the day.

Skin cancer, the effects of aging and dementia, farming equipment injuries, heat exhaustion and depression are a few of the real health and safety risks for workers on Kentucky’s 80,000 farms. As an actor in her local Farm Theatre Dinner last March, Hunter portrayed safety and health scenarios affecting members of her East Tennessee farming community. The play sparked conversation about real threats and risks on the farm, empowering farmers to incorporate safer practices and prevention in their day-to-day work.

“Our farming community is a tight-knit community of people who are always helping each other,” Hunter says. “It’s just being aware of what’s going on in your surroundings.”

Farm Theater Dinners entertain Kentucky and Tennessee farmers with a meal and a farm-friendly theater performance embedded with important health and safety messages. But more than just a date night off the farm, these casual events are also influencing behaviors, with results of a study showing that farmers are thinking more about occupational safety and implementing precautions as a result of attending the forum-style dinners.
Organized by researchers in the University of Kentucky College of Nursing, the Farm Theater Dinners feature three 10-minute plays performed by local volunteer actors. The scripts are based on interviews and stories from real Kentucky and Tennessee farmers. The plays also contain implicit messages about occupational safety and health risks specific to the farming profession. While enjoying a collegial atmosphere and a night off the farm, farmers are presented with realistic safety and health topics on the farm, which they discuss as a group at the conclusion of the performance.

Deborah Reed, PhD, MSPH, RN, FAAOHN, FAAN, professor, distinguished service professor and Good Samaritan endowed chair, designed the Farm Theater Dinner intervention with the goal of getting more farmers to think about occupational health, safety and disease prevention on the farm. Raised on
Farmers have a long history of storytelling to pass down the practices and knowledge of their trade to the next generation. Dr. Reed understood this tradition and harnessed it to develop the reader’s theater component of the intervention. The dinners are advertised at farm community events, markets, and association conferences. She has hosted dinner theaters in Bath, Casey, Lincoln, Montgomery, and Russell counties, as well as Bowling Green, Kentucky, and in and Cooke, Sullivan, Van Buren, and White counties in Tennessee.

Initiating the Lincoln County farm dinner was Will Stallard, a UK Cooperative Extension agent for agriculture and natural resources. “Having a relationship with the locals in Lincoln County encourages them to come to programs that fit well in the community. This program is something that connects with many of our community members and farmers,” explains Stallard.

She also recognized that farmers have historically relied on storytelling to pass down the practices and knowledge of their trade to the next generation. This tradition is a powerful tool for reaching farmers, who often have a deep connection to their communities and their work. Dr. Reed knew that farmers would be more likely to engage with educational materials if they were presented in a way that was familiar and acceptable to them.

By nature, the farming profession presents a number of ergonomic risk factors, with prolonged periods of pushing, pulling, lifting, and carrying, which increase the risks of musculoskeletal injuries. One in 10 farmers has undergone an amputation. Farmers are regularly exposed to air contaminants, such as manure and fertilizers, which can result in respiratory distress or illness. Farmers are also more likely than the average person to develop melanoma because of their frequent sun exposure.

In addition to the physical risks on farms, Dr. Reed says farmers suffer from psychological and emotional stress related to pressures of competing and producing in competitive marketplaces. The modern farmer receives public scrutiny for production practices and must meet government standards. The labor-intensive and deadline-driven nature of the modern farming industry has led to widespread mental and emotional instability in farmers. The agriculture industry leads the nation in occupational suicide.

Dr. Reed’s research attempts to inform farmers and influence their thought processes about health and safety through methods and tactics they find acceptable. With her farming background, Dr. Reed knew farmers have historically relied on storytelling to pass down the practices and knowledge of their trade to the next generation.

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“Since these actors are truly part of the community, the local people really want to come and support the extension office and learn from their peers.”
FARMERS have historically relied on storytelling to pass down the practices and knowledge of their trade to the next generation.

**FARMER HEALTH FACTS**

1 in 10 farmers has undergone an amputation.

**SKIN CANCER**

DID YOU KNOW?

Farming is one of the most dangerous jobs in America. Environmental hazards, stress, dangerous equipment and constant physical labor contribute to work-related safety and health risks in farming.

An aging workforce, farmers suffer from the highest rates of occupational injury and fatality in people 50 & older.

Kentucky’s 80,000 farms are a few of the real health and safety risks for workers on farming equipment injuries, heat exhaustion, depression.

The labor-intensive & deadline-driven nature of the modern farming industry has led to widespread mental and emotional instability in farmers.

The agriculture industry leads the nation in occupational suicide.

The effects of aging & dementia: skin cancer, aging process & dementia, heat exhaustion, depression, farming equipment injuries.
Stallard worked diligently to connect with the public and build these relationships. He not only drew in participants, but also found four people willing to act out scenes during the theater part of the dinners.

"Since these actors are truly part of the community, the local people really want to come and support the Extension Office and learn from their peers."

While he takes care of the audience, Dr. Reed, he says, is the one with the plan.

“She does a fantastic job of navigating those discussions and pointing people in a healthy and safe direction, ensuring that each of them receives correct information,” he continues.

In fact, the post-performance discussion phase of the intervention prompts farmers to propose ways to overcome health and safety topics addressed in the play. Farmers come up with their own solutions, such as using walking sticks to prevent falls on the farm or taking a vacation to escape the daily pressure of running a farming operation. Other measures to prevent accidents included taking a nap to prevent fatigue and wearing a rubber wedding ring to avoid a finger getting caught in equipment.

“Farmers are probably the best group for solving their own problems,” Dr. Reed says.

Dr. Reed has examined the effectiveness of the intervention by collecting and analyzing post-intervention questionnaires. Follow-up telephone surveys administered two weeks and again at two months after the intervention suggest farmers continue to contemplate and adopt safety measures after the intervention.

Hunter says participating in the Farm Theater Dinner has changed how she and her husband think and talk about safety on the farm. Since the event, they have stopped work to review safety practices and observe safety precautions. She says the intervention has encouraged her to emphasize farm safety to her children and grandchildren, who are fourth- and fifth-generation farmers.
“I grew up in the ’70s, and at the time, most women decided between being a teacher and being a nurse,” says Wanda Lovitz, MSN, RN, APRN, clinical instructor at the College of Nursing. “Now, it’s the best of both worlds. I get to teach students, and I get to practice.”

Lovitz teaches NUR 210, the first pathopharmacology course students take during their sophomore year. The course includes pathophysiology and pharmacology and links them to nursing practice. “It’s not common to see combined pathopharmacology courses in nursing programs,” Lovitz notes.

In 2001, then Dean Carolyn Williams, PhD, RN, FAAN, approached Lovitz and Senior Lecturer Jennifer Cowley, MSN, RN, about re-establishing the pathopharmacology course after receiving feedback that students did not feel prepared upon its completion.

Despite the fact that neither were pharmacists or physiologists, they worked together as pioneers in revamping NUR 210 and 211—vital classes to understanding nursing practice.

“Teaching the concepts of ‘patho’ and ‘pharm’ from a nursing perspective and coordinating the content with students’ nursing courses helps them not only understand these concepts but apply them to practice,” says Lovitz.

Now, students take two semesters of pathopharmacology, each semester coordinating with didactic nursing courses. This means, for example, that in the same week, students will study the pathophysiology of lung diseases, the common drugs used to treat them and the appropriate nursing care.

Her role as a nurse practitioner, she says, is what keeps her on the same level as her students.

“As a teacher, I’m in a unique position to relate what I do clinically and apply it to real practice with my students,” says Lovitz.

In addition to teaching pathopharmacology and three courses in the online RN-BSN program, she works at Baptist Health Lexington as a nurse practitioner for inpatient pre-op, seeing patients before they go into surgery.

“Wanda shares with us her unique experience across a variety of settings, makes sure that content is delivered in a way that is understandable and remains available after hours when content proves difficult for students,” says Renee Strohmeyer, former NUR 210 student. “She laid a solid foundation for me in pathopharmacology which has been a vital component of my success elsewhere.”

Throughout her entire professional career, Debra Anderson, PhD, RN, PHCNS-BC, associate professor, has always found a way to give back.

Dr. Anderson serves others as a public health clinical nurse specialist and the director of Work-Life Engagement at the College of Nursing. With the overall goal to make the College a better working environment for all, she created the Work-life Engagement Council, where members brainstorm ideas to help manage work-related stress among the administration and empower College members to communicate their ideas and opinions.

“Whether it’s about my patients as a public health nurse, or the faculty and students I work with, I always want to improve the environment around the work we’re doing.”

Her advocacy for overall improvement is evident in the committees in which she’s participated and the organizations she’s joined. This improvement, she says, makes all the difference. “Improving environments allows for more efficiency without sacrificing the quality of the work.”

In her role on the Work-life Engagement Council, Dr. Anderson oversees an online suggestion box, where faculty and staff are able to voice their concerns, opinions or ideas anonymously. Some of the suggestions she has received range from installing showers in the College, to allowing flex time, working at home and bringing your pet to work. A private gift will allow Dr. Anderson to help coordinate a Cultivating Practices for Resiliency (CPR) room on the sixth floor of the College of Nursing Building.

Her service-oriented mindset extends to her research areas of interest. In addition to teaching three courses for the graduate program in occupational health, research and theory, she has conducted groundbreaking research on topics such as homeless women and families, workplace violence and social support networks. Her study, “Violence and Stress Experienced by Female Long-Haul Truckers,” provided pilot data for an R01 study funded by the National Institute for Occupational Safety and Health (NIOSH) on workplace violence among both male and female long-haul truckers.

Dr. Anderson is a member of the American Public Health Association, for which she has served as chair of the Public Health Nursing section and also in other capacities. She has also been active in the University Senate for the University of Kentucky, including serving as its vice chair. Furthermore, she is the director of Occupational/Environmental Health Nursing Core of UK’s Central Appalachian Regional Education and Research Center funded by NIOSH.
Delta Psi Chapter
Sigma Theta Tau INTERNATIONAL

2017 INDUCTEES

Graduate Inductees

DNP
- Jennifer Bauman
- Sarah Buschmann
- Mary Cho
- Nicole Cirincione
- Jill Clemmons
- Emily Consentino/Kiesler
- Mary Czarapata

Rebekah Dailey
- Caitlin Davidson
- Brooke Dehart
- Latoya Lee
- Sylvan Ryder
- Jennifer Thomas
- Trinity Thomas
- Jennifer Tilley

Ashley Vallance
- Beverly Woods
- PhD
- Jessica Harman
- Shannon Parsley
- Dawn Profit
- Kaitlin Voights

Undergraduate Inductees

Second Semester Juniors
- Jennifer Averbeck
- Claire Brofford
- Margaret Christopher
- Angelica Cropper
- Caroline Cunningham
- Julie Currie
- Allison Darpel
- Kendall Darpel
- Joshua Day
- Francesca de Guzman
- Abigail Ephlin
- Tiffany Fellino
- Sara Ferrell
- Ashley Fox
- Maya Husayni
- Courtney Ivey
- Margaret Kesmodel
- Julie Lang
- Sydney Lenhof
- Saorise Lucy
- Claire McClafferty
- Michelle Peters
- Margo Pretzer
- Sarah Pratt
- Madison Rose
- Hannah Schigel
- Mariah Walton
- Riley Whalen

First Semester Seniors
- Rachel Adkins
- Elizabeth Akins Rhu
- Savannah Baker
- Elizabeth Carr
- Anna Eastman
- Lauren Elliott
- Marissa Hay
- Rachel Hyder
- Alexandra Isler
- Holly Kramer
- Taylor Lewis
- Maria Miller
- Kayla Mullins
- Julia Murray
- Matthew Noll
- Alani Podgorski
- Samantha Poston
- Kasi Powell
- Courtney Ryan
- Emily Salyers
- Karly Schmidt
- Elizabeth Smyth
- Charlotte Stewart
- Hope Swerczek
- Katherine Tamms
- Mackenzie Wyatt

Second Semester Seniors
- Lauren Clayton
- Breanna Craig
- Jessica Deschamp
- Kristen Dyer
- Ryan Hopson
- Alyssa Leseure
- Nichole Schaefer
- Lindsay Sharp
- Courtney Wiseman

RN-BSN
- Josephine Lamb
- Erin Meka
- Laura Richardson
- Kelli Throgmorton
- Jamie Wilson

Midway College
- Nicole Shorr

Berea College
- Anna Hall
- Taylor Movers
- Bridget Ruskas

Campbellsville College
- Deborah Lockridge
- Tammy Stephens

Nurse Leaders
- Cathy Catlett
- Suzanee Pilon

Scholarship Recipients
- Emily Sawyer
- Gabrielle Boehman
- Maggie Roberts

Professional Development Awards
- Amanda Culp-Roche
- Ana Linares
- Angie Hensley
- Jessica Wilson

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  PhD, MSN, APRN

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As the College of Nursing’s undergraduate student body grows, so does the challenge to succeed. Between balancing a strenuous course load, working clinicals, studying for exams and maintaining a social life, students often face several stressors during their undergraduate careers.

Since 2011, the University of Kentucky College of Nursing has seen a 36 percent overall increase in student enrollment, with 300 students enrolled during the 2016-2017 academic year, up from 220 during the 2011-2012 academic year.

“We are focused on growing the nursing workforce not only to meet the demands of today’s health care systems, but to exceed them,” says Janie Heath, PhD, APRN-BC, FAAN, dean and Warwick Professor of Nursing.

Throughout this exciting growth, the College has continued to blanket students with layers of support that drive them to academic and social success. In fact, for the second consecutive semester, students from the College of Nursing BSN Program graduated with a 100 percent
“We’re extremely proud of this achievement,” remarks Dr. Heath. “It means that our methods of support are working, and our growth does not impede our ability to generate outstanding graduates to impact the health of the Commonwealth and beyond.”

**But what does it mean for students?**

We truly have to work together—to offer encouragement to each other—because we can’t get through nursing school alone,” says Neal Harrod, a senior in the traditional BSN Program.

“It’s a competitive program to get into, but once you’re in, we’re in it together. We all understand what the other person’s going through.”

That same mentality is the inspiration behind several student-led activities and organizations in the College. From mental health to academic support, to social involvement and student governance, students are building their own success inside the walls of the College so that they can succeed beyond.

**Students Support Each Other Through SMASH**

Students must master both clinical skills and classroom material while maintaining commitments to family, relationships and extracurricular activities. Many are still adjusting to college life away from home. And for the first time, they must cope with the common occurrence of human pain and suffering in medical settings, which can affect their thoughts and mental wellbeing.

Senior nursing student Sarah Wise in the traditional BSN program wondered if she was the only student in her nursing class who felt the weight of the world on her shoulders. Once she opened up to her friends and classmates about her struggles, she realized that she was not an exception—struggling with depression, anxiety and stress was a common experience for her classmates.

“I remember when I was going through a hard time looking around and thinking, ‘Am I the only one having a hard time? What’s wrong with me?’” Wise says.

Wise shared her emotional and mental hardships with a group of trusted peers at a lunch break during the spring semester. The students each revealed personal struggles as nursing students. Wise, along with fellow nursing students Kayla Combs and Cassie Snodgrass, both spring 2017 BSN graduates, organized a research project investigating the prevalence of mental health conditions in undergraduate nursing students.

“We’d all had our own experiences that tested our ability to cope with these issues,” Combs says. “We thought, ‘what if this is a wider issue affecting more than just our senior class?’”

**During the summer, the group conducted a survey of 160 UK nursing students in their sophomore years—a critical and busy time when clinical rotations begin.**

Their survey results showed 27 percent of sophomore students were taking a medication for a mental health disorder and 30 percent reported dealing with a mental health condition. When ranking the degree of stress they felt during nursing school, most students reported levels of eight and nine on a one to 10 scale. The survey also showed that few students were taking advantage of on-campus mental health resources.

The three seniors organized Student Mentors Advocating for Student Health (SMASH) on the premise that peer-to-peer support and faculty involvement can help dissolve the stigma of mental health disorders and encourage nursing students to seek help for mental health issues. The students partnered with College of Nursing faculty members Joanne Matthews, DNP, MSN, RN, APRN-CS, assistant professor, and Cathy Catlett, MSN, RN, lecturer, to promote a healthy school-life balance and create a college culture where students can address the emotional and mental burden of a nursing education and career.

Combs says adjusting to the nursing grading system and having interpersonal contact with sick patients took a toll on her mental health. She says failure in a clinical skills test “felt like the end of the world.” She was further rattled when she witnessed a case of shaken baby syndrome during her clinical rotations.

“We’re going deeper into our patients’ lives and trying to understand how their family feels,” Combs says. “Sometimes it weighs heavy on your heart.”

Combs has since developed coping skills to manage her emotions, grade expectations and thoughts, but she says not all nursing students acquire these abilities on their own. The founders of SMASH believe having peer advisers available to teach coping and stress management skills can help nursing students early in their training. They want fellow health college students to know they aren’t alone in dealing with mental health conditions and are working on implementing peer support interventions and fostering student connectedness to add another “layer” of resources available to students in the College of Nursing.
Small Methods of Peer Support, Big Outcomes

For students who need a simpler push of encouragement from the nursing community, senior nursing student and service coordinator for Student Nurses Association (SNA) Lindsey Snider brainstormed a creative idea.

In February, members of SNA stayed after their monthly meeting and wrote “Open When” letters to target students during particularly stressful times in their nursing school journey. The goal was to provide a new way to support students who might be having a difficult time balancing the rigors of nursing school.

“We need to remember that every one of us struggles at times,” says Snider. “Anything you can do to make someone’s day even a little bit better is always a good thing.”

The letters were located at one end of the student lounge, placed against the window for students to easily access the words of encouragement. From inspirational quotes from hit TV show “The Office,” to serious words of advice, students were sure to find letters that could relate to them in some way.

Many students also participate in First Aid Fridays (FAF), a student-led study session that takes place from 10 a.m. to 3 p.m. every Friday in the nursing lab. During the spring 2017 semester, two seniors, Liz Carr and Maya Husayni, served as peer tutors, and two doctoral students, Nicki Sullivan, DNP, RN, and Jennifer Smith, BSN, RN, worked as teaching assistants to provide supplemental academic support.

“Typically, as peer tutors, we offer to watch students practice their skills, ensure they have all of the equipment needed and give tips on how to master competency exams,” says Husayni. “I enjoy it because it’s a great way to implement what the College has taught me, and it refreshes my memory on different topics in sharing my skills with other students.”

While attendance varies week to week, some weeks the tutors and TAs will see more than 50 students, while other weeks they might only see 10 students. It all depends on homework assigned and approaching exams or midterms.

“Nursing school is difficult, but no student should ever feel like they’re drowning. Between the faculty, students and administration, no one would let that happen,” says Carr. “First Aid Friday is a perfect example of the College working to empower every single student to own their success and help others succeed with them.”

Administrative Support

Also blanketing students in layers of support are College faculty members. Pat Burkhart, PhD, RN, FAAN, emeritus professor and former associate dean of undergraduate faculty affairs, led Promoting Relationships in Nursing (PRN)—a newly instituted program where each faculty member is assigned a group of students based on the field in which they’re interested. Twice a semester, all of the students meet as a group with their faculty member to establish relationships and learn of the various opportunities within that particular field.

“With SMASH, First Aid Friday and PRN, we’re really using a three-pronged approach to student success,” says Dr. Burkhart.

“We’re truly working together to support students in their mental health, current academics and their future careers as nursing professionals.”

Faculty members also work with the Undergraduate Nursing Activities and Advisory Council (UNAAC)—a student organization that fosters communication among administrators, faculty, staff and students and serves as a liaison with the UK Student Government Association and the College of Nursing Alumni Association.

UNAAC student officers meet once a month to identify resources and support systems that facilitate successful progress of undergraduates throughout the baccalaureate program. The College of Nursing administration listens to student recommendations regarding course and faculty evaluation procedures, proposed appointment and tenure of faculty members, national/international activities and undergraduate student problems and concerns.

Spring 2017 BSN graduate and former UNAAC Chair Megan Auger says the College administration takes the organization seriously when it voices its collective concerns and recommendations on relevant issues or topics.

“Being involved with UNAAC has shown me just how much the faculty and administrators of our College care about our academic success and overall well-being, as well as our satisfaction with the program,” notes Auger. “We couldn’t do what we do without their support.”
The first cohort of nursing students to benefit from an academic-practice partnership between the UK College of Nursing and Norton Healthcare graduated with Doctor of Nursing Practice (DNP) degrees on Dec. 16, 2017.

Leaders at the UK College of Nursing and Norton Healthcare initiated the program in response to the Institute of Medicine’s proclamation that shifts in the health care system necessitated more members of the nursing profession achieving higher levels of academic and leadership training. Through the partnership, as many as 150 advanced practice registered nurses employed by Norton Healthcare will receive their DNPs through the UK College of Nursing.

“This private-academic partnership is the first of its kind in the nation,” says Janie Heath, PhD, APRN-BC, FAAN, dean of the UK College of Nursing and Warwick Professor of Nursing. “This is a model for all colleges and health care organizations to prepare resilient nurse leaders who will provide compassionate, competent and evidence-based care.”

Tracy Williams, DNP, RN, senior vice president and system chief nursing officer of Norton Healthcare, brought forth the original vision for the partnership, stating that growing the doctoral-prepared practitioner workforce internally is a strategic economic model for Norton.

“It is also a way for us to invest in our high-performing nurses looking for growth opportunities and hopefully keep them with us for a long time,” Dr. Williams says.

You wake up with locks of hair tousled in curlers and find your nearest A-line skirt and cream-colored, round-collared blouse. Before heading out the door, you slip on your tried-and-true brown Bass Weejuns. You see a poster for Martha and the Vandellas on your way to class—they’re finally coming to Lexington for a concert next week.

In class, you teach yourself to remember the fat-soluble vitamins—A, D, E and K—by arranging them into DAKE, the dean of the College of Nursing. The clock ticks noon, and you leave the medical center to meet your friends by the boomerang statue—a symbol that represents nurses soaring high with excellence and staying grounded in their core values.

During a time of civil unrest in the United States, you hear about drugs, sex and Woodstock through the grapevine. Over the intercom, you hear a loud buzz followed by the somber announcement of President Kennedy’s death. Clinicals are dismissed.
This was life for the Golden Wildcats, women in the Class of 1966—trailblazers, pioneers, torchbearers—nurses who would go on to save countless lives in a time when a degree was rare and a woman with a degree was rarer.
I remember our instructors telling us that having a degree in nursing will allow nurses to become part of a profession instead of just an occupation,” says Andrea Lobring (formerly Fried). “And that soon, all nurses will need BS degrees.”

We didn’t think of ourselves as PIONEERS when we were in school, but looking back—once we got out of school and realized how few people had degrees—it was a whole new concept to us,” says Vicki Gorman (formerly Beekman), president of the class of ’66.

“I think we were all really blessed to be in an amazing new hospital with such an innovative program,” says class of ’66 graduate Lynn Merrill (formerly Wagner). “As students, we were taught progressive theories and treatments.”
“We didn’t get to do clinicals in the hospital until our last six weeks of our sophomore year. We had one patient. There were no dummies or simulations—anything we did of that nature, we either did on each other or on our patients,” explains Gorman.

Despite the obvious difference—the year, change in technology, environment and timing in curriculum—the experiences of the class of ’66 are closely intertwined with those of the classes of 2017. The nursing journey of each student—past, present and future—is marked by compassion, selflessness and adaptability.

Nursing is a very fluid, ever-changing profession, and while techniques can change, the essence of the profession is maintaining a willingness to serve others without hesitation,” comments Janie Heath, PhD, APRN-BC, FAAN, dean and Warwick Professor of Nursing.

The alumni built a camaraderie around humor and even left behind CONews—still a favorite tradition and form of communication in the College of Nursing today.

I remember working on the few editions of the CONews that Sue Paterick Burch put out and that Charlotte helped sell to the dental students,” says Phyllis Elder (formerly Ritchie).

Paterick (Burch) also self-published a handwritten newsletter titled “Kicks Out of Nursing,” or “K.O.N.,” that includes poems, meditations, gossip, book reviews, polls, illustrations, students of the month and more. The front page reads, “This publication has been done in the American tradition of competition and freedom of speech. If any reader takes offense at any part of this paper, they also share that American privilege of not having to read it! Let it be clarified that this is a non-approved faculty publication.”

Even still, there was one thing each woman held closer to her heart than the traditions and memories they made—each other. “My favorite memory of my time at the UK CON was making lifetime friends,” says Charlotte Plummer-Noe (formerly Keen).

And, of course, graduation.

My favorite UKCON memory—graduating!” exclaims Marianne Olson (formerly Greenwald).
CONTINUING A LEGACY OF EXCELLENCE

The College would not be where it is today without its distinguished alumni and their contributions that continue the College’s legacy of nursing excellence. The fabric of the College is tightly woven with unique graduating classes and the relationships they’ve built with each other, their respective communities, the College and the university.

Gorman speaks of her experience as a scholarship donor and a member of the Dean’s Advisory Committee for several years.

The College of Nursing has come so far. I never cease to be amazed by the high caliber of the students and the education they are receiving.

The class of ’66 recently reunited in fall 2016 for the annual Homecoming Luncheon, where alumni had the opportunity to reconnect and reflect upon their many memories.

Whether the women gathered in “The Stacks,” as they called the Medical Center Library, or got peppermint ice cream cones across the street after exams, they always stuck together.

This class in particular is an outstanding, intimate group of women who have remained at each other’s sides throughout the years,” says Dr. Heath. “The strong, impactful relationships they’ve nurtured are a testimony to the caring, thoughtful nurses they were and still are.”
My most vivid CON memory was in our OB rotation on a Saturday morning when a woman in labor grabbed my hand and truly almost broke it. I hated OB after that! Or the time I sprained my ankle and showed up the next morning at the hospital for clinicals with crutches and a black bunny fur house slipper because my foot was so swollen I could not get a shoe on. The instructor sent me home.”
—VICKI GORMAN

My favorite memories of the UK CON were being in the UK Library with the dental and medical students and spending time with my nursing buddies discussing our patients.”
—PHYLLIS HICKS

I was especially proud to be a part of the committee that designed our nursing pin. Remember those polyester uniforms, being measured to make sure they weren’t too short, and learning to keep our shoes [and shoelaces] very white and our fingernails short? I have fond memories of late night study sessions at Patterson Hall. I was so proud to be able to wear my first cap and ‘look like a nurse.’ It was exciting to learn the basic skills in our lab [including shoes on oranges and each other], but rather scary to actually start taking care of patients. But, our clinical experiences were interesting—we learned and grew, and were never shy about letting our instructors know what we thought about things.”
—MARILYN BRYANT

My favorite memory of my time at the UK CON was making lifetime friends.”
—CHARLOTTE PLUMMER-NOE

A favorite memory of my time at the CON was our first rotation at Shriner’s Children’s Hospital—scared, excited and realized quickly how much I had to learn. Also, I have many funny memories from our time at the VA in psych. Miss McPhetridge asking Leah, ‘Miss Caldwell, how do you feel about urinals on the bedside table?’ Can’t forget Frontier Nursing Service and driving through the creek to make our visits.”
—LYNN WAGNER MERRILL

Some of my favorite memories were hanging out with friends in ‘The Stacks,’ as we called the Medical Center Library, and getting peppermint ice cream cones at the ice cream place across the street after exams.”
—BEVERLY FORESTER
## Making an Impact Through Research

The College’s current active research & training awards total

*DIRECT AND INDIRECT COSTS AS OF JUNE 1, 2017

$21,210,513*

### Debra Anderson
**Research Interest**
- Occupational Health Nurse Training

**Primary Funding Source**
- NIOSH

**Total Awards**
- $628,358

### Amanda Fallin-Bennett
**Research Interest**
- Tobacco Policy and Substance Abuse

**Primary Funding Sources**
- BIRCWH, UK Markey Cancer Center, FHKY, ANF, March of Dimes

**Total Awards**
- $231,392

### Misook Chung
**Research Interest**
- Cardiovascular Health: Chronic Patients and Caregivers

**Primary Funding Source**
- NIH-NINR, CON Pilot

**Total Awards**
- $2,414,267

### Dianna Inman
**Research Interest**
- Substance Abuse Treatment

**Primary Funding Source**
- SAMHSA

**Total Awards**
- $758,459

### Gia Mudd-Martin
**Research Interest**
- Cardiovascular Health, Diabetes and the Family Structure

**Primary Funding Source**
- NINR, NIH OD, OBSSR

**Total Awards**
- $2,587,193

### Kristin Ashford
**Research Interest**
- Maternal and Child Health

**Primary Funding Sources**
- CMS, Ky. Cabinet for Health and Family Services, NIH-NIDA

**Total Awards**
- $4,308,633

### Elizabeth Salt
**Research Interest**
- Management of Chronic Pain

**Primary Funding Source**
- NIH-NCATS, Pfizer

**Total Awards**
- $221,340

### Terry Lennie
**Research Interest**
- Nurse Scholars

**Primary Funding Sources**
- RWJF, AAOHN

**Total Awards**
- $153,000

### Dianna Inman
**Research Interest**
- Substance Abuse Treatment

**Primary Funding Source**
- SAMHSA

**Total Awards**
- $758,459

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*Research*
Our faculty research investigators advance nursing science by promoting preventive health education and health care interventions for individuals, families, communities and populations through a diverse array of research initiatives. These initiatives aim to reduce burdens associated with the most common health problems in Kentucky and the nation.
Originally from Bowling Green, Kentucky, Gabbie Innocent, a sophomore in the traditional BSN program, always craved adrenaline. Her intent was to pursue a career as a paramedic, but she found shortly after coming to UK that nursing not only offers the same rush, but also a different experience every day—a break from the normal routine.

"I just knew an everyday job wasn’t for me ever since I was young. But I knew I wanted to do something medical and help others," explains Innocent. Innocent hopes to either work in an emergency department or a cardiovascular unit upon graduation in May 2019 in addition to working toward her DNP. Eventually, she’d love to work as a flight nurse, providing care to patients while they are transported in helicopters in high emergency situations. "In high school, I was able to shadow a crew in Bowling Green, and I was immediately drawn to it because I could tell how much they relied on teamwork and each other’s skills," says Innocent.

Innocent also channels a lot of her energy into her role on the K Week Board—a group of 13 individuals who coordinate everything that goes into making K Week possible for incoming freshman. On the Events Committee, she and a few other students schedule and coordinate all events, make plans in case of inclement weather and brainstorm new ideas to get incoming freshman interested and excited in becoming a Wildcat.

Innocent is also a William C. Parker scholar and a peer mentor for the Interprofessional Healthcare Residential College, a high-impact living-learning program designed for students who have a passion for health care and interdisciplinary learning. In this role, she lives among students in Woodland Glen V and facilitates student learning and academic success through one-on-one support and organizing floor-wide meetings and activities.

"Gabbie is an excellent student who works hard and gives 100 percent each time she comes to clinical," says Jennifer Clarke, MSN, RN, Innocent’s clinical instructor for NUR 211. "She is always willing to help her fellow classmates and the hospital staff, and she is kind and compassionate to her patients and their families."

When Sooksai Kaewbua, DNP, RN, brings her heart-healthy board game to Eastern State Hospital, the first obstacle is getting patients to participate. Using the facility’s intercom, she and fellow nursing staff members in the geriatric unit recruit the first few players to get the game rolling.

In the game, patients score points by answering whether the foods represented on playing cards are heart-healthy or not. It serves as a simple yet effective teaching method for Eastern State Hospital patients, who suffer from psychiatric conditions such as schizophrenia and bipolar disorder.

According to the National Institute for Mental Health, mental health disorders often co-occur with heart disease in older patients. With an interest in investigating this correlation and helping patients, Dr. Kaewbua designed the game as a creative and interactive alternative to traditional counseling for patients at Eastern State Hospital about heart-healthy diets. She believes the interactive nature of the game forces patients to contemplate their eating choices. The patients gain a sense of accomplishment and engage in friendly competition as they accrue points during the game.

"She is looking at the theoretical link between brain health and heart health," says Chizimuzo Okoli, PhD, MPH, MSN, RN, assistant professor and mentor to Dr. Kaewbua. "It’s something the patients love, but it’s also educating them about healthy choices.”

Dr. Kaewbua found that educating patients in a group setting increases effectiveness because it stimulates socialization and builds healthy relationships vital to this population. In fact, participants took pretests and posttests upon completing the activity, and their knowledge of heart-healthy eating increased from 48 percent to 52 percent.

Originally from Thailand, Dr. Kaewbua recently earned her Doctor of Nursing Practice in May 2017 with a concentration in psychiatric nursing. She practiced at a nursing home in Wilmore, Kentucky, where she learned elderly patients, much like young people, are receptive to new ideas and motivated to learn.

"My aim is to facilitate positive experiences for people nearing the end of their life. As a bonus, if patients are discharged from the hospital or return to a nursing home, they take away important lessons about eating healthy," says Dr. Kaewbua.
“The reason I love this College is because I grew up in it,” says NUR 201 Instructor Lexie Dampier, DNP, APRN, NP-C, who, after working in a neuro-intensive care unit (ICU), went on to earn her DNP and teach alongside her former professors. “They taught me so much about nursing, and now I’m proud to say they’re my colleagues.”

Dr. Dampier coordinates NUR 201, an eight-credit-hour course offered the first semester of nursing school. With a lecture, lab and clinical component, NUR 201 educates students on prevention across the lifespan. Students spend clinical time in elementary and middle schools teaching young students methods of prevention and health promotion. Throughout the middle of the course, students analyze case studies on middle-aged patients, and near the end they visit elderly care facilities. “This is so they experience the full spectrum of ages early in their nursing careers,” says Dr. Dampier.

Dr. Dampier graduated with her BSN in 2007. She worked as a Student Nurse Academic Practicum (SNAP) intern, a popular internship among nursing students today. She again enrolled in the College to earn her master’s degree in nursing, but shortly thereafter transitioned into the DNP track for her family nurse practitioner degree.

“I went into nursing because I really wanted to develop relationships with patients,” says Dr. Dampier. “As a teacher, and especially for their first course, I want to encourage and cheer for my students while at the same time directly communicating the high expectations I have. I want them to take advantage of every opportunity so they can learn what nursing is as a discipline.”

Dr. Dampier’s commitment to her students is also seen in her involvement with Promoting Relationships in Nursing (PRN) Program and First Aid Fridays—supplemental activities for students to receive support and guidance outside of the classroom.

“Dr. Dampier is the nurse I aspire to be,” says Alli Overfield, an undergraduate nursing student in the traditional BSN Program. “She understands that nursing school is a big transition in a student’s life. Not only does she care about students’ nursing careers, she invests her time and talent into making them a well-rounded individual.”

Her work does not stop there. Dr. Dampier also practices at the UK College of Nursing Phyllis D. Corbitt Community Health Center in Wilmore, Kentucky, which opened in September 2015 to fill a need for accessible, basic health services in Jessamine County.

Fran Hardin-Fanning, PhD, RN, assistant professor, grew up in Appalachia in a small, rural town named Clayhole, Kentucky. Since 1965, her mother has owned Clayhole Grocery, where a large variety of foods including fresh produce, sundries, farm items, clothing and other items are sold.

However, access to fresh produce has become challenging for rural towns across the U.S. With a gradual increase of fast-food restaurants and a decrease in small rural grocery stores, wholesale delivery to Clayhole Grocery became limited. Residents of Clayhole were not and are still not finding foods that can help sustain a healthy lifestyle.

"Over the decades, I could see the food deserts—areas without access to quality food—develop in Eastern Kentucky," she notes. “People began to have limited access to healthy foods. I personally understand the problems that exist, and that’s why I do what I do.”

Dr. Hardin-Fanning’s research focuses on improving access to healthy foods in Appalachia. Through a recent partnership with the University of Tennessee Knoxville, Dr. Hardin-Fanning submitted an R01 grant application to the National Institutes of Health. She and her team hope to continue delivering interventions in the Appalachian community in partnership with Family and Consumer Science agents. Their aim is to increase fruit and vegetable consumption and decrease the consumption of fast-food meals and saturated fats. Dr. Hardin-Fanning also received a grant from the National Institute of Nursing Research for research training and the development of this intervention.

Dr. Hardin-Fanning also has a Clinical and Translational Science Research Skills Graduate Certificate and is one of only 15 End-of-Life Nursing Veterans Train-the-Trainer instructors in Kentucky. She also received funding from the Health Resources and Services Administration to implement the MedVet-BSN Option at the College.

Dr. Hardin-Fanning is a member of the Society of Nutrition Education and Behavior, the Southern Nursing Research Society, Sigma Theta Tau International Honor Society, Omicron Delta Kappa National Leadership Honor Society and the Kentucky Academy of Science. In 2013, she received the American Public Health Association New Investigator Award and the William & Elizabeth Morgan Community Health Research Award in 2014. She also received the Family & Consumer Science Health & Wellness Award for her collaborative work with the Kentucky Extension Association.
Step back in time to 2014. The College of Nursing was in the middle of searching for a dean. The College’s Interim Dean, Patricia B. Howard, PhD, RN, NEA-BC, FAAN, was negotiating with Norton Healthcare to expand the College’s DNP Program to five cohorts of Norton’s baccalaureate staff nurses. The demand for nursing education—especially post-master’s level certificate programs—was steadily rising.

With the needs of the people of Kentucky and the Commonwealth’s nursing workforce in mind, Dr. Howard identified a number of important areas that required the strategic hiring of new faculty, including adult-gerontology, acute care pediatrics and substance abuse. Dr. Howard’s goal was to pass the baton to the new dean while running at top speed, and she did just that by hiring Drs. Carol Thompson, Amanda Fallin-Bennett, Dianna Inman and Sheila Melander.

“I hear you’re teaching at the University of Tennessee, but you’re a Kentucky girl,” says Dr. Melander, recounting Dr. Howard’s words. “What are you doing for the Big Orange that you can’t do for the Big Blue?”

At the time, Dr. Melander was president-elect of the National Organization of Nurse Practitioner Faculties (NONPF), teaching at the University of Tennessee Health Sciences Center in Memphis and practicing acute care interventional cardiology in Owensboro, Kentucky.

Sheila Melander and Carol Thompson

Back in 2014, Professor Sheila Melander, PhD, APRN, ACNP-BC, FCCM, FAANP, assistant dean of graduate faculty affairs and MSN and DNP Program director, ran into Dr. Howard shortly after giving a presentation at a large national nursing conference.
Dr. Melander states, “I loved the idea of the College having a pioneering opportunity to make a major difference in the health and wellbeing of the entire Commonwealth. Norton has four hospitals in Louisville and probably close to 100 outpatient clinics. The ability to impact that level of care was really exciting.”

In conversations with Dr. Howard about the Norton initiative, Melander saw another level that impacted not just Norton Healthcare, but also all primary nurse practitioners across Kentucky practicing in acute care settings.

“To the medical community, a nurse practitioner is just a nurse practitioner. However, we have specific boards for specific patient populations that allow us to practice in those areas, and that has professional as well as patient safety implications.”

Dr. Melander led a national initiative that produced two white papers that have been adopted by all state boards of nursing to help differentiate scope of practices and help employers select the right provider for their patent population.

At that time, Associate Professor and Adult Gerontology/Acute Care Nurse Practitioner DNP Track Coordinator Melanie Hardin-Pierce, DNP, APRN, RN, ACNP-BC, was the only acute care nurse practitioner on faculty and was in the middle of a major curriculum change to provide a path for nurse practitioners to earn a certificate in adult gerontology acute care. In Dr. Melander’s discussions with Dr. Howard, it became clear that more hands were needed.

One pair of hands was Professor Carol Thompson, PhD, DNP, RN, CCRN, ACNP-BC, FNP-BC, FCCM, FAANP, FAAN. Dr. Melander was a former mentee of Dr. Thompson’s, and the two worked together in Tennessee.

**Dr. Thompson is a trail blazer.**

She was the second nurse to be president of the Society of Critical Care Medicine, which is usually led by physicians. She was also the first acute care nurse practitioner on the national board of directors of the American Association of Critical Care Nurses, was the first acute care nurse practitioner to serve on the Tennessee Board of Nursing and was among the first 100 nurses to be certified as an acute care nurse practitioner.

Dr. Thompson was enthusiastic about the possibilities presented by the Norton initiative as well as the adult-gerontology acute care nurse practitioner curriculum project. Both Dr. Thompson and Dr. Melander made the move to UK, and it was just in time.

“The severity of illness is increasing in hospitals, and there is a great need for this role,” says Dr. Thompson. “It’s a growing discipline and Kentucky had a shortage. Patients are becoming more unstable and acute and need that level of care, yet our workforce is not large enough.”

“Bringing Sheila and Carol on board proved to be extremely providential,” says Dr. Howard. “The adult-gerontology acute care practitioner program more than doubled in demand since we brought them in.”

Without Sheila and Carol, there is no way that we would have been able to meet our enrollment demand in our BSN-DNP Program or our post-graduate certificate program for adult gerontology acute care nurse practitioners. They have had a huge impact on the nursing workforce in Kentucky.”

In addition to teaching, Dr. Melander later became assistant dean of Graduate Faculty Affairs and MSN and DNP Program director about a year after coming to the College, overseeing seven different tracks of study in the DNP Program and driving forward opportunities for graduate students to impact communities all around the Commonwealth through remote patient management or telemedicine.

“I’m really seeing the future of where our outreach can be,” says Dr. Melander regarding telemedicine. “The capabilities are changing daily with technology, and the increased opportunities for access to care are exciting. The students have a real opportunity to impact underserved communities, both in rural and urban areas, in ways that we haven’t been able to before.”
“The mentorship that you get here is incredible, and I wanted to be part of it,” says Assistant Professor Dianna Inman, DNP, APRN, RN, CPNP, PMHS, PMHNP, about her decision to join the CON faculty.

A pediatric nurse practitioner, Dr. Inman filled a long-standing need to support evidence-based practice approaches with children at the Kentucky Children’s Hospital and bring her pediatric expertise to the College’s curriculum. That expertise includes tremendous clinical experience in developmental/behavioral pediatrics.

After joining the faculty, she quickly became dual-certified as a psych-mental health nurse practitioner and was awarded a $758,459 grant to tackle the challenge of alcohol use in Kentucky patient populations. Dr. Inman credits the College’s research support staff and the gift of time in her research success.

“Allowing faculty time to create and write is critical for a research-intensive academic setting,” says Dr. Inman. “Our research office—Dr. Tom Kelly and his staff—were phenomenal in making sure I had the resources I needed to be successful in writing the grant. That mentorship was excellent and was key to being awarded the grant.”

Individuals are often unaware that the amount of alcohol they are consuming is a health risk, and this problem often begins early. One in three children will have a drink before they enter the eighth grade, says Dr. Inman, and the earlier an individual begins to drink places them at greater risk of having a drinking problem in the future. Her three-year grant project, sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), is designed to teach both undergraduate and graduate nursing students how to screen for alcohol use and provide a brief intervention among primary care patients.

“By screening, we raise awareness,” says Dr. Inman. “If someone is over the recommended amounts, a provider can initiate a conversation using concepts from motivational interviewing, raising what a patient’s goals are in life to help them see how drinking might be interfering with that. Then we provide steps and goals. The provider helps facilitate that process by assessing their readiness, motivation and confidence to change.”

Through the grant, Dr. Inman is also developing a creative online continuing education portal with simulated model-patient avatars to practice screening, intervention and offering a referral for further treatment. This gives busy community primary care providers throughout Kentucky and the nation a convenient and high-quality continuing education option that profoundly impacts their patient population.

In a very short period of time, Dianna has expanded her clinical practice expertise and continues to write grants that address needs of the Kentucky patient population and Kentucky providers,” says Dr. Howard. “She brings that wealth of research and practice expertise with her into the classroom as well.”
Amanda Fallin-Bennett

Assistant Professor Amanda Fallin-Bennett, PhD, RN, is a homegrown Kentucky nursing researcher with a great passion for the Bluegrass. After completing her PhD at UK, she went to work with Stanton Glantz, PhD, one of the world's leading tobacco researchers, as a post-doctoral fellow at the University of California-San Francisco's Center for Tobacco Control Research and Education. After completing this three-year postdoctoral fellowship, Dr. Fallin-Bennett was able to bring that knowledge and experience back home.

“Kentucky has very high smoking rates, and we have a long way to go. There isn’t a better place to impact the most change,” says Dr. Fallin-Bennett.

As a National Institutes of Health (NIH) Building Interdisciplinary Research Careers in Women's Health (BIRCWH, pronounced “BIRCH”) Scholar, Dr. Fallin-Bennett has cultivated research-focused community partnerships with organizations like the YMCA and Chrysalis House, a home for women with substance use disorders who are pregnant and parenting. With her co-primary investigator Kristin Ashford, PhD, WHNP-BC, FAAN, associate professor and assistant dean of Research, director of Scholars in Nursing Pathway and coordinator of the Undergraduate Research Intern Option, and Ellen Hahn, PhD, RN, FAAN, professor and director of Bridging Research Efforts and Advocacy Toward Health Environments (BREATHE), Dr. Fallin-Bennett developed a program that offers a 90-minute exercise and tobacco treatment program.

This spring, Dr. Fallin-Bennett began work on a March of Dimes grant to have perinatal wellness navigators—women who have also struggled with smoking while pregnant—to comprehensively assess pregnant mothers who smoke and help them overcome barriers that are preventing them from quitting.

“Tobacco use is the leading cause of preventable adverse outcomes in pregnancy,” says Dr. Fallin-Bennett. “That includes preterm birth. March of Dimes is interested in preterm birth, and reducing tobacco use is a priority.

Dr. Fallin-Bennett is an affiliate of the Disparities Research Equalizing Access for Minorities (DREAM) Center headed by Associate Professor and Director of Diversity and Inclusivity Jenna Hatcher, PhD, MPH, RN. Dr. Fallin-Bennett is also on the advisory board for the Centers for Disease Control (CDC) LGTBQ Health Link. She is the vice president of Voice of Hope Lexington, a nonprofit organization that supports people recovering from addiction. She has also served on the College’s strategic planning committee for diversity and is a Diversity and Inclusivity ambassador.

All four of the 2014 faculty hiring cohort have contributed dramatically to the reputation of the College and its ability to drive forward the mission of the College. For the woman who received the baton, there is one primary person to thank.

“Pat Howard had the foresight to see the direction we needed to go,” says Janie Heath, PhD, APRN-BC, FAAN, dean and Warwick Professor of Nursing, of her predecessor and this cohort of strategic hires.

“[She] knew we needed to assimilate a stellar team to move this agenda forward with our new academic model of clinical partnership, as well as our research and scholarly practice.”
Dr. Janie Heath and the College’s faculty and staff invite you to attend the following scheduled events in Lexington. For more information, please visit our website at: www.uky.edu/nursing.

### September

**9**

**Scholarship Brunch**
10 a.m. Hyatt Regency
Hosted annually, this event provides an opportunity for donors and their families to meet the recipients of the scholarships they have established. RSVP required.

### November

**10**

**Hall of Fame Induction Ceremony**
7 p.m. 21c Museum Hotel
The “Highest Honor,” the third College of Nursing Hall of Fame Class will be inducted. RSVP required.

### December

**15**

**BSN Pinning Ceremony**
8:30 a.m.* Singletary Center for the Arts
(Ceremony for the December graduates)

**UK Commencement**
2 p.m.* Rupp Arena
*Time may change due to university ceremonies

### May

**4**

**BSN Pinning and Graduate Student Hooding Ceremonies**
Singletary Center for the Arts
8:30 a.m.* BSN Pinning Ceremony
10 a.m.* Hooding Ceremony
(Ceremonies for the May graduates)
*Time may change due to university ceremonies

### October

**6**

**Homecoming Luncheon**
12 p.m. Signature Club
Come celebrate our Golden Wildcats—the Class of 1967—on their 50th anniversary! Also anniversaries for the classes of 1977 (40th), 1987 (30th), 1997 (20th), and 2007 (10th). RSVP required.

### Spring (TBD)

**2017**

**Student Scholarship Showcase**
10 a.m. Pavilion A, Albert B. Chandler Hospital
Features the scholarly work of undergraduate and graduate students from their classroom, clinical and research experiences.

### 2018

**MAY 6**

**UK Commencement**
TIME TBD Rupp Arena
UK Graduation Ceremonies for undergraduate and graduate students.

### For questions about...

**Graduation ceremonies?**
Contact Michael Hendrix
mwhend2@uky.edu or (859) 323-6227

**Other events?**
Contact Kerrie Moore
kerrie.moore@uky.edu or (859) 323-1966

**General information?**
Call our main number (859) 323-5108

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**Phonathon**
Calling and direct mail campaigns are conducted year-round to support our mission to Envision, Engage and Empower nursing students in education, research, practice and service. If you have already supported the College, we THANK YOU! If you would like more information, please contact Kerrie Moore: kerrie.moore@uky.edu or (859) 323-1966.

**Continuing Education Opportunities**
We offer live events, web courses, courses for college credit, the State Registered Nurse Aide (SRNA) course and MORE! For more information, go to: www.ukconce.org or contact Emily Woods: eawo223@uky.edu or (859) 323-5851.

**Nursing Leadership Lecture Series**
Hear national leaders speak about their visions for nursing’s future.

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**Nursing Leadership Lecture Series**
Hear national leaders speak about their visions for nursing’s future.
Congratulations to our fall 2016 and spring 2017 graduates! The time has come for you to put your skills to practice. We are confident you are ready to face the nursing workforce with compassion and dedication. You are EMPOWERED to change the course of many lives! Remember that you have a community of supporters cheering you on here at the College. We wish you the very best!
College of Nursing and other UK alumni who contributed to this issue

Kristin Ashford (PhD 2007)
Megan Auger (BSN 2017)
Leah Beckwith (BSN 1966)
Marilyn Bryant (BSN 1966)
Kayla Combs (BSN 2017)
Phyllis Elder (BSN 1966)
Amanda Fallin-Bennett (BSN 2007, MSN 2009, PhD 2011)
Beverly Forester (BSN 1966)
Vicki Gorman (BSN 1966)
Melanie Hardin-Pierce (BSN 1986, MSN 1992, DNP 2006)
Reva Harper (BSN 1966)
Jenna Hatcher (PhD 2006, MPH 2012)
Phyllis Hicks (BSN 1966)
Patricia B. Howard (MSN 1980, PhD 1992)
Frances Hardin-Fanning (BSN 2004, MSN 2005, PhD 2011)
Sooksai Kaewbua (DNP 2017)
Andrea Lobring (BSN 1966)
Joanne Matthews (MSN 1998, DNP 2012)
Lynn Merrill (BSN 1966)
Marianne Olson (BSN 1966)
Sue Paterick (BSN 1966)
Charlotte Plummer-Noe (BSN 1966)
Deborah Reed (BSN 1974, MSN 1992, MSPH 1993, PhD 1996)
Will Stallard (BS 2007, MS 2013)
Nicki Sullivan (BSN 2014, DNP 2017)
Sherry Warden (BSN 1966)
Janet Warren (BSN 1966)
Sarah Wise (BSN 2017)

The University of Kentucky is committed to a policy of providing opportunities to people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, marital status, age, veteran status, or physical or mental disability.
WellCare Announces $80,000 IN COLLEGE OF NURSING SCHOLARSHIPS aimed at improving rural health

To increase the number of nurses working in primary medicine and psychiatry in Eastern Kentucky, WellCare of Kentucky, a subsidiary of WellCare Health Plans, Inc., will provide $80,000 to fund scholarships for the University of Kentucky College of Nursing aimed at increasing the number of nurses working in primary medicine and psychiatry in Eastern Kentucky.

We know that access to doctors, nurses and other health care providers directly affects health outcomes,” says Bill Jones, president, WellCare of Kentucky. “When health care is in short supply or located far away, people are less likely to get routine screenings, tests and vaccinations—the type of care that can catch problems early or even prevent illness altogether. Anything we can do to encourage more providers to locate in underserved areas will be a direct benefit to the health of our state.”

Despite the importance of primary and psychiatric care, communities in rural Kentucky, particularly in the eastern part of the state, have struggled to attract and retain an adequate number of primary care providers—both doctors and advanced practice nurses.

Sheila Melander, PhD, APRN, ACNP-BC, FCCM, FAANP, professor and assistant dean of graduate faculty affairs, UK College of Nursing, is grateful for the support of WellCare Foundation and believes the future of nursing in Eastern Kentucky is bright.

“Sheila Melander’s funding will help close the health care provider gap in Eastern Kentucky,” says Dr. Melander. “This will significantly support our efforts in growing the nursing workforce and providing quality care to Kentuckians.”

The funding will cover up to 10 $8,000 per-semester scholarships for students in the Doctorate in Nursing Practice Program, which focuses on preparing graduates to lead at the highest clinical and executive ranks. These scholarships will be awarded to nurses who plan on practicing primary medicine or behavioral health in rural Kentucky.

To be a part of our partnership efforts or for information on giving, contact Alumni and Development Coordinator Aimee Baston aimee.baston@uky.edu or (859) 323-6635.
“Farmers are probably the best group for solving their own problems.”

—Deborah Reed, PhD, MSPH, RN, FAAOHN, FAAN