

Anna Speig  
Nurse Practitioner

# cura personalis

SAINT LOUIS UNIVERSITY School of Nursing

Spring 2016

## TAKING CARE OF BUSINESS.

Nurse entrepreneurs improve patient care by empowering themselves.

**WHAT'S IN A NAME? Cura Personalis**

is a Latin phrase that translates as "care for the entire person." The expression is a hallmark of Ignatian spirituality and describes the Jesuit ideal of encouraging the fullest possible development of all people.

The phrase speaks to the School of Nursing's mission of promoting human dignity and care for the mind, body and spirit of all students. The phrase also promotes the belief that educating future nurses not only requires helping them develop their skills but developing their life purpose and vocation as well.

**Cura Personalis is published annually by the Saint Louis University School of Nursing and is mailed to alumni and friends.**

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## FROM THE DEAN

Welcome to the latest edition of *Cura Personalis*. This has been an exciting year. We are privileged that Dr. Nancy Brickhouse joined Saint Louis University as the new provost. Dr. Brickhouse has spent more than 27 years in higher education at the University of Delaware where she held several leadership roles, including deputy provost for academic affairs, deputy dean of the College of Education and Human Development, and director of the School of Education. An internationally known researcher, she was an investigator on more than \$10 million in funded projects. As SLU's chief academic officer, Dr. Brickhouse oversees most of the University's educational, research and enrollment efforts. We welcome her vision for the academic units of Saint Louis University, specifically nursing.

I'm also pleased to share with you that our scheduled Commission on Collegiate Nursing Education accreditation visit was quite successful. The School received the full 10-year accreditation. We continue to have a robust enrollment and exceptionally high nurse licensure and certification pass rates, exceeding the state and national means.

This issue of *Cura Personalis* focuses on two initiatives from Saint Louis University's new strategic plan, "Magis": "fostering a culture of excellence, effectiveness, and efficiency deeply rooted in our institutional mission and Catholic, Jesuit values" and "being an innovator and entrepreneur in all that we do." You will read stories about our greatest assets — our faculty and students.

For instance, I am pleased to announce the appointment of Dr. Joan Dodgson as our newest endowed professor. The generous gift to endow the professorship was made possible by Mr. and Mrs. Hemak, whose story is an excellent example of how one act of kindness sparks another.

I'm ever amazed by our students as they embrace the Jesuit ideal of service to others. Whether they work to ensure that SLU employees are safe during bioterror attacks by learning to dispense medications or serve those who are most in need, they demonstrate strong character and a commitment to others. And they pass on their love of SLU, as you will read in the story about alumna Elsie Roth inspiring her granddaughter Emily Roth to attend our School of Nursing.



Fondly,

Teri A. Murray, ('79, '93, '97) Ph.D., A.P.H.N.-B.C., R.N., F.A.A.N.  
Dean, Saint Louis University School of Nursing

# curapersonalis

SAINT LOUIS UNIVERSITY School of Nursing

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**ON THE COVER**

Deanna Speight, D.N.P. ('14) is among a growing number of School of Nursing graduates who are combining their nursing background with their business acumen to establish practices, develop new products and launch programs to improve health care delivery. Page 6.



**5** The SON's 2015 Alumni Merit Award recipient is leading the global effort to develop educational support for advanced practice nurses in emergency and urgent care settings.

**10** Renowned maternal and child health expert, Dr. Joan Dodgson, joins the School of Nursing and becomes inaugural holder of the Patricia and James R. Hemak Endowed Professorship in Maternal Child Health during a February ceremony



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**20** An alumna in Rwanda teaches nurses that communication skills can be as important as technical skills.

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## Simulation Success

Nursing students participate in bioterror drill

Nursing students tested their ability to provide SLU employees, students and their families with life-saving medication in case of a bioterror attack, and they passed the simulation exercise.

The nursing students were among 240 SLU students and employees who volunteered to test the drug dispensing process, serving as runners, clerical staff, line monitors, medication dispensers and mock patients for the exercise. In a timed scenario, groups of volunteers turned the gymnasium of Simon Recreation Center into an efficient medication pick-up station as they dispensed bottles of pretend prescription drugs.

"We were very pleased with the results," said David Reddick, a SLU information technology governance analyst and one of three SLU employees who guided the project. "When you set up and operate a closed POD, you're going to be saving lives."

A POD is a "point of dispensing" location that gives out prescription drugs in the event anthrax, tularemia, plague or similar biologics are turned into weapons and unleashed on unsuspecting residents.

SLU worked for two years with the city health department's emergency preparedness planner in designing the distribution protocol and orchestrating the Oct. 27 drill. The group now is confident that if necessary, SLU could give out 50,000 bottles of medicine to between 20,000 and 24,000 people affiliated with the University within a 24-hour period.

"It was great to see so many people volunteering for the exercise," said Deborah Artman, M.S.N., R.N., an instructor in the School of Nursing, who served on the leadership team for the project. "We're all geared toward service, which is part of SLU's mission. It's why we had such a good turn out to help."

SLU qualified to serve as a closed POD because it teaches specific emergency drug-dispensing skills to all nursing students in the traditional four-year bachelor's, accelerated bachelor's and accelerated master's nursing programs. The nursing students make an integral contribution in protecting the University community because they are authorized to give out medicines.

Artman, who teaches the course, said SLU has prepared more than 300 nursing students, who are credentialed to distribute medication in case of a bioterror attack, wherever they live.

## DEPLOYED FATHER WATCHES HIS DAUGHTER GRADUATE

Although he was more than 7,000 miles away, Chief Warrant Officer Mark Ziegler, Ohio National Guard and Blackhawk Aviation Safety Officer, said he had the best seat in the house for his daughter's graduation from the School of Nursing in May.

Ziegler was deployed to Kuwait in the spring of 2015 and could not get leave to attend his daughter Ashley's Ziegler's precommencement ceremony. So, Ashley Ziegler reached out to School of Nursing faculty and Chief Ziegler's friends reached out to retired U.S. Army Lt. Col. Michael Bamber, program director for SLU's military outreach program, for help. Staff members with SLU's Information Technology Services were able to set up a computer, camera and network line at the Chaifetz Arena to stream the precommencement ceremony to a quiet room at the United Service Organization (USO) in Kuwait.

After the ceremony, Chief Ziegler sent a plaque to those who arranged the video relay. The plaque displays a 2015 Task Force Pale Rider military patch and reads "Saint Louis University School of Nursing Commencement May 2015. YOU HELP MAKE IT POSSIBLE. Thank You - CW3 Mark Ziegler."

"Chief Ziegler is serving our country," Bamber said. "We should do what we can for deployed parents of our graduating students."



**PRACTICING TOGETHER:** The School of Nursing and SSM Health Saint Louis University Hospital held their first joint research symposium in October. The symposium highlighted how the hospital and the school are using research and evidence-based nursing practices to improve patient outcomes and what impact these initiatives will have on nursing practice. The primary focus included expressing understanding of the relationship between evidence-based practice and outcomes in acutely and critically ill patients, and discovering the power of evidence to change practice and improve health.

## IT'S AN HONOR



**Verna Hendricks-Ferguson, Ph.D., R.N.**, associate professor of nursing, and **Helen Lach, Ph.D., R.N., G.C.N.S.-B.C.**, professor of nursing, have been inducted as fellows of the American Academy of Nursing. This is the profession's highest recognition and places Hendricks-Ferguson and Lach among nursing's most accomplished nurse leaders in education, practice, policy and research.



Of the 3.1 million registered nurses in the United States, only 2,400 are fellows. With the addition of Hendricks-Ferguson, Lach, and Joan Dodgson, Ph.D., who joined SLU in 2016, the School of Nursing has six academy fellows and two emeritus faculty fellows.

Hendricks-Ferguson studies palliative care and hospice for children. Her research has shaped the best practices for how and when health care providers should communicate with parents whose children have cancer and are gravely ill or at the end of their lives.

Lach concentrates on patients at the other end of the age spectrum. Her research has focused on falls and the fear of falling among older people, a significant public health problem.

Lach also received the Researcher of the Year at the 2015 March of Dimes Missouri Chapter Nurse of the Year Awards in October.

The School of Nursing was well represented at the March of Dimes gala. In addition to Lach, six other faculty members and students were recognized for their accomplishments in multiple categories including: **Ruth Murray, Ed.D.**, professor emerita, recipient of the Legend in Nursing award.



**Kristine M. L'Ecuyer, Ph.D., R.N., C.C.N.S., C.N.L.**, associate professor, was recipient of the Educator of the Year award. **Joanne Langan, Ph.D., R.N., C.N.E.**, was a finalist in the educator category.



**Julie E. Bertram, Ph.D.(c), M.S.N., R.N., P.M.H.C.N.S.-B.C.**, assistant professor, was a finalist in the behavioral health category. Students Rachel Doll and Claire Plante, were finalists in the student category.

**Teri Murray, Ph.D., A.P.H.N.-B.C., R.N., F.A.A.N.**, dean of the School of Nursing, was appointed to the National Advisory Council for Nurse Educators by Sylvia Burwell, secretary of the U.S. Department of Health and Human Services. Murray will serve through 2019.

In September the American Heart Association (AHA) presented **Devita Stallings, ('12)**



**Ph.D., R.N.**, assistant professor, with the 2015 St. Louis Mission Impact Award for Power to End Stroke. The

Power to End Stroke program is a national campaign to help all Americans to recognize and reduce their risk of stroke. Stallings is co-chair of the AHA's Health Impact Committee for the St. Louis Multicultural Initiatives. The committee exceeded its goal of reaching more than 35,000 individuals through heart disease and stroke prevention awareness and education programs, and Hands Only CPR training.



**Lisa Roach, B.S.**, the School of Nursing's business manager, and **Ashley Schmuke, M.S.N., R.N.C.-O.B.**, instructor in the M.S.N. program,



were among the 12 SLU employees chosen as 2015 SLU Stars. SLU Stars is a peer-to-peer recognition award given to employees

who demonstrate professionalism and behavior congruent with the University's Ignatian ideal. SLU Stars are honored for regularly going above and beyond in ways that touch the lives of those with whom they interact daily.

Roach was nominated for working quietly and humbly in the background to ensure the School of Nursing operates smoothly. Schmuke received the honor for being a compassionate teacher who gives her students significant individual attention and inspires their confidence.



As a public health nurse who worked in some of the world's most troubled countries, **Elsie Roth ('83), R.N.**, wore flak jackets, helmets and bulletproof vests. Under it all, Roth wore something she cherishes dearly — her Saint Louis University School of Nursing graduation pin.

Roth credits the nursing school with teaching her everything she needed to know to volunteer as a nurse for Operation Moses, a covert operation to evacuate Ethiopian Jews from Sudan during the famine in 1984. She also volunteered in Tel Aviv's main trauma center during the Gulf War. She conceived and helped implement the Hadassah Bosnian Project, an effort that sent 150 tons of medical supplies and clothing to Sarajevo in 1993 during that country's war. She used her experiences to help develop the School of Nursing's disaster preparedness training program.

"When I graduated, I knew working bedside in a hospital wasn't for me," said Roth, who spent her entire career working overseas. "The streets were for me, and SLU prepared me to work wherever I felt I was needed."

This is why Roth said she is incredibly proud that her granddaughter, **Emily Philips-Roth**, chose SLU School of Nursing to pursue her degree. Philips-Roth, 26, is in the accelerated B.S.N. program and works as a care partner on the cardiology floor at SSM Health Saint Louis University Hospital.

"I grew up on my grandmother's stories about her work in the field and her days at SLU," Philips-Roth said. "She has such respect for the nursing school and her professors. I knew I would get a good education there, and I would get clinical experience in a variety of settings."

Philips-Roth visits her 86-year-old grandmother every Friday to help with household chores and seek her counsel. Although Philips-Roth prefers the acute care setting to public health nursing, she talks with her grandmother about balancing work, school and a personal life. Roth was 50 years old when she enrolled in the nursing school.

"She started nursing school after her husband died and she had five children at home," Philips-Roth said. "I didn't start as late or have that much on my plate, but I'm older than most of my classmates. I have additional responsibilities outside of school. My grandmother appreciates that and understands what it's like to be an adult learner."

The School of Nursing no longer awards pins upon graduation, but Roth did not want the tradition to die for her granddaughter. She gave her a pin that says "Nursing: Setting the Standard for Excellence," which Philips-Roth wears on her coat.

## 2015 WHITE COAT CEREMONY

Homecoming and Family Weekend 2015 not only was an opportunity to welcome alumni back to campus — it was an opportunity to formally welcome the Class of 2018 into the nursing profession. The School of Nursing chose Homecoming and Family Weekend for its second annual White Coat Ceremony, which marks a sophomore student's entrance into the field as he or she prepares for clinical rotations.

During a ceremony at St. Francis Xavier College Church, family and friends watched as students received their white coats and messages from University faculty and staff.

"This white coat signifies your commitment to the profession," said Teri A. Murray, ('79, '93, '97) Ph.D., A.P.H.N.-B.C., R.N., F.A.A.N., dean of the School of

Nursing. "It is a visual reminder of your promise to provide patients with high quality, compassionate and humanistic care."

Russ Schroeder, M.S., R.N., vice president of nursing at SSM Health Saint Louis University Hospital, told students that nursing will challenge them to learn every day.

"And remember," he said. "You always will be on stage. When you put on that white coat, people will look to you. They won't know the difference between a student nurse and a nurse, so whether you're in a patient room or a hos-

**"This white coat signifies your commitment to the profession."**

DEAN MURRAY

pital elevator, keep compassion in your voice at all times."

St. Louis native, SLU graduate and nationally known inspirational speaker, John O'Leary, delivered the keynote address. When he was 9 years old, O'Leary's curiosity about gasoline and fire resulted in an accident that left him with burns over 80 percent of his body. He spent five months in the hospital and underwent dozens of surgeries. He had to learn to walk, write and feed himself again. O'Leary said he persevered because others served and inspired him, especially his nurses.

"I loved my doctors, my chaplains, my physical therapists, my speech therapists, my social workers, but I loved nobody more than my nurses," he said.

O'Leary said one of his nurses in particular changed his life the day he had surgery to amputate his fingers. The nurse stopped by his room at the end of her long shift.

"She didn't try to talk me out of my pain or my grief," he said. "Instead she sat on the bed and



Above ● Associate Dean of Nursing, Joanne Langan, Ph.D., cloaking Kyle Toser-Aldaz

said, 'John, you may never be a court reporter, but you could be a judge. You may never play for the Cardinals, but you can be a general manager. You may never be a construction worker, but you can run a company that hires construction workers. You've lost your fingers, but you haven't lost your life.' I realized she was right, and I realized it because she took the time to sit on a little boy's bed, to stay a little longer than she had to and to be the healing love of Christ.

"Don't wait until graduation to decide what kind of nurse you want to be," he continued. "Start as soon as you put on that white coat."



MAKE PLANS NOW TO JOIN US FOR 2016 HOMECOMING AND FAMILY WEEKEND: SEPT. 22-25



## 2015 Alumni Merit Award RECIPIENT'S WORK HAS GLOBAL IMPACT

**LAURA KUENSTING'S** high school yearbook quote turned out to be unintentionally prophetic. She chose a lyric from "Lessons," a song by Rush: "... I'll be there when I teach what I've been taught."

Although she had no inkling she would one day teach, the 2015 Alumni Merit Award recipient has been an educator and leader throughout her career, particularly in the field of pediatric nursing.



### BEST LAID PLANS

Kuensting initially envisioned a career in psychiatric nursing. She earned a Bachelor of Arts in psychology and a Bachelor of Science in Nursing from Saint Louis University (1987). During clinical rotations, however, Kuensting discovered psychiatric nursing wasn't a good fit. She found her gift was working with children.

"One of the things I loved about SLU was the variety of clinical rotations we were offered," she said. "The experiences were invaluable in helping me find my career path."

Kuensting furthered her education at SLU by earning a Master of Science in Nursing Research (1994) with a clinical specialty in the nursing of children, a post-master's certificate as a pediatric nurse practitioner (1997) and a Doctor of Nursing Practice (2011). She was one of the first DNP's in the state of Missouri.

### COLOR-CODED CARE

Kuensting began her career as a pediatric nurse at SSM Health Cardinal Glennon Children's Hospital in 1987. Currently she practices in the emergency department (ED) at Mercy Children's Hospital in St. Louis, where she's held a variety of positions for the past 18 years.

"I'm proud to have held positions in which I've been able to facilitate change to improve the care of children," she said.

An example of this is the color-coded pediatric crash cart Kuensting implemented in Mercy's ED almost two decades ago. At that time, Mercy's ED was mixed with health care professionals treating both adult and pediatric patients.

Crash carts weren't always stocked with the right-sized equipment (endotracheal and nasogastric tubes, suction catheters,

etc.) needed to take care of children in an emergency situation. And, even if the cart had the equipment, staff had to make educated guesses about which size tubing to use or calculate how much medication to administer. The pediatric crash cart and accompanying medication guide are divided into color-coded segments based on a child's weight.

"When you have an emergency situation, you have anxiety and stress, which contributes to mistakes," said Kuensting, who learned about early prototypes of the pediatric cart at a professional conference. "Medication errors occur because of incorrect calculations. The cart takes the guess work out of the situation. It's a remarkable, life-saving tool."

### NEXT GENERATION

As part of her DNP capstone project, Kuensting submitted a resolution to the Emergency Nurses Association (ENA) to develop evidence-based practice guidelines to limit the number of IV sticks children

endure and to provide education to nurses on alternative therapies for fluid infusion. The guidelines are the first to support nurse decision-making to protect children from multiple needle sticks.

Kuensting has been an active member of the ENA for more than 25 years, most notably serving as the chair of the national committee for Advanced Practice from 2002-2004 during which the first Scope and Standards of Practice for the Clinical Nurse Specialist in the Emergency Department were written. Most recently she served on the organization's national work group responsible for writing the Certified Pediatric Emergency Nurse exam review manual.

Kuensting is also active in the St. Louis Association of Pediatric Nurses and Practitioners. She writes for numerous journals, is a speaker at national conferences and serves as an expert consultant for bio-technology and pharmaceutical companies.

In 2011, Kuensting joined the University of Missouri's Sinclair School of Nursing as an assistant teaching professor and coordinator of the Pediatric Nurse Practitioner program. In 2015, she reduced her teaching hours to become director of the ENA's Institute of Emergency Nursing Advanced Practice. As such, Kuensting is leading the effort to develop educational support and advocacy for advance practice nurses in emergency and urgent care settings.

"The ENA is a global organization, so the training and advocacy for advanced practice providers established from the Institute has the potential of affecting care around the world, which is a tremendous responsibility but also very exciting," she said.



Above ● Dean Teri Murray, Ph.D., presents Kuensting with the 2015 Alumni Merit Award



# SAINT LOUIS UNIVERSITY SCHOOL OF NURSING GRADUATES DISCUSS THEIR ROLES AS ENTREPRENEURS.

SLU's Doctor of Nursing Practice program encourages its students to consider becoming their own bosses by starting businesses that will improve health care delivery. Here, three alumnae share their stories and offer advice for would-be entrepreneurs.

**D**eanna Speight, D.N.P. ('14), worked as an ICU recovery room nurse, a travel nurse and a nurse in a cardiologist's office conducting stress tests. She enjoyed her career but one thing was missing — autonomy.

"Frankly, I don't like being told what to do," she said. "I like prescribing medications and ordering tests that I think are necessary without getting physician approval. I like building relationships with my patients, which means spending as much time with them as I feel I need. I also like being treated as an equal, and I didn't always work for physicians who treated staff as equals."

So in 2008, Speight put everything on the line, including her home, to gain her freedom. With the collateral, a small business loan and a leap of faith she opened Speight Family Medicine just outside of Memphis, Tennessee. Fortunately, Speight lives in a state that allows NPs to diagnose and treat without physician involvement.

"It was just me, a front desk person and a medical assistant,"

she said. "We went two or three days without seeing a single patient, which was scary. And, once we started getting patients there was a lag before we received reimbursement from the insurance companies, which was even scarier. I'll admit I was totally naïve about the behind-the-scenes responsibilities. I had a lot of sleepless nights, that's for sure."

Sleepless nights but no regrets. Speight Family Medicine began thriving within a year of opening its doors. Speight now employs 10 staff, including three nurse practitioners who see more than 50 patients a day and earn salaries higher than the national average. In 2012, Speight opened a second private practice in Dickson, Tennessee, near Nashville.

"The risks totally have been worth it," she said. "I like to lead rather than follow, and going off on my own has allowed me to do that in every way. I have better relationships with my patients because I see them every time they come in for a visit and I know their stories. Also, if I want to go to a family event, I just rearrange my schedule.

I can't imagine going back to traditional practice."

### BEDSIDE TO BOARDROOM

Thinking beyond traditional practice is strongly encouraged in the School of Nursing's Doctor of Nursing Practice program. Three years ago, the school added a module to the program's curriculum, which is designed to instill entrepreneurship in its graduates and to prepare them for roles ranging from nurse executives, to nurse administrators, to independent business owners.

"Nurses come to the table with so many valuable business skills to begin with," said Rebecca A. Lorenz, Ph.D., R.N., associate professor. "They're good listeners, good problem solvers and great communicators. All they need are the tools to turn those skills into innovation."

At the core of the module are two courses taught by Lorenz, one of SLU's Coleman Fellows — a faculty member charged with infusing entrepreneurship training into courses and academic programs. The



"I like to lead rather than follow, and going off on my own has allowed me to do that in every way."

SPEIGHT



“I was trying to figure out my new life. I also had an infant daughter at home, and I thought that starting my own consulting firm would be a great alternative to shift work and working odd, crazy hours.” ASSID



“I feel a very strong sense of commitment to my community. And being able to go out on my own so that I can give them the care they deserve has been very important to me as a person and as a professional.”

PAGE

first course, “Health Care Delivery,” provides nurses with knowledge of the complex health care delivery system in the United States and other countries. The second course, “Leadership,” provides students with basic business principles, including organization, leadership and management skills; as well as business and marketing plan development.

“We know that students who take these courses have a greater likelihood of establishing an independent practice or implementing change within an existing delivery system,” Lorenz said.

#### OPPORTUNITIES ABOUND

Lorenz said passage of the Affordable Care Act (ACA) in 2010 provided the impetus for the curriculum change. The ACA brought millions of formerly uninsured Americans into a health care system that already was short on primary health care providers. Lorenz said the shortage created extraordinary opportunities for nurses, advanced practice nurses in particular, to lead in diverse settings, whether by establishing private practices in one of the states where nurse practitioners are able to provide medical care without oversight or management of a physician (entrepreneurship); or by assuming leadership roles within health care systems to improve care and outcomes. The latter is what Lorenz describes as an “intrepreneurship.”

“You don’t have to establish an independent practice to be an entrepreneur,” said Lorenz, who knows this firsthand. She implemented and directed a dental clinical for senior citizens in St. Charles, Missouri, while she was employed with SSM Health before joining SLU. “There are so many other ways to affect change, address disparities and be innovative in health care, such as creating phone apps that remind patients to take their medications or check their sugar levels. The opportunities are endless.”

Lorenz also noted that the growing need for advanced practice nurses to fill the primary care gap prompted the American Association of Colleges of Nursing (AACN) to recommend that business practices education be woven into the Essentials of Doctoral Education for Advanced Nursing Practice, the curriculum required for Commission on Collegiate Nursing Education (CCNE) accredited programs.

#### FLYING SOLO

**Pamela Assid, D.N.P. (‘14)**, is a nurse entrepreneur with extensive experience in critical care and emergency room nursing in military and civilian settings. Before retiring from the U.S. Air Force (USAF) in 2015, Assid was deputy commander/chief nurse for the 310 Aerospace Medicine Flight team at Buckley Air Force Base. She also was clinical manager of the emergency department at St. Francis Medical Center in Colorado Springs. Currently, she is director of the emergency department at Sky Ridge Medical Center in Lone Tree, Colorado, where she decreased arrival-to-room time by five minutes.

After her last deployment to the Middle East in 2003, Assid transitioned to the USAF Reserve and leveraged her valuable experience to establish with her mother — a nurse with considerable utilization management expertise — an independent legal nurse and forensic nursing consulting firm, IPR Medical Legal Consulting, LLC.

“Law firms retained me as a consultant on cases that involved less-than-ideal outcomes in emergency medicine to determine whether the standard level of care was met,” said Assid, who has a post-master’s certificate in forensic nursing. “I enjoyed the work and, at the time, I was transitioning from active duty to reserve. I was trying to figure out my new life. I also had an infant daughter at home, and I thought that starting my own consulting firm would be a great alternative to shift work and working odd, crazy hours.”

Assid said her decision allowed her to spend valuable time with her daughter during her formative years. Even though she eventually returned to full-time work at a medical center, her firm continues to grow and prove profitable. She said her education at SLU helped that along by showing her how to retool her business plan and improve her marketing techniques.

#### COMMUNITY COUNTS

For **Sharon Page, M.S.N. (‘06), D.N.P. (‘15)** choosing the entrepreneurial route has been less about money and flexibility and more about providing patients with the kind of care she wants to offer. Page was a nurse practitioner in a pediatrician’s office in Martin, Tennessee, when she suggested they incorporate mental health services into the practice.

“There’s still very much a stigma to seeking mental health services, especially in a rural community,” Page said. “Providing counseling in a primary care clinic removes that concern. If you’re sitting in the waiting room, no one knows whether you’re there for a sore throat or to see the counselor.”

The pediatrician, however, wasn’t receptive to Page’s suggestion.

“I felt a little held back to be honest, and I wanted to do things a little differently, so I chose to start my own practice,” said Page, who is a board-certified pediatric mental health specialist with expertise in treating children with Autism Spectrum Disorder and Attention-Deficit/Hyperactivity Disorder.

In 2010, she established her own federally qualified rural health clinic — Martin Children’s Clinic — that has 10 employees plus a mental health counselor. They treat approximately 250 patients a week.

“I feel a very strong sense of commitment to my community. And being able to go out on my own so that I can give them the care they deserve has been very important to me as a person and as a professional,” said Page, who gives patients her personal cell phone number. “My professors at SLU were very helpful in supporting me and prodding me along to make my practice the best it can be.”

Lorenz said Page, Assid and Speight serve as examples to other students in the D.N.P. program who are considering paths other than traditional practice.

“Entrepreneurship is high risk, but it also can be high profit, whether that profit means money or personal satisfaction,” she said.

As for the future, Lorenz said the demand for nurses who can assume leadership positions is becoming so great in today’s health care environment that colleges of nursing are considering not waiting until the doctoral level to offer business and leadership training.

# ADVICE

from School of Nursing alumni entrepreneurs to future entrepreneurs

IDENTIFY A NEED

FIND A MENTOR

“Ask advice, ask questions, shadow someone who does what you want to do.” ASSID

PLAY TO YOUR PASSION AND STRENGTHS

SEEK SUPPORT

“My family was behind me 100 percent. Having that emotional support is almost as important as the financial support.” SPEIGHT

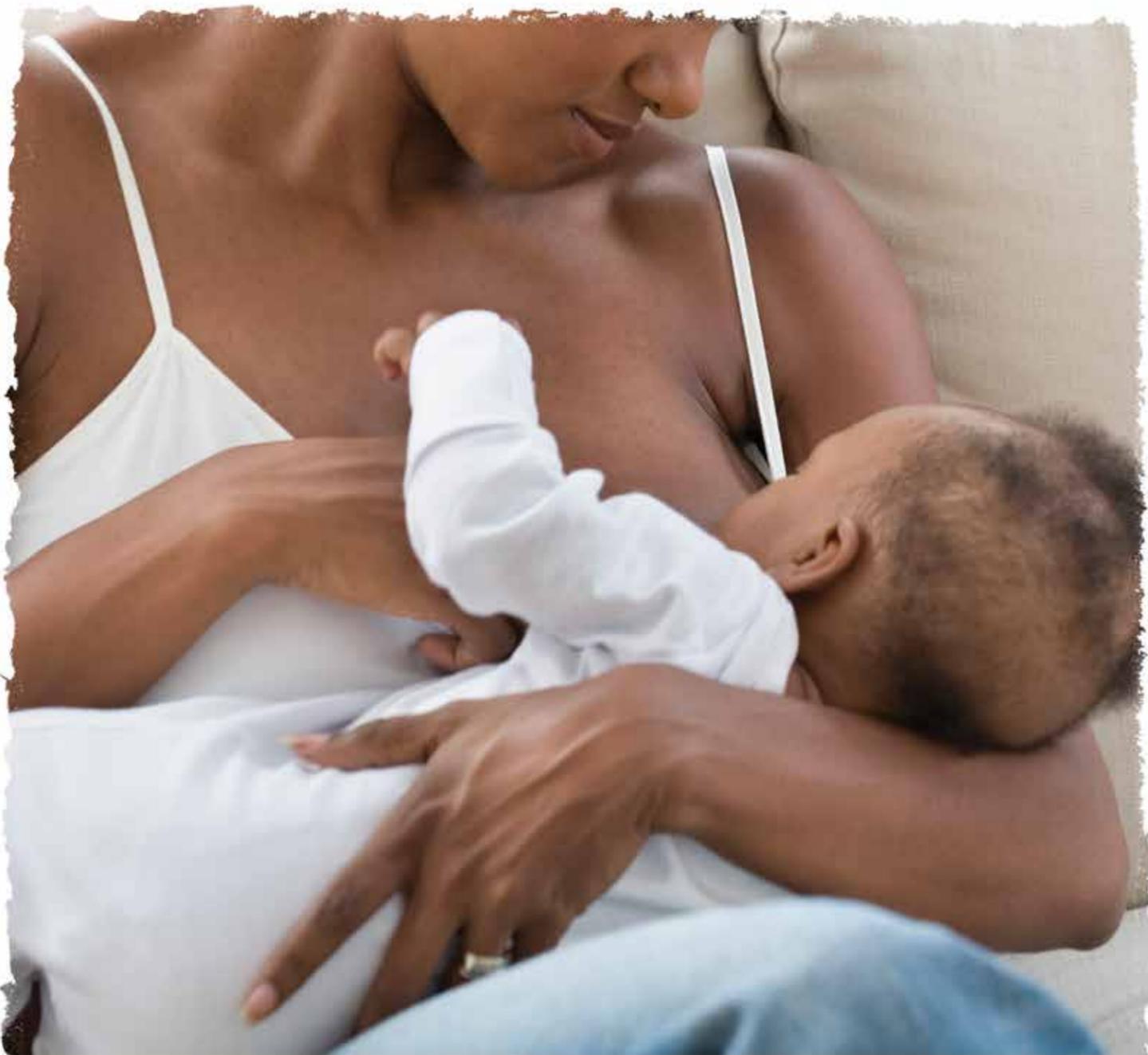
BE PREPARED TO WORK HARD AND LOSE SLEEP, AT LEAST INITIALLY.

LEARN TO DELEGATE

“It doesn’t have to be all you. Share some of the responsibilities with those around you. I tried to go it alone but soon realized I can’t live without my office manager.” PAGE

FAIL FAST AND PIVOT

“If you fail, don’t give up. Learn your lesson, quickly regroup and go again.” LORENZ



**Joan E. Dodgson, Ph.D., M.P.H., R.N., F.A.A.N.**, has enjoyed her share of accolades. She was elected to the American Academy of Nursing and chairs the organization's expert panel on breastfeeding. She was selected as the editor-in-chief of the *Journal of Human Lactation*, the premier global lactation research journal, and she is a March of Dimes Research Nurse of the Year nominee.

Dodgson said she is especially proud, however, of being chosen as the inaugural holder of the Patricia and James E. Hemak Endowed Professorship in Maternal Child Health at the Saint Louis University School of Nursing.

Dodgson joined the School of Nursing in January 2016 from Arizona State University, where she had been an associate professor for the past six years. She developed and directed the school's Master of Public Health program and created academic and continuing education lactation courses for health care providers.

Dodgson is an internationally known expert on breastfeeding and a prolific NIH-funded researcher in the areas of breastfeeding across cultures and perinatal health disparities in vulnerable populations.

"Dr. Dodgson will strengthen the school's research in maternal-child health, specifically in the area of lactation," said Dean Teri Murray, ('79, '93, '97) Ph.D., A.P.H.N.-B.C., R.N., F.A.A.N. "She not only brings her exceptional research, but she also has a collaborative spirit and a passion that will inspire the next generation of nurses."

In this article Dodgson shares her thoughts on her journey from clinical care to academia, her travels to Cambodia, her teaching philosophy and her love of birding.



Dodgson (left) with Patricia and James Hemak at the investiture ceremony in February.

#### PROFESSIONAL CHOICE

My mother and grandmother wanted to be nurses; they always encouraged me. The field appealed to me because it was a helping profession. I also appreciated that nursing offered a lot of possibilities for career development and specialization.

#### FROM CRITICAL CARE TO CAMBODIA

Initially I was intrigued by critical care. I liked the technology and having to learn so much about physiol-

ogy and how it all worked. I was in critical care for about 10 years when I started to get a little burned out and needed a change. I then chose to work in labor and delivery, and post-partum care, which I really liked. At about the same time I made the switch, I had the opportunity to go to Thailand to provide care for Cambodian refugees, who had escaped Pol Pot's regime. The refugees were housed in huge camps. They were incredibly ill and starving. The experience changed my life in a lot of ways. Because we didn't have much to work with in the camps, I began to take a less techno-

# Birth AND BEYOND

A leading expert in maternal and child health joins the School of Nursing.

logical perspective on care. To deliver health care, we learned to do a lot with the limited supplies at hand; it was community-based health care and that appealed to me – still does to this day.

#### CONTINUING TO CARE

I have an ongoing association and interest in Cambodia. Since my initial visit in 1979 I've returned many times to teach, conduct research, care for patients or just travel. Last year I served as the lactation consultant for the U.S. Embassy and did some teaching about the public health aspects of breastfeeding promotion for Cambodia's National Institute of Public Health. Additionally, my son and his family live in Cambodia, where he does research and development for a non-governmental organization focused on removing landmines in the countryside. Only half of the landmines have been cleared since the Vietnam War.

#### THE FULL SPECTRUM

For years I worked in critical care because the focus was on life and death issues, but actually perinatal care is so much more complex. When it goes well, it's beautiful. Being

part of a delivery still gives me goosebumps, but when it goes badly, it is so tragic. It's the full spectrum of the human experience and is very profound. It's a real privilege to be a part of it.

#### COMMUNITY BASED RESEARCH

Research is my first love. Being able to conduct research is one of the primary reasons I chose to go into academia. I have a research project in Cambodia where we're looking at breastfeeding experiences of mothers and the services available to them. I have another community-based research project in Hawaii, which explores the trajectory of chronic illness among native Hawaiians. There are a lot of health disparities in this population. We thought the best way to have an impact was to focus on pregnancy as a life-changing time for women. Women often are ready to make behavioral changes when they're pregnant, so we designed an intervention program to improve their nutrition, encourage breast-

feeding and improve their support system. We are following the women through their babies' first six months of life.

#### BREASTFEEDING ADVANCES

Over the past several years we've seen several advances in policies and programs designed to remove obstacles for women who want to breastfeed their babies. Public policy is shifting toward promoting breastfeeding as primary prevention for chronic diseases. Breastfeeding prevents infants from developing diabetes when they get older, for example, and we have such a diabetes epidemic in this country. The federal government also has put a lot of energy into making policy changes. In 2011, the U.S. Surgeon General stressed the importance of lactation education and recommended all professionals who care for mothers and children be educated about breastfeeding. Within the last couple of years, the Centers for Disease Control has endorsed the International Board Certified

“Being able to conduct research is one of the primary reasons I chose to go into academia. I have a research project in Cambodia where we're looking at breastfeeding experiences of mothers and the services available to them.” DODGSON

Lactation Consultant (IBCLC) as the health care specialist in lactation management.

#### LISTEN AND LEARN

My personal philosophy is that teachers facilitate learning. I don't teach anyone anything. I facilitate opportunities for them to learn. I like being a part of another person's growth. It's very rewarding to see that happening. I also think teaching requires a lot of flexibility in order for you to meet the students' needs and various learning styles.

#### PERFECT FIT

I was in Cambodia last year when I received the call about the opportunity at SLU. The position seemed perfect for me. It offered everything I enjoy — research, teaching, patient care. I also really like the social justice focus at SLU. That's been a strong focus for my career — providing care to vulnerable populations. I have a strong public health background, and this position just spoke to me.

#### FACILITATING SUCCESS

I'm not joining the school with any specific agenda or preconceived ideas about what I want to do. I plan to have lots of conversations with faculty members, students and others in the practice arena to see what they

“I'm a facilitator. My role is to get people what they need to be successful. It will be exciting to help build the program” DODGSON

feel needs to happen and where the possibilities are. I'll proceed from there. As I said, I'm a facilitator. My role is to get people what they need to be successful. It will be exciting to help build the program.

#### ON A PERSONAL NOTE

I have a couple of friends in St. Louis but most of my family is in upstate New York. I'm looking forward to living in St. Louis because I'm a birder, and the city is on a major flyway — a path for migrating birds. I'm looking forward to observing the spring and fall migrations. I enjoy birding because it's an outdoor activity requiring close observation, and birds are such interesting creatures. Additionally, birding attracts an interesting group of folks. I'm also a big movie buff, and I love to read mysteries and books on psychology and sociology. I've got the traveling bug, as well.

#### Dr. Dodgson's Bio

##### EDUCATION

Master of Nursing  
University of California-Los Angeles 1988

Doctor of Philosophy (Nursing)  
University of Minnesota 1999

Master of Public Health  
University of Minnesota 2001

##### PRACTICE EXPERIENCE

- Staff nurse
- Clinical nurse
- Refugee health care worker
- Charge nurse-high risk perinatal
- Team leader-labor and delivery
- Community nurse
- Perinatal clinical nurse specialist
- International Board Certified Lactation Consultant

##### ACADEMIC EXPERIENCE

- University of Maine, Ft. Kent, Maine
- Maria College, Albany, New York
- University of Hong Kong, China
- University of Hawaii at Manoa
- UH Center for the Advancement of Health Disparities Research (director)
- Arizona State University (ASU)
- ASU Masters of Public Health (director)

##### HONORS

- Research Nurse of the Year, March of Dimes nominee
- Fellow, American Academy of Nursing
- Sigma Theta Tau, International Honor Society of Nursing
- Phi Kappa Phi National Honor Society
- Who's Who in Health Sciences Higher Education
- Research Career Development Award



## Gift Return

### FAMILY ESTABLISHES ENDOWED CHAIR IN MATERNAL CHILD HEALTH

Patricia Meili Hemak ('64), M.S.N, R.N., a member of the Future Nurses Club at Bishop DuBourg High School in St. Louis, had a plan — earn a diploma in nursing and get a job in a hospital to pay off any debt.

“No woman in my family had gone to college, and I was raised by a single mother,” she said. “If I wanted to go to college it would be on my own resources. So I didn't set my sights beyond a three-year program.”

Hemak's mentor in the nurses club had a different plan. She saw potential in Hemak and encouraged her to take the Saint Louis University School of Nursing scholarship exam. Hemak passed and earned a full scholarship to pursue a bachelor's degree in the science of nursing. This degree eventually led to a master's degree; a rewarding career in maternal, neonatal and women's health; and faculty positions at Saint Louis University, the University of Washington in Seattle, Regis University in Denver and St. Catherine University in Minnesota.

The mentor who saw that potential in Hemak is Mary Teresa Noth, F.S.M., Ed.D., dean of the SLU nursing school from 1966 to 1982.

“I wouldn't be where I am had it not been for Sr. Teresa,” Hemak said. “Sr. Mary Caritas Iffrig, S.S.M., was another incredible influence on me as my maternity instructor. She was a visionary in the field of maternal neonatal care. She was among the first to see the value in child birth classes, and she advocated for allowing fathers in the delivery room in the 1960s. I'm just one of the many people Sr. Caritas touched.”

As a show of appreciation, Patricia Hemak and her husband, James, established the Patricia and James R. Hemak Endowed Professorship in Maternal Child Health. The inaugural holder, Joan E. Dodgson, Ph.D., was invested during a ceremony in February.

“My husband and I were considering including the School of Nursing in our will, but a friend suggested we do it now so we can see the project to fruition and experience the joy it brings,” Hemak said. “We couldn't be more thrilled that the inaugural holder is Professor Dodgson, who brings with her exceptional gifts and enthusiasm.”

This is the second time the Hemaks have shown their generosity toward the School of Nursing. James Hemak, who made his living working for the Junior Achievement organization and franchising Great Clips salons, surprised his wife a few years ago on her birthday with a gift, naming in her honor the school's advanced maternal-child clinical suite in the school's simulation laboratory. The gift came complete with state-of-the-art interactive and anatomically correct mother and newborn manikins.



# engaging

WHETHER IT'S A ONE-TIME PROJECT, A WEEKLY OCCURRENCE OR A LIFETIME COMMITMENT TO SERVICE, School of Nursing students are giving back to the community. For some students, volunteering in the community is a tangible expression of their faith. For others, volunteering satisfies their passion to provide care to those most in need. Here, we meet a few of the students who are donating their limited free time to help others.

## SOLDIERING ON

As a med-surg and ICU nurse with the U.S. Air Force, **CAPT. MICHELLE NEVEU** dedicated four-and-a-half years of her life taking care of soldiers at Nellis Air Force Base (AFB) in Nevada and Lackland AFB in Texas. She continues to serve as an Air Force reservist in Wichita, Kansas. But what she does with military families off base is equally important to her.

For the past three years, Neveu, a post-anesthesia care unit nurse at an outpatient surgery clinic

in Wichita and student in the Master of Science in Nursing-Acute Care Nurse Practitioner program, has volunteered with the Key Spouse Program. The Air Force-wide initiative provides support services to family members whose spouses are deployed.

"We thank military members for their service, but we should remember that family members bear a lot of the burden," said Neveu, who was deployed to Afghanistan in 2009 and whose husband is an Air Force pilot who has been on multiple deployments. They have one young child. "I've been deployed, and I've stayed home while my spouse was away, and I found that staying home

is much more difficult. When you're deployed your only job is to go to work, eat and work out. When you're at home, you're a single parent taking care of the kids, the dogs, the yard work, the bills. A little help goes a long way."

Neveu helps spouses by contacting them on a regular basis to keep them connected to events on base and to assess any needs they might have. If the refrigerator stops working, a car breaks down or a child is struggling in school, Neveu is just a text or phone call away with support and resources.

In addition to the Key Spouse Program, Neveu volunteers as a Service to School ambassador offering

college application counseling to veterans who want to pursue degrees in nursing after active duty. In 2015, the Pat Tillman Foundation selected Neveu as a foundation scholar due to her "extraordinary academic and leadership potential," and her "commitment to create positive change through her work in the field of medicine."

When Neveu graduates from SLU next year, she hopes to work in an ICU, preferably within a Veterans Administration hospital.

"I really enjoy hearing the stories behind the veterans' medical problems that they either don't get a chance to tell or feel uncomfortable sharing," she said. "My military background allows me to connect with them on a different level."

"We thank military members for their service, but we should remember that family members bear a lot of the burden"

NEVEU



## HOPE FLOATS

Twenty-year-old **ELIZABETH MOSAKOWSKI** is close to her family. So when she moved from the Kansas City area to St. Louis in 2014 to attend nursing school, she understandably was "terribly" homesick. She chose to overcome it by turning to what gave her a sense of belonging and purpose at home — service to her community. Within weeks of starting nursing school, Mosakowski joined SLU's chapter of Alpha Phi Omega, a national service fraternity.

"I received a scholarship to SLU in part because of the volunteer work I did back home," Mosakowski said. "I'm so grateful for the gift, and I think the best way for me to repay SLU is to serve my community. It feels right."

When she's not studying for her Bachelor of Science in Nursing degree, Mosakowski is volunteering almost weekly, usually with an agency that provides services to children and adults with developmental challenges. She serves as a companion for clients of LifeBridge Partnership, an organization that encourages independence for people with disabilities. She helps with holiday parties and on field trips to bowling alleys or the City Museum.

Mosakowski's work with people who have disabilities began in high school when volunteered as a buddy for her disabled classmates in physical education classes. She has taught swim lessons to children with Autism Spectrum Disorder and Down Syndrome in her hometown of Lee's Summit, Missouri, for the past four years. She continues to provide lessons when she's home during academic breaks.

"People with disabilities sometimes aren't treated with enough respect or patience," said Mosakowski, who chose to attend SLU because of its mission of educating men and women for others. "I want to give them the respect they deserve. I've always been able to connect with them and enjoy getting to know them. Even when

it seems as though they're on the quiet side, you can tell they have something to say. You just have to be patient enough to listen."

In addition to her work with people with disabilities, Mosakowski has tutored at area schools, including the Youth Learning Center. She offers tours of SLU's campus to students from Marion Middle School, a school in south city dedicated to breaking the cycle of poverty by preparing young girls for college. Mosakowski said she enjoys working with young people so much she is considering pursuing advanced degrees in nursing, which could lead to a career in academia.



"People with disabilities sometimes aren't treated with enough respect or patience" MOSAKOWSKI

Mosakowski also helps collect and package food for area pantries through Operation Food Search, and on many weekends she volunteers as support staff for 5K fundraising runs, including one close to her heart — the PurpleStride 5K for pancreatic cancer research. Mosakowski's grandfather died from the disease.

Last year, Mosakowski was chosen to be a pledge parent for Alpha Phi Omega. Her responsibilities include encouraging other students to join and volunteer.

"We're all busy, and you can find a million excuses for not having time to volunteer, but there are even more reasons to get involved," she said.

**MELISSA EDWARDS** has focused her career on treating the sick, but when she volunteers at Camp Quality, a camp for children with cancer, the last thing she wants is for the campers to see themselves as sick.

“These kids often don’t have opportunities to enjoy normal activities like swimming or bowling, when they can forget about their illness even for a little while,” Edwards said. “At camp, we keep them so busy that the only thing on their minds is what they’re going to wear and what friends they might see. I just want to keep them safe and help them make memories, not focus on their medical problems.”



At the suggestion of her father, Edwards began volunteering at Camp Quality in St. Clair, Missouri, a decade ago when she was an undergraduate at SLU. She began as a camper’s companion. Once she earned her nursing degree, the camp asked her to serve as camp nurse, which she’s done for one week every June for the past five years.

“It can be a little nerve-wracking,” she said. “We have 30 campers on a ton of medications. I pass medication four times a day and administer chemotherapy, but I also take care of little scrapes and boo boos, too, which, at times, is just as important.”

## IT'S IN THE BAG

While other people walk or drive by the homeless person standing in the median, **ANDREW GUCCIARDO** stops. He reaches into the back of his truck where he keeps a stash of brown lunch bags filled with non-perishable items, such as

bottles of water, trail mix and dried fruit, and hands it to the person in need. If he runs out of bags, Gucciardo might take the person to a nearby restaurant.

“I could give money, but proper nutrition is a chronic need in underserved populations,” said Gucciardo, a student in the Master of Science in Nursing-Nurse Practitioner program.

“Proper

nutrition is

important to improve quality of life, and I’m passionate about helping those who can’t afford to eat well.”

After years of helping on an individual basis, Gucciardo decided last year that he wanted to do more. His friends told him about Food Outreach, an organization that prepares meals for men, women and children living with cancer, HIV and AIDS in the St. Louis metro area. Gucciardo volunteers on Saturday mornings packaging home-cooked meals that are delivered throughout the week.

“Proper nutrition is important to improve quality of life, and I’m passionate about helping those who can’t afford to eat well.” **GUCCIARDO**



“We have 30 campers on a ton of medications. I pass medication four times a day and administer chemotherapy, but I also take care of little scrapes and boo boos, too, which, at times, is just as important” **EDWARDS**

Edwards said it is one thing to give money to support a cause, such as Camp Quality. It’s another to give your time.

“It’s good to see firsthand the difference you can make in someone’s life,” said Edwards, a student in the Master of Science in Nursing-Nurse Practitioner program. “If you give money it’s easy to forget what it went for, but I never lose sight of why I’m here.”

Edwards works full time in the adult leukemia and lymphoma unit at Barnes-Jewish Hospital.

“You’re so busy, maybe you’re understaffed, and you find yourself becoming task oriented — charting, passing meds, taking care of a patient’s physical needs,” she said. “It’s easy to forget that the patient is a person beyond their medical problems. So, for me, taking time out to volunteer at camp and share a connection with someone on a more personal level reminds me of the reasons I went into nursing.”

After she graduates, Edwards said she hopes to continue working with adult oncology patients and volunteering at Camp Quality.

“Some of these kids are very sick,” she said. “You don’t know how much time they have left, and when their parents ask them what they want to do with their time, the kids say they want to come back to camp. That’s when I know what I’m doing is important.”

## FIGHTING BACK

One in three people will be diagnosed with cancer in their lifetime, a statistic well known to **JESSICA FLEIG**. When she was 11 years old, Fleig lost her grandmother to ovarian cancer, and her high school friend died of Hodgkin’s lymphoma during her senior year.

“More than 1,500 students, staff and faculty participated last year, and we raised \$160,000 for cancer research” **FLEIG**

Fleig has been turning her losses into hope ever since by volunteering with Relay For Life (RFL), the American Cancer Society’s annual fundraiser. Each spring more than four million people in more than 20 countries take part in the overnight relay that begins with a survivors walk and ends with a fight back ceremony. Fleig has participated in

the relay for eight years. For the past three she has been a member of the committee that plans the event at Robert R. Hermann Stadium on SLU’s campus.

“SLU has the 13th largest collegiate Relay For Life event in the country,” said Fleig, a senior in the Bachelor of Science in Nursing program. “More than 1,500 students, staff and faculty participated last year, and we raised \$160,000 for cancer research. This year we hope to raise \$175,000 and have 2,000 participants. It’s so rewarding to be part of an event that generates such hope.”

Although planning the relay is a yearlong process, Fleig also manages to find time to cook breakfast at least once a month for families staying in the Ronald McDonald House near SSM Health Cardinal Glennon Children’s Hospital. She helps organize campus fundraisers for the charity, including this year’s Rocking for Ronald dance-off at Busch Student Center. In addition, the 22-year-old has

traveled to Nicaragua with SLU’s chapter of the Global Medical Brigades for a public health service project and has volunteered with Peds in the Weeds, an annual picnic for children with cancer.

Fleig said her parents inspired her life of service and led by example. Both chose helping professions — her mother is a nurse, and her father is a probation officer. The Fleigs also have volunteered as a family for several missions sponsored by their Catholic church in the Chicago area.

“They told me that no matter what I choose to do for a living, they hoped I would choose a profession that would allow me to give back,” Fleig said. “I can’t think of a more giving profession than nursing.”



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# shelf LIFE

The publications of the School of Nursing Faculty

inSERVICE

RWANDA: THE LAND OF A THOUSAND HILLS AND AN ALUMNA'S PROMISE TO CARE

**Kimberly Pierre's ('09), R.N., C.C.R.N.**, passport is well worn. She was born in Trinidad, taught English in Ethiopia, spent two years of nursing school on SLU's Madrid campus, helped build a rescue mission for orphans in Kenya, traveled to Poland, cared for patients in Haiti and currently is working as a clinical nurse educator at a hospital in Rwanda.

Pierre has committed to a life of caring for those most vulnerable, wherever they may be, and she gets emotional when she discusses what inspires her.

"A lot of it comes from my mom," said Pierre. "She moved us from Trinidad to the United States by herself so we could have a better life. It was an incredibly difficult decision. She worked so hard to provide for us. I thought the best way to show my appreciation is to care for other people."

After graduating from SLU, Pierre earned a Master of Science in disaster medicine management, and worked in the surgical ICU at Parkland Hospital in Dallas. From there she went to a neuro-interventional unit at New York Presbyterian Hospital where a friend told her nurses were needed in Port au Prince, Haiti. After her stint in Haiti, Pierre returned to New York briefly to work as a traveling nurse before leaving the country again to spend six months in western Kenya building a rescue mission in Kisumu for children whose parents died from AIDS.

"Twenty percent of the population in Kisumu is infected with HIV and AIDS," she said. "Our goal was to build a home where the children left behind could

feel safe as they transitioned to living with other relatives or in a foster home."

Pierre returned to New York again to work in a burn unit and an addiction center in the Bronx, but it wasn't long before she received another call to go overseas. The University of Maryland School of Nursing in Baltimore needed a clinical nurse educator to spend a year in Rwanda training ICU nurses in a teaching hospital operated by the country's ministry of health. The initiative is part of a seven-year project to improve health outcomes in the country.

Pierre has been living in Kigali since August 2015. She teaches nursing students how to conduct physical assessments and develop care plans. She trains staff nurses in IV placement and mechanical ventilation.

"While the nurses and students may know what to do, they don't always know why they're doing it," she said. "They do as they're told and don't understand the importance of their role. I also notice that nurses won't explain to patients what they're doing or ask a patient's permission before providing care. I teach them the importance of communicating with your patients."

Pierre credits her SLU education for fueling her interest in caring for people with varied cultural backgrounds.

"I didn't realize until after graduation how I benefited from the valuable experiences my professors had with all types of patients. Their experiences and stories were so rich. Now I have my own stories to tell."



Top ● Pierre standing outside the hospital. Bottom ● Pierre (left) and hospital staff training nursing students and nursing staff.

Pierre's stories can be found on her blog: <http://athousandhills.weebly.com>. Here is an excerpt.

*"Today is 10 days in the Land of a Thousand Hills, a.k.a. Rwanda. A beautiful land is an understatement. Part of Rwanda's beauty is the cleanliness of its capital city, Kigali. Plastic bags are banned*

*here, and I have yet to see a single Styrofoam container. In fact, I have yet to see a single cigarette butt, beer bottle or even so much as an apple core on the city streets. I can't help but think how many other cities such as NYC could benefit from these types of environmental restrictions."*

The Saint Louis University School of Nursing Executive Advisory Board is composed of alumni and friends. Members support Dean Teri Murray with the school's planning and development activities. The board serves as stakeholders to further the School of Nursing's mission, scope, goals and programs. Members also help facilitate communication with the public and other community stakeholders, challenge the school's administration to make periodic reviews of its activities and expand the School of Nursing's circle of friends and supporters.

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MAY 12 ● Sigma Theta Tau Induction Ceremony

MAY 12 ● Pre-Commencement Ceremony

MAY 14 ● Commencement Ceremony

SEPT. 23 ● White Coat Ceremony

SEPT. 22-25 ● Homecoming and Family Weekend

continuing EDUCATION

APRIL 1 ● Fourth annual Grace and William Potter Lecture

Speaker: **Alison, Phinney, R.N., Ph.D.**, associate professor, University of British Columbia, Vancouver. Topic: Understanding Dementia: Disrupting the Interpretive Project

APRIL 6 ● Trudy ('80) and Christina ('12) Valentine Lecture

Speaker: **Marita Titler, R.N., Ph.D.**, Rhetaugh Dumas Endowed Chair, Department Chair Systems, Populations and Leadership, University of Michigan School of Nursing. Topic: Improving Quality of Care Through Implementation of Evidence-Based Practices

MAY 4 ● AMSN Capstone Poster Presentations

MAY 11 ● DNP Capstone Presentations

MAY 18 ● SSM/Saint Louis University Nursing Congress

JUNE 3 ● Adult Pharmacology Day for the Primary Care Provider

SEPT. 29-30 ● Advanced Practice Nursing Workshop

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