

Transforming Health Care

2019-20

Quinnipiac
School of Nursing



Letter from the Dean



This International Year of the Nurse and Midwife, designated by the World Health Organization, has certainly been challenging. We are navigating uncharted waters, confronted by circumstances we haven't seen before. Here at Quinnipiac, we have pulled together to face these challenges head on and seek solutions that focus on our priority: providing a high-quality education for our students so that we may continue our mission of transforming health care one student at a time.

It is a privilege to serve as dean of the Quinnipiac University School of Nursing, and I am excited to present to you our

inaugural viewbook. While Quinnipiac has educated nursing students since 1972, the School of Nursing wasn't officially founded until 2011. Over the years, we have expanded our bachelor's, master's and doctoral offerings, now including 10 programs, with more than 1,000 students and a state-of-the-art facility. Our licensure and certification pass rates are stellar, and our graduates are sought-after by employers across the country.

In 2018, the university community created a dynamic, ambitious strategic plan, which gave us in the School of Nursing the opportunity to re-envision our future. We have planted more roots

in our surrounding communities, we have embraced creative approaches to curriculum delivery, and we have developed and strengthened clinical and corporate partnerships. We also have a laser focus now on engaging our nursing alumni. Our nursing community benefits from the wisdom and expertise of our alumni, who are vital in transforming our students' lives through scholarship, mentoring and education.

Through this strategic plan, we are striving for national prominence. Quinnipiac's School of Nursing is one of only 15 schools in the nation with bachelor's, master's and doctoral programs endorsed by the American Holistic Nurses Association. We are aiming for additional accreditation in simulation and recognition as a Center of Excellence.

As we settle into the new "norm" of educating students using a flexible model during this COVID-19 era, we continue to strive for excellence in the education we provide to our students. We invite all of you—our students, parents, donors, alumni, patients and colleagues—to join us in our initiatives. It is an exciting time to be in nursing education. More than ever, a spotlight is shining brightly on the nursing profession. At Quinnipiac, we are doing our part to shine and transform health care. Won't you join us?

Lisa O'Connor
Dean, School of Nursing

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Front cover image:
Center for Medicine, Nursing and Health Sciences on Quinnipiac University's North Haven Campus



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2020 Pinning Ceremony

The School of Nursing community comes together each year in May to honor graduating nursing students with a pinning ceremony. A ceremony for accelerated nursing students took place in August.



In May, 161 students received their pins from their loved ones at home after collectively completing more than 136,000 hours of class and didactic time, more than 42,000 hours of lab experience, and nearly 100,000 hours of clinical practice and fieldwork during the past four years. The ceremony celebrated the accomplishments of traditional four-year students as well as our RN-to-BSN students.

to those whose lives you've touched, well before the pandemic. Regardless of where your journey takes you, you are always responding to someone in need."

Keynote speaker Marcia Proto, executive director of the Connecticut League for Nursing and the Connecticut Center for Nursing Workforce, described the pinning ceremony as one of the many milestones nursing students will experience on their professional journey.

“Regardless of where your journey takes you, you are always responding to someone in need.”

Dean Lisa O'Connor told the graduates they are entering the profession at a very important time in the nation's history. "You'll be challenged to prioritize, make quick decisions, multitask and utilize your clinical reasoning skills—but you are ready."

"I'm sure that when the World Health Organization decided a few years back to designate 2020 as the year of the nurse and midwife, it had no idea nursing would take center stage on the global scale and be thrust into the spotlight to play a critical and integral role in addressing the COVID-19 pandemic," said Proto. "No matter the role a nurse plays, the setting where he or she works, or the population served, nursing as a profession has truly shown the world the depth of our expertise and knowledge, a commitment and passion for the work, innovation and creativity to address and manage even the most challenging situations, and the power of compassion, and the love of humankind." ♦

Quinnipiac President Judy D. Olian expressed her gratitude, saying the graduates are joining a community that is serving at major hospitals around the world as well as in nearby regional medical centers and those providing support to rural communities.

"We've heard the word 'heroes' used often in recent weeks to describe our nurses," said Olian. "But the reality is that you have always been Superman or Superwoman



Quick Facts

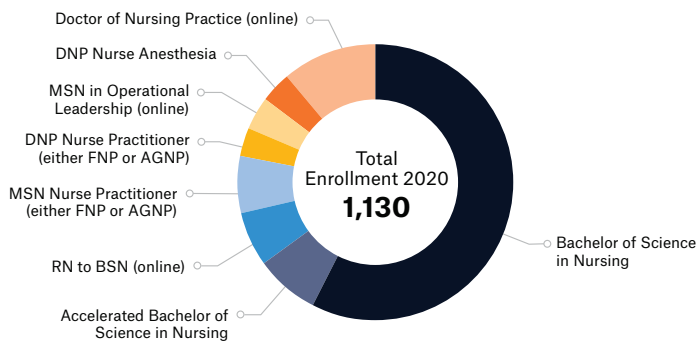
Career Outcomes



- 98% Employed full time
- 2% Seeking, or not choosing to seek employment

Data collected in 2019 with a 79% knowledge rate.

2019-20 Enrollment



Pass Rates

91%

Traditional undergraduate and accelerated Quinnipiac students who passed the National Council of State Boards of Nursing (NCSBN) on first attempt

97%

Quinnipiac MSN/DNP students who passed the American Association of Nurse Practitioners (AANP) or American Nurses Credentialing Center (ANCC) certification exam

100%

Quinnipiac DNP Nurse Anesthesia students who passed the National Certification Examination (NCE)

Rankings and Distinctions

#9

College Factual

Our undergraduate nursing program is ranked #9 out of 518 schools nationwide.



U.S. News & World Report

Quinnipiac's Master of Science in Nursing and Doctor of Nursing Practice programs are nationally ranked by U.S. News & World Report in its 2021 edition.

Our undergraduate nursing program is ranked #9 out of 518 schools nationwide by College Factual. This puts our program in the top 5% of all nursing programs in the United States. Based upon PayScale survey data, a student who graduates from Quinnipiac with a bachelor's degree in nursing will make an average early-career wage of \$67,000 and average mid-career wage of \$76,000. This is above the national average of all nursing graduates, who make \$53,000 in their early career. It is also above the average for nursing graduate's mid-career salary of \$70,000.



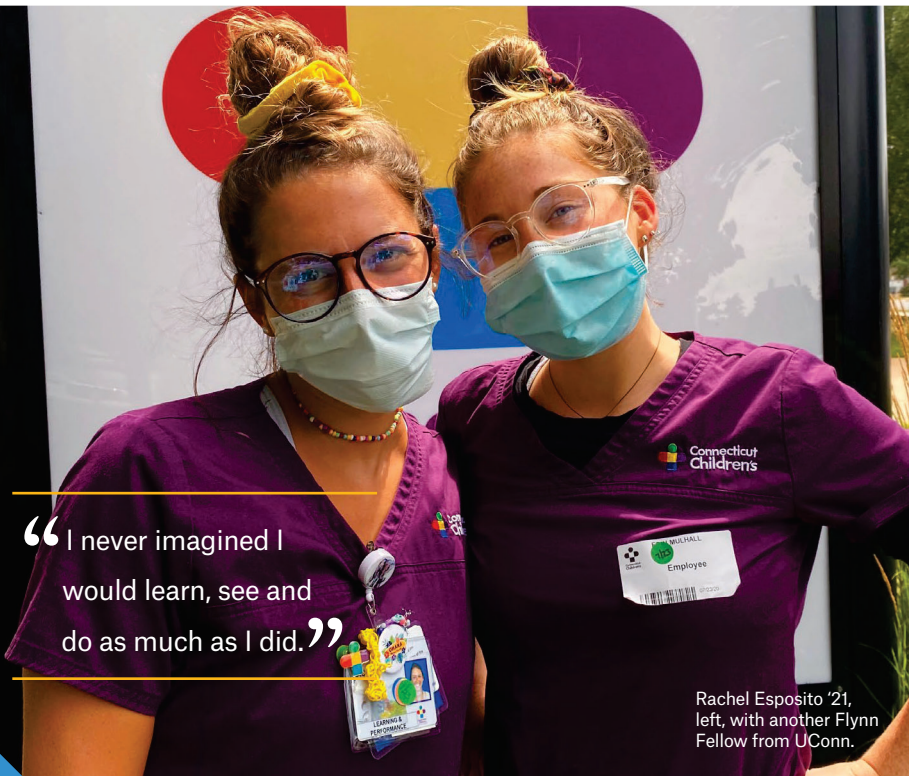
The research team at Nursing Schools Almanac ranked Quinnipiac #8 out of 60 nursing schools in New England. They evaluated nursing schools in the region on three dimensions: the institution's academic prestige and perceived value; the breadth and depth of nursing programs offered; and student success, particularly on the NCLEX licensure examination. This is compared to schools in Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island and Vermont.



Following a rigorous self-study process and onsite visit, the Quinnipiac School of Nursing, Nurse Anesthesia program was granted continued program accreditation for 10 years by the Council on Accreditation of Nurse Anesthesia Educational Programs (COA) effective Oct. 9, 2019. The program was found in full compliance with the Standards for Accreditation of Nurse Anesthesia Programs – Practice Doctorate. The program is scheduled for consideration of continued accreditation in the Fall 2029 semester. The Nurse Anesthesia program director is Karita Kack and the program co-director is Karen Hurd.

Flynn Fellow Describes Working with Childhood Cancer Patients

Rachel Esposito '21 witnessed many young patients undergoing chemotherapy treatments during her fellowship at the Connecticut Children's Medical Center. Seeing them again at their follow-up appointments doing much better made her happy.



“I never imagined I would learn, see and do as much as I did.”

Rachel Esposito '21, left, with another Flynn Fellow from UConn.

“It was hard to see children so ill, but being there for them and serving as a distraction or as a friend to them made my day,” she said. Esposito was one of two fellows chosen to participate in the Susan D. Flynn Oncology Nursing Fellowship program this spring. The program was created in memory of Susan D. Flynn, who died of ovarian cancer in 2013 at the age of 61. During her illness, her husband, Fred Flynn, was impressed by the quality of nursing care she received at Greenwich Hospital. He created the fellowship program in 2014 to stimulate nursing students to choose oncology nursing as a career.

The program is available to rising seniors at Quinnipiac University as well as other leading undergraduate nursing schools. Each school is aligned with a participating hospital. The initial pilot included 13 fellows and has since expanded to 32.

Audrey Rosztoczy '21 was the other nursing fellow and the first QU nursing student selected by the Children's Hospital of Philadelphia. Unfortunately, the fellowship at CHOP was canceled due to COVID-19 restrictions. Previous Flynn Fellows from Quinnipiac include Alexandra Ford '19 and Emily Smith '20, who both completed their fellowships at the Connecticut Children's Medical Center.

Students selected for the fellowship are provided with comprehensive clinical exposure to oncology nursing with specific emphasis on best practices and expert training in compassionate care during an eight-week summer internship at a leading cancer care hospital. They are competitively selected by the host hospital based on a rigorous evaluation of their academic and personal credentials and their interest in oncology nursing. Other partners include Boston Children's Hospital, Children's Hospital of Philadelphia, Children's

National Medical Center, Connecticut Children's Medical Center, Greenwich Hospital, Hartford Hospital, Hospital of University of Pennsylvania, Johns Hopkins Hospital, Massachusetts General Hospital, New York Presbyterian Hospital, Stamford Hospital, UCONN Health Center, and Wentworth-Douglass Hospital.

Esposito said the fellowship provided her with amazing nursing experiences, first in the outpatient hematology and oncology clinic for four weeks and after, the inpatient oncology and hematology floor.

“At first, I observed what the nurses did in a typical day. Over time, I was able to replicate what the nurses were doing under their supervision, similarly to how it works at clinical rotations,” she said.

Unlike her previous clinical rotations, the diagnoses she encountered sometimes were new to her, but she quickly acclimated herself to the floors and the patients. “Seeing children with serious illnesses and making sure they were happy, comfortable and doing the best they could just fueled my desire to be a pediatric oncology and hematology nurse even more,” she said.

During her eight-week fellowship, she and another Flynn Fellow from UConn School of Nursing researched non-pharmacological methods for pain relief, and more specifically methods that can be used during the time of COVID-19. They presented their research in July with the goal of making patients feel less isolated and improving their quality of life.

I never imagined I would learn, see and do as much as I did. It was an absolutely amazing experience and I am so thankful for all of the nurses and other employees, and even the patients for taking the time to motivate, teach and inspire me!” ♦

Northwell Health Golden Ticket Nursing Showcase 2020

Junior and senior BSN students attended the 12th annual Northwell Health student nurse networking reception, the Golden Ticket Nursing Showcase, in January at Crest Hollow Country Club in Woodbury, New York.

The students had the opportunity to meet Northwell's chief nursing executive, senior leadership and corporate recruitment team and received information about the highly competitive summer nurse externship, residencies, fellowships and other new graduate employment opportunities.

The summer nurse extern program provides junior nursing students with an eight-week paid preceptorship experience, which often leads to full-time employment offers. This is an incredible opportunity to complement their clinical experience and support them as they transition into professional nursing practice. Fellowships are offered in critical care, oncology, emergency medicine, pediatrics and perioperative services.

Northwell Health comprises 23 hospitals and over 700 outpatient practices across Long Island, Queens, Manhattan, Staten Island and Westchester, New York. Northwell is proud of its 90% RN retention rate, which it attributes in part to the culture of support for academic progression and the many career opportunities offered across its organizations.

The opportunity to attend this event is extended to a select group of high-ranking nursing schools and their students. Northwell has remarked upon the high caliber of QU students, whom it describes as “demonstrating exceptional professional practice in many clinical settings.” ♦

“QU students demonstrate exceptional professional practice in many clinical settings.”



Growing Simulator Family Enhances Clinical Experiences

An impressive performance by Pediatric Hal,[®] one of the newest members of our simulator family, was a moving experience for one student's parents last year.

Hal is a school-aged child simulator, which Quinnipiac acquired in 2019. He blinks, breathes, emits heart and breath sounds and exhibits a pulse like a real child. Unlike any of our other simulators, he also has the ability to simulate emotion through speech and facial expressions that convey sadness, worry, anger and fear. This groundbreaking element in simulation technology challenges our students to practice fundamental clinical and critical thinking skills but also to connect with their simulated patients on an emotional level.

Kristen and Kurt Orlofski, parents of Julia Orlofski '20, were visiting the simulation lab in the Center for Medicine, Nursing and Health Sciences in December 2019 and participated in a simulation as the parents of Hal. With monitors sounding alarms and Hal fearfully complaining of difficulty breathing, it took only moments for them to engage in the scenario with their daughter as Hal's nurse.

The Orlofskis later made a generous gift after experiencing the power and potential of simulation as a teaching and learning tool. The gift enabled the

school to purchase two more simulators—Victoria[®] and Super Tory[®], which are providing our students with ultra-realistic scenarios as they prepare for clinical rotations in pediatrics and maternity.

Victoria is a labor and delivery simulator that allows students to practice all aspects of maternal care, from prenatal assessment and complications to labor and delivery, and postpartum assessment and complications, such as breech delivery and postpartum hemorrhage. Super Tory is a newborn simulator with realistic movements, airway features, breathing patterns and pulses. The pair made their debut in January 2020.

During the spring semester, junior nursing students cared for Victoria during active labor, assisted their physician assistant colleagues during delivery and conducted postpartum care for both Victoria and Tory more than 50 times in Spring 2020 during their Women, Children and Families clinical practicum.

We are thrilled to have these three simulators at Quinnipiac and look forward to building many more opportunities for our students to learn with them. ♦



“One of the key objectives here is to work on interprofessional communication and teamwork. We offer our students this opportunity to practice together in a safe environment to increase their confidence and prepare them for their work in an actual clinical setting.”

– Liana Kappus, Simulation Director,
School of Nursing



Alumna Garneres Prestigious Nursing Award

Compassionate care — we know and appreciate it when we receive it. In these hectic times in health care, with technology making advances, we need to be able to recognize when compassion may be lagging in the care we provide to patients.

Sympathy and empathy are good, but they fall short of compassion, which spurs the desire to help one in need; not to just feel their pain or distress. Is this not the essence of nursing?

Care with compassion was on display in October at The Patient Is U (TPIU) Foundation's HALO awards gala, where eight health care professionals were honored, including Stephanie Paulmeno, MSN '81, DNP '19, president of the Connecticut Nurses Association. The gala's theme was "The Knowledge to Treat with the Heart to Care."

Paulmeno received the first TPIU award bestowed upon a nurse. In her acceptance speech, she noted that she would accept the award on behalf of all nurses because treating patients as though they were family members is an ingrained principle of nursing practice and has been for her since her first day of nursing education in 1965. Following the event, she was asked to chair The Patient is U Foundation. She is a member of Quinnipiac's Alumni Society and a member of the International Honor Society of

Nursing: Sigma Theta Tau International-Tau Rho Chapter.

The School of Nursing was well represented at the gala by its dean, associate dean, professors and alumni association. Professor Nicholas Nicholson introduced Paulmeno for the award. During her speech, she recognized the attendees from the School of Nursing and praised them for the way in which they infuse the concepts of compassionate care throughout the curriculum and the way professors demonstrate compassion in their teaching.

The TPIU Foundation devotes itself to supporting compassion in the education, training and practice of multidisciplinary health professionals and support staff. The foundation will sponsor a student essay competition with a monetary award this year on the topic of compassion in health care. ♦



New Faculty and Distinguished Practitioners in Residence



Kristi Maynard, MSN, EdD

Kristi Maynard joined Quinnipiac in January 2020. She is an advanced practice registered nurse (APRN) in the family practice specialty. She is board-certified by the American Nurse Credentialing Center and also received certification as a nurse educator through the National League for Nursing. She earned her BSN from Mount Saint Mary College, her MSN from Fairfield University and a doctoral degree in nursing education from Western Connecticut State University. Maynard began her career 12 years ago as a medical intensive care nurse. After graduating with her MSN, she entered full-time practice as a family nurse practitioner in the primary care field. She remains active in clinical practice in her community in both the primary care and urgent care environments. As assistant professor of nursing, she teaches both graduate and undergraduate nursing courses on health assessment, health assessment lab, pathophysiology and pharmacology.



Judy Ruggiri, DNP

Judy Ruggiri joined the School of Nursing in Fall 2019. She has spent the majority of her career working as a registered nurse in the cardiac specialty area. She believes that cardiac nursing requires a combination of listening, learning and teaching to help patients return to a healthy life. Those simple actions are the foundation for the compassionate care she delivers. She continues to practice as a staff nurse on a cardiovascular unit at St. Vincent's Medical Center.

Ruggiri earned her BSN from Pace University, her master's from the University of Phoenix, and her DNP from Sacred Heart University. Student engagement, creativity and a passion for her work guide her approach as an educator. She believes the best results come from educators and learners working together to create the learning experience without compromise to academic rigor.



Laura Conway, DNP

Laura Conway joined Quinnipiac as a tenure track faculty member in Fall 2019 after serving as a visiting professor during the Spring 2019 semester. She previously worked as an adjunct faculty member at QU since 2011. Conway is an advanced practice registered nurse (APRN) and is board-certified by the American Nurse Credentialing Center as a family nurse practitioner. She earned her BSN from Salve Regina College, her MSN from University of Hartford, and a DNP from Quinnipiac University. Conway maintains her practice as a hospitalist and emergency department APRN at the Hospital of Central Connecticut.

New Faculty and Distinguished Practitioners in Residence *(continued)*



Toby McPherson, MS, CRNA

Toby McPherson joined the School of Nursing as a Distinguished Practitioner in Residence this spring. She has practiced as a certified registered nurse anesthetist for the past 16 years, most recently at Saint Francis Hospital & Medical Center and Lawrence + Memorial Hospital. She has served as a clinical preceptor for nurse anesthesia students from Quinnipiac University and Yale New Haven Hospital School of Anesthesia. Her clinical specialty areas include anesthesia care during general surgery, neurosurgery, thoracic, urology, gynecology, orthopedic, vascular, bariatric and plastic surgery. McPherson also serves as co-chief of anesthesia medical aid to Haiti, developing and implementing anesthesia services at Hôpital de la communauté Dame-Marienne. She is a member of several professional organizations, including the American Association of Nurse Anesthetists and the Connecticut Association of Nurse Anesthetists, serving as treasurer. She earned an associate degree in nursing from Greater Hartford Community College, a BSN from Central Connecticut State University, and a master of biological sciences and certificate in nurse anesthesia from Central Connecticut State University and New Britain General Hospital School of Nurse Anesthesia.



Matthew McCarthy, DNP

Matthew McCarthy joined the School of Nursing as a Distinguished Practitioner in Residence this spring. He practices as a certified registered nurse anesthetist with Integrated Anesthesia Associates at Griffin Hospital and Midstate Medical Center. His clinical specialty areas include orthopedic, obstetrical, regional, general, pediatric, vascular and ENT anesthesia services. He has served as a preceptor for Quinnipiac University nurse anesthesia and medical students. Prior to becoming a CRNA, McCarthy practiced as an RN in Surgical Intensive Care at Yale New Haven Hospital's St. Raphael Campus. He is a member of the American Association of Nurse Anesthetists and the Connecticut Association of Nurse Anesthetists. He earned a BSN from the UConn School of Nursing and a DNP in anesthesia from Quinnipiac, where he was the recipient of the Benjamin and Juliette Trewin Award for Academic Excellence in Nursing and the QU DNP Academic Excellence Award.

“I could not recommend QU more highly. There is a high focus on ethics and quality care. The professors were, without exception, exemplary and approachable with many professors sharing their personal contact information. One professor even took a vacation day from his job to help me with big data manipulation, a subject with which I struggled.”

— Stephanie Paulmeno, MSN '81, DNP '19

Professor's Program Reduces Isolation in Older Adults

By Nick Nicholson, PhD, professor of nursing

The focus of my Fall 2019 sabbatical was to create and test an intervention to reduce social isolation in older adults. I began with a framework of what the program would entail and went to work interviewing older adults in the pilot phase to get input about every aspect.

After that, I made revisions and presented to another focus group of older adults, which resulted in more revisions. I

collaborated with Erica Michalowski, community outreach director for AARP Connecticut. We have built a team including Mairead Painter, Connecticut's long-term care ombudsman in the Department of Aging and Disability Services, and Michelle Pandolfi, executive director of the Thrive at Home with Whitney Center program, and several Quinnipiac University colleagues including Richard Feinn, PhD, associate professor of

medical sciences in the Frank H. Netter MD School of Medicine.

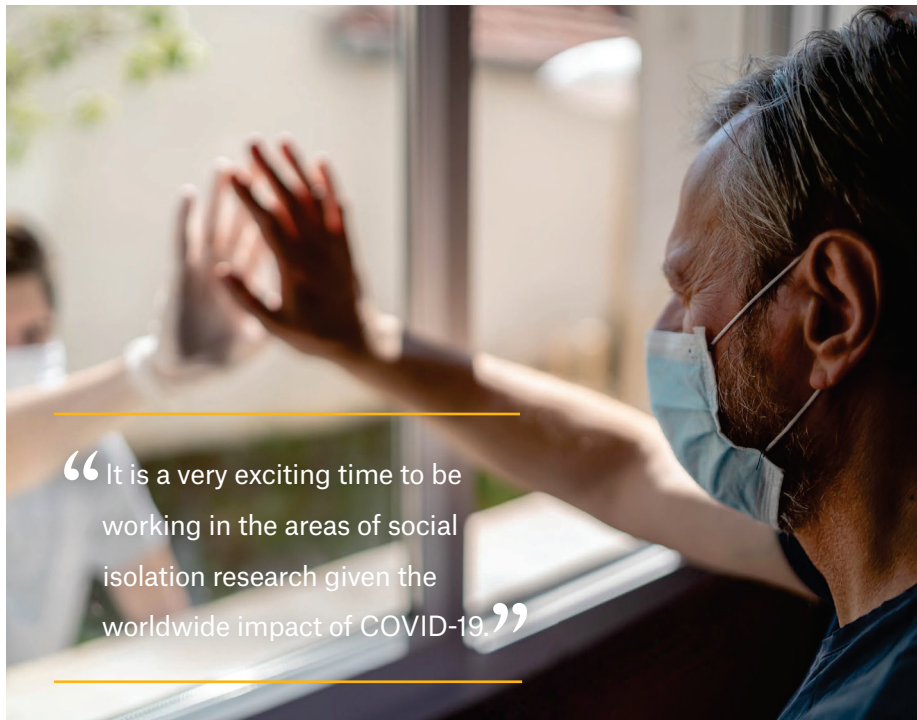
After substantial testing, the program — now called Zero Isolation — was completed and ready for older adults to meet in-person in small groups. Around that time, COVID-19 became a reality, forcing everybody and especially older adults to physically distance from one another to prevent the spread of infection.

Once the stay-at-home orders were issued by our governor, I quickly pivoted and revised the program to be exclusively online. To make sure it would be effective, more testing was required. This testing showed that not only was the program still effective, but it had the potential to reach the most socially isolated older adults, particularly those who cannot drive and have mobility issues.

We are now rolling out widespread testing of the Zero Isolation program to older adults in the community, in nursing homes as well as in long-term care settings. We are beginning to train facilitators to run the program. Those facilitators will be able to bring back and run the Zero Isolation program in their own communities.

It is a very exciting time to be working in the areas of social isolation research given the worldwide impact of COVID-19. It has shed light on the issue of social isolation for everyone, especially older adults, and

has underscored the need for evidence-based interventions. I have had many requests for research and other groups to use the Social Isolation Scale for their work. For example, I am collaborating with the Department of Aging and Disability Services to use the SIS to identify those at highest risk of social isolation so they can be referred to technology resources. It's an honor to serve the university community and the older adults of the state of Connecticut and beyond with important and timely research aimed at improving their quality of life and reducing social isolation. ♦



“It is a very exciting time to be working in the areas of social isolation research given the worldwide impact of COVID-19.”



Nick Nicholson
PhD, Professor of Nursing

Professor Chosen for Environmental Fellowship

Mikki Meadows-Oliver, associate professor of nursing, was chosen as one of only three nurses from the New England region to be named a fellow of the Alliance of Nurses for Healthy Environments in August 2019.



Mikki Meadows-Oliver
Associate Professor of Nursing

“This fellowship allows me to continue my work and interest in environmental health while having an experienced mentor to guide the process,” Meadows-Oliver said. She has authored or co-authored several nursing reference books, including “Pediatric Nursing Made Incredibly Easy! 3rd Edition,” published in 2019. The book, a reference guide for pediatric nurses, covers a range of topics and contains the same advice that Meadows-Oliver imparts to her Quinnipiac students: “Pediatric nursing is always family-based,” she said. “You aren’t just caring for a child; you’re caring for a whole family unit.”

In June, ANHE launched the first of its kind Environmental Health Nurse Fellowship program to train nurses to work with communities in tackling serious environmental health threats, including toxic chemical pollution, water contamination and climate disruption. The fellows also will work to educate health professionals and colleagues in their communities about environmental health.

Funded by the Kresge Foundation, the program focuses on environmental health equity and justice and addresses the disproportionate impact of environmental exposures on vulnerable groups. Fellows conduct projects in their communities under the mentorship of experienced environmental health nurses. These projects address community-identified environmental health needs and build support for community-driven solutions.

“I would like to do a community project with families and communities affected by lead poisoning,” Meadows-Oliver said. “In our major cities, such as New Haven, Waterbury, Bridgeport and Hartford, there is very old housing stock that is often in disrepair. Working with these communities to educate them about the dangers of lead poisoning is where I would like to focus this fellowship.” ♦



Nurse Anesthetist Students Get Foundation in Opioid-Sparing Techniques

By Rodrigo Mendes, CRNA, adjunct instructor at Quinnipiac

Over the past several decades, it has become apparent that the opioid crisis has had a far-reaching impact on our society. A tragic and endless number of opioid-related, preventable deaths have affected every ethnic and socio-economic class. The acute-care setting is causing a rapid proliferation of new opioid users. One in 15 patients goes on to long-term use or abuse of opioids, putting anesthesia providers on the front lines of this devastating epidemic.

As anesthesia providers, nurse anesthetists play an important and critical role, not just in this epidemic but in a patient's course of treatment and comfort. As front-line anesthesia providers, this group needs to have every tool at their disposal to provide patients with the most balanced, multimodal, opioid-sparing (if not opioid-free) anesthetic whenever possible. Their role must be a proactive one, as patient advocacy remains at the core of the nursing foundation.

For a long time, certified registered nurse anesthetists have not had an impactful seat at the table regarding regional anesthesia. This has been due, in part, to how they were historically taught regional anesthesia—often as a single-day lecture.

I believe if we are to overcome this tragic opioid epidemic and be part of the recent paradigm shift toward regionally heavy anesthetics, all anesthesia providers must have extensive regional training and knowledge.

Quinnipiac has afforded us the ability to develop one of the first, and most extensive, opioid-sparing, multimodal, regional curriculums for a CRNA program in the country by utilizing the university's state-of-the-art facilities, equipment and tremendous support.

The course is being developed into a yearlong program introduced early in a student's curriculum to provide foundational knowledge and skills prior to their introduction to clinical rotations. This translates into greater clinical opportunities, therefore further solidifying a student's training.

The course begins with fundamentals of ultrasound physiology and basics, pharmacology, pain transduction and transmission as well as multimodal techniques. As the course progresses, students are able to apply their fundamental knowledge in an increasingly hands-on experience.

Learning different anesthetic blocks and techniques using our technologically sophisticated SonoSite X-Porte Ultrasound, students begin live-scanning anatomy, practicing needling skills on gel simulators and eventually advance to scanning and needling in our cadaver labs.

This combination of in-depth didactic foundation and hands-on exposure gives our students a tremendous advantage in the clinical setting. Because of this curriculum, we have been afforded the opportunity to develop a regional anesthesia rotation at Connecticut Orthopedic Institute, one of the nation's leading orthopedic institutes. Over the past year, seven of our students have safely performed over 1,800 regionals.

I often tell the students on day one, "Not all of you will be good at performing regional. Not all of you will go on to do regional anesthesia in your practice. But all of you will be proficient in regional techniques, concepts, anatomy and physiology, multimodal anesthesia and ultrasound physics and basics. All of you will leave this course with tremendous regional IQ."



“All of you will leave this course with tremendous regional IQ.”

Although not all of our students may be performing regional anesthesia, they will be forming multimodal committees, developing enhanced recovery programs or ERPs for their institutions to improve patients' clinical course, and they will be advocating at bedside pre-operatively and post-operatively. They will educate staff in their own departments and those throughout their prospective institutions. They will join pharmacy and therapeutic committees, create opioid-sparing committees and champion medications and protocols throughout hospital systems that will improve patient care, comfort and safety. They will be leaders in the next generation and have deep, impactful effects on the future of how we care for patients. And they will do all this while decreasing opioid use, having a true, lasting effect on the opioid epidemic. ♦



Nurse Practitioner Pursues DNP to Open Own Practice

When the private practice she worked in for nearly a decade was taken over by a new health care group, nurse practitioner Ines Zemaitis, DNP '19, found herself at a crossroads.

"I did not like how things changed when they took over," she said. "Patients don't want to be treated like numbers."

Zemaitis quit her job and considered teaching full time, but opted instead to earn her nursing doctorate. She chose Quinnipiac's DNP program for its philosophy on delivering holistic, patient-centered care. "Our values matched," Zemaitis said.

Even as she settled into life as a student, Zemaitis couldn't resist the call of her profession. She began seeing patients again out of rented rooms in a colleague's office. As her caseload increased, it became clear she'd need her own space.

In 2017, the mother of three and full-time doctoral student took a leap of faith and opened her own practice, Connecticut Primary Care and Wellness, PC, in Middlebury. "I'm still not quite sure how I did it," she said, laughing.

Zemaitis was able to apply everything she was learning in courses about executive

level leadership in the public health sector, from creating a business plan to managing staff and finances. "My assignments reflected what I was actually doing at the time," Zemaitis said.

In addition to DNP, Zemaitis can add CEO to her list of titles. She organized her practice into a corporation, naming fellow nurse practitioners who share her vision to her board of directors.

"I believe that patient-focused care works best," she said. "I remind my staff all the time that our patients chose us over many larger health care groups." ♦

HRSA Grant for Nurse Anesthesia Program

The School of Nursing received a three-year Nurse Anesthetist Traineeship grant of \$53,930 from the Health Resources and Services Administration.

The aim of the grant is to increase the number of certified registered nurse anesthetists (CRNAs) providing care, especially for those from rural and underserved populations. Funding will be used to provide financial support in the form of traineeship to eligible students

enrolled in the QU Nurse Anesthesia program to address workforce needs, especially in medically underserved and rural areas.

The HRSA award was based upon a QU School of Nursing project titled “Training Nurse Anesthetists in the Quinnipiac University Opioid-Sparing Anesthesia Curriculum.” Recently, QU overhauled its DNP nurse anesthesia program curriculum to focus on opioid-sparing anesthesia. This innovation originated from a need to shift the paradigm of anesthesia delivery. The sharpest rise in synthetic opioid- (fentanyl) related deaths nationally occurred in 2016. Since that time, anesthesia providers and programs have responded by changing curricula and practice. Anesthesia providers must have the necessary skills regarding opioid-sparing anesthesia practice as well as knowledge and expertise in substance abuse and related treatment modalities. ♦



Investing in the Future of Health Care

In the context of the global pandemic that has shifted our health care landscape forever, an investment in the Quinnipiac School of Nursing is an investment in our shared future.

Our highly skilled, compassionate alumni have been essential to Connecticut’s success in managing the COVID-19 crisis, and Quinnipiac provides a high-return opportunity to have a direct impact on the frontline health care superheroes of tomorrow.

Thanks to Quinnipiac’s strong national reputation of academic excellence and the unique clinical experiences we offer, our Bobcat nurses are always in demand. However, the rising cost of a nursing education is a barrier to many. Philanthropic support of scholarship, curriculum development and community engagement has empowered even more students to choose the Quinnipiac School of Nursing.

Quinnipiac is on track to becoming the University of the Future as we prepare our students for 21st-century careers and global citizenship. The continued excellence of the Quinnipiac School of Nursing and unique student experiences are directly linked to the generosity of our alumni and friends. Whether providing a deserving student access through scholarship funding or supporting our

cutting-edge clinical experiences, our philanthropic partners are reimagining the future of nursing.

For more information about giving opportunities, please contact Jonathan H. Taylor, senior director of development for health affairs, at jonathan.taylor@qu.edu or 203-582-4515. ♦

“Quinnipiac taught me assessments, pharmacology and how to read an ABG, but I learned so much more than that. I learned how to use caring effectively; how to hold a hand and the power of it; and the difference between sympathy and empathy. QU taught me to be a nurse using integrity, scholarship and service.”

– Kimberly Radwanski '16

QU Representing CT



By Laima Karosas, MSN, PhD



Laima Karosas, MSN, PhD
Clinical Professor of Nursing
Director of Online Nursing Programs

Great risks are often inherent in great challenges. In 2017, when I became president-elect of the Connecticut Advanced Practice Registered Nurse Society, the future was a blank page. I had been part of the organization since I became a nurse practitioner in the early 1990s. I attended board meetings when I became the American Association of Nurse Practitioners' state representative, AANP Region I representative, and then health policy co-chair.

I remember the successful work done by the state organization in regard to removing supervision for nurse practitioners in 1998 and 1999. The removal of the written collaborative agreement, put in place by legislation in 1999, was finally achieved in 2014. Again, the efforts of CTAPRNS working with other nursing groups in the state enabled us to achieve that goal.

Fast forward another three years. I had taken a break from the board prior to beginning the four-year commitment from president-elect to president and then to past-president. It felt like a time to decompress, recharge, and think about the challenges ahead. Our long-term goal that we'd worked toward for about 20 years had been achieved, so where would our path head now?

For those of us in the state who had practiced for three years and 2,000 hours, we could declare ourselves free to practice without the collaborative agreement. However, those advanced practice registered nurses (APRNs) who moved into the state, despite many years of experience, would still need a collaborative agreement and only with a physician. In addition, APRNs in the state still could not sign all documents despite being independent and primary care providers. Clearly, we had a robust agenda regarding health policy.

CTAPRNS desperately needed to evolve into an organization with more presence and year-round support for advanced practice nurses in the state. We needed a home, not just a post office box and a storage space that weren't even near each other. From humble beginnings over 30 years ago, we were stretched and needed a larger, collaborative space to function more effectively. Yet another great challenge.

With those goals ahead of me, I took over as president. The organization has strong ties to the faculty, alumni and students at Quinnipiac. At least three faculty

members have served as president of the organization, and many alumni continue to be involved. The scope of practice document that led to the removal of the written collaborative agreement in 2014 was spearheaded by Lynn Price, professor emerita at Quinnipiac. I had large footsteps to follow and kept repeating, "Great risk/challenge leads to great reward."

In Fall 2019, CTAPRNS held a successful legislative breakfast at Quinnipiac. Five state legislators came and answered questions about patients' access to providers, scope of practice barriers and various patients' needs. The forum was extremely helpful for both practicing APRNs as well as students. Those who attended were able to receive continuing education credit, as the School of Nursing is now an approved CE provider.

We were on track for our conference in Rocky Hill in April 2020 and visited a new venue in Mystic for the April 2021 event. Our greatest challenge, the coronavirus pandemic, was only a small news story at the end of December 2019. As the first quarter of 2020 unfolded, we were challenged as never before to meet the demands of a new, clever, highly contagious coronavirus. As most of us are practicing APRNs, we met the challenge on telemedicine, in ERs and ICUs.

We saw colleagues fall to the illness, and some even perished. We tried to take time to grieve while continuing to serve and educate not only our patients but also our colleagues, friends and the general

“CTAPRNS will continue to support all of its colleagues in removing barriers to efficient and effective care for all residents, regardless of what the future holds.”

public. It was with a heavy heart that we canceled the 2020 conference. In addition, health policy efforts were stalled as the Connecticut General Assembly ceased to meet. During quarantine, we supported our colleagues on the front lines and tried to keep up morale and count the blessings we did have.

We welcomed a new board in May 2020 with a new enthusiasm for the reopening of the state and resurgence of energy. I moved from president to past-president, and capable nurse practitioner Kristen Guida, MSN '09, DNP '14, became president. We secured an office space in North Haven as our focus turns to consolidating, simplifying and adapting to the changes in our world.

In the Year of the Nurse, the U.S. is leading the world in caring for the sick, both mentally and physically, comforting the terminally ill and their families, and truly demonstrating our worth to patients and families during this pandemic. CTAPRNS will continue to support all of our colleagues in removing barriers to efficient and effective care for all of our residents, regardless of what the future holds. ♦

Connecticut League for Nursing and Center for Nursing Workforce Meet

The Connecticut League for Nursing and the Connecticut Center for Nursing Workforce held its annual meeting on June 23, 2020. Faculty and staff from the School of Nursing are highly engaged within these organizations. Associate Dean Lisa Rebeschgi began her term as CLN president. Faculty members Susan D'Agostino and Teresa Twomey were both elected to the board of directors of CLN while Susan Kosman was elected to the board of CCNW. Dean Lisa O'Connor, along with Rebeschgi and Assistant Dean Debra Fisher serve as representatives on the statewide Council of Deans and Directors.

CLN's mission is to promote excellence in nursing education to build a strong and diverse workforce to advance the nation's health. The mission of CCNW is to foster collaboration and facilitate research on nursing and health care professionals to ensure a robust, sustainable, diverse and exceptional health care workforce in Connecticut.

Importance of Holistic Practice

The School of Nursing embraces a holistic philosophy in which holism is reflected throughout the undergraduate and graduate curricula.

Our school's bachelor of nursing and nurse practitioner programs are endorsed by the American Holistic Nurses Credentialing Corporation. Endorsement recognizes a school's commitment to the practice and teaching of holistic core values and standards of practice.

It is anticipated all of the nursing programs will attain holistic distinction in Fall 2020. Faculty and staff model holistic beliefs and values when interacting with students and communicating with each other. Students learn the value of healing the body, mind and spirit—and consider a patient's environment, family and culture. This perspective creates a practice of compassion and commitment to interpersonal connections.

“Throughout my experience as a nursing student at QU, my peers and I have learned the connection made with the

patient is just as important as the medical treatment. Healing them as a whole leads to a better outcome. I value the holistic education I have received and know that it will not only benefit my career as a nurse, but also the patients I will care for,” said Jenna M., BSN student, Class of 2021.

“The holistic emphasis in classes at QU has affected the way I assess and formulate treatment plans with patients. It has been inspiring to learn that many holistic treatment modalities are also vetted by

evidence-based data,” said Hayley J., NP student, Class of 2020.

Our faculty take pride in transforming health care...one student at a time. Our state-of-the-art clinical simulation suites, sophisticated labs and strong affiliate partnerships provide students with effective teaching environments for holistic practice. On-ground and online teaching and learning spark creative ideas and enable faculty to engage students in the learning process using a human-centered design approach.



“School of Nursing faculty members believe an essential aspect of integrating holism into the curriculum is providing classroom, lab, simulation and clinical experiences that foster the students' understanding of what whole-person caring is. They blend both Eastern and Western approaches in nursing practice to provide students with a solid foundation in caring and healing practice.”

– Cynthia Barrere, Professor of Nursing



2020 Commencement Awards

Graduate

Holistic Nursing Award
Kathryn Giunta, DNP, AGNP

Trewin Leadership Award
Sandra Bacon, DNP, Leadership track

Academic Excellence Award-Doctor of Nursing Practice
Michelle (Lalonde) Curiel, DNP, AGNP

Academic Excellence Award-Master of Science in Nursing
Carolyn M. McDonald, Operational Leadership Online

Trewin Award for Academic Excellence
Greta A. Lowe, MSN,
Operational Leadership Online
Autumn Mains, MSN,
Operational Leadership Online

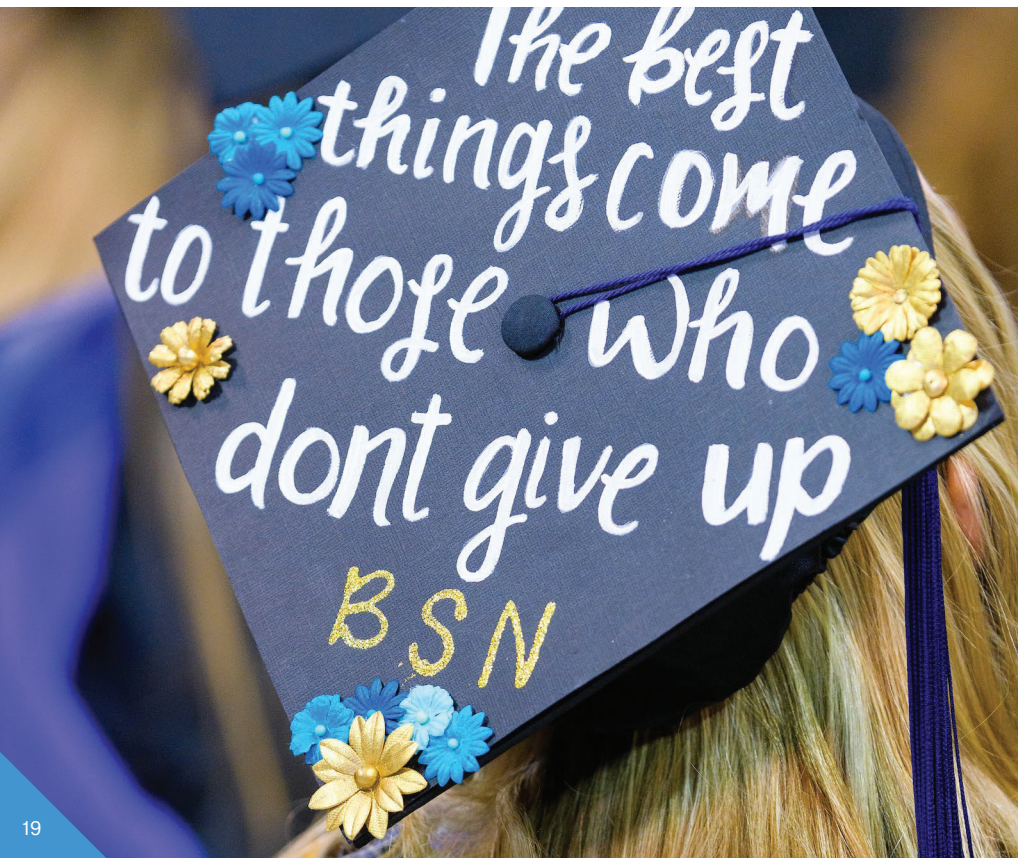
Undergraduate Awards

Holistic Nursing Award
Emma Raboin

Trewin Leadership Award
Meghan Coakley

Trewin Award for Academic Excellence (Highest Program GPA)
Kyle Dineen

Student Speaker
Megan Coakley



“I’m incredibly proud to call myself a QU grad and am so thankful for the preparation and support the School of Nursing has given me these four years. Although I’m sad to be leaving, I feel ready to take on my new role as an RN in the fall, and that’s a direct result of how great a nursing program and faculty QU has.”

– Kyle Dineen '20

Faculty and Staff Accolades

During the 2019–20 academic year, Quinnipiac School of Nursing faculty and staff were actively involved with publishing articles, books, book chapters, various presentations, and evidence-based improvement initiatives. Their accomplishments are listed below:

Cynthia Barrere

Publications: Delaney, C., Barrere, C., and Bark, L. (2020). A Metaphor Analysis of Patients' Experiences with Holistic Nurse Coaching. *Holistic Nursing Practice*, 34(1), 24-34.

Barrere, C. & Delaney, C. (2020). Creating, Appraising and Applying Evidence to Enhance Holistic Practice, in B.M. Dossey & L. Keegan, *Holistic Nursing: A Handbook for Practice (8th ed.)*, Sudbury, MA: Jones & Bartlett.

Presentation: Delaney, C., Barrere, C., and Bark, L.A. *Metaphor Analysis of Patients' Experiences with Holistic Nurse Coaching*. American Holistic Nurses Association Conference, June 2019, Oklahoma.

Initiatives: Evidence-Based Improvement Initiative: *Engaging Nursing Students in Holistic Self-Care*. Rhea Sanford, Erin Fusco, Mikki Meadows-Oliver and Cindy Barrere.

Evidence-Based Practice Improvement Initiative: *Expand Opportunities for Students to Engage in Research/Scholarship*. Anne Durkin (leader). Team: **Cindy Barrere**, Sheila Molony, Nicholas Nicholson. Outcome: Anne Durkin, designer and coordinator of Undergraduate Student Nursing Research Distinction Program and Digital Badge.

Other: Colleen Delaney, Ruth McCaffrey, **Cynthia Barrere**, Amy Kenefick Moore, Dorothy Dunn, Robin Miller, Sheila Molony, Debra Thomas, Teresa Twomey and (Susan) Zhu, Xiaoyuan received the 2019 Journal of Holistic Nursing Quantitative Research Paper Award for co-authorship of *Trends in Contemporary Holistic Nursing Research: 2010-2015*.

Barrere is on the editorial board of the *Journal of Holistic Nursing Practice* and associate editor for the *Journal of Holistic Nursing*.

Cory Boyd

Presentation: Kappus, L., Twomey, T., Nackiel, P., Rogers, D., O'Connor, L., Rebesch, L., **Boyd, C.** *Implementing a 50% Simulation-Based, On-Campus Clinical Program: Lessons Learned*. INASCL 2020 virtual conference.

Study: *Using Human Centered Design to Re-Invent Teaching and Learning in Nursing*. **Cory Boyd** (PI), Liana Kappus (CO-PI). Team: Anne Durkin, Barbara Glynn, Judy Ruggiri.

Initiative: Evidence-Based Simulation Initiative: *Strategies for the Development of an Effective Simulation*. Co-Leaders: Liana Kappus, **Cory Boyd**, Darlene Rogers.

Laura Conway

Presentations: **Conway, L.:** *Insitu Rapid Response Simulation Quality Improvement Program Improves Multidisciplinary Team Confidence and Competence*. 23rd Annual Nursing Research Alliance Conference, Hartford, CT, Oct. 18, 2019.

Conway, L. *The Hospitalist APRN*. CT APRN Society Conference: *Caring for the Changing Face of America Across the Lifespan*, Rocky Hill, CT, April 2019.

Anne Durkin

Study: *Using Human Centered Design to Re-Invent Teaching and Learning in Nursing*. **Cory Boyd** (PI), Liana Kappus (CO-PI), Team: **Anne Durkin**, Barbara Glynn, Judy Ruggiri.

Initiative: Evidence-Based Practice Improvement Initiative: *Expand Opportunities for Students to Engage in Research/Scholarship*. **Anne Durkin** (leader). Team: Cindy Barrere, Sheila Molony, Nicholas Nicholson. Outcome: **Anne Durkin**, designer and coordinator of

Undergraduate Student Nursing Research Distinction Program and Digital Badge.

Other: **Durkin** is the recipient of the biennial Quinnipiac University SON Faculty Scholars Award for 2020. She is also a manuscript reviewer for the *International Journal of Environmental Research and Public Health* and for *Nurse Education in Practice*.

Susan D'Agostino

Presentations: Lerner, R., **D'Agostino, S.**, Karosas, L. *Creating & Implementing an Integrated Information Literacy Roadmap for a Nurse Practitioner Program*. Medical Library Association Conference, May 3-9, 2019, Chicago, IL.

Lerner, R., **D'Agostino, S.**, Karosas, L., *Integrating Information Literacy into a Nurse Practitioner Program*. NONPF 45th Annual Conference, April 5, 2019, Atlanta, GA.

Karosas, L., Lerner, R., **D'Agostino, S.**, *Integration of Information Literacy in the Doctoral Education Nursing Practice Curriculum*. AACN Doctoral Educational Conference, Jan. 17-21, 2019, San Diego, CA.

Other: **D'Agostino** was awarded the *Annual CVS Health Foundation Grant* to support family nurse practitioner (FNP) students in 2019 and 2020. She is treasurer of the Connecticut Advanced Practice Registered Nurse Association and a member of the Connecticut League of Nursing Board of Directors.

Erin Fusco

Publication: **Fusco, E.** (2019). History Taking. In K. Myrick & L. Karosas (Eds.) *Advanced Health Assessment and Differential Diagnosis*, New York, NY: Springer Publishing.

Initiatives: Evidence-Based Improvement Initiative: *Improving the Study Abroad Student*

Experience: Teresa Twomey, Eileen Hermann, Susan Kosman, **Erin Fusco**.

Evidence-Based Improvement Initiative: *Engaging Nursing Students in Holistic Self-Care*. Rhea Sanford, **Erin Fusco**, Mikki Meadows-Oliver and Cindy Barrere.

Other: **Fusco** is the president of Sigma Theta Tau, Tau Rho chapter.

Barbara Glynn

Presentations: Gray, M., **Glynn, B.**, Christov, S. and Hermann, E. *Interprofessional Nursing Education for Technological Advancement in Cardiac Arrest Documentation*. Sigma Theta Tau 45th Biennial Convention, Nov. 19, 2019, Washington, D.C.

Lukaszewicz, M., Mills, M., Grevelding, K., **Glynn, B.**, Booth, J., and Grgurich, T. *An Online Synchronous Interprofessional Education Experience Focusing on the Ethics of COVID-19*. Virtual NEXUS Conference, August 2020.

Study: *Using Human Centered Design to Re-Invent Teaching and Learning in Nursing*. **Cory Boyd** (PI), Liana Kappus (CO-PI), Team: **Anne Durkin**, **Barbara Glynn**, Judy Ruggiri.

Initiative: Evidence-Based Simulation Initiative: *Using the Observer Role in Simulation to Improve Patient Advocacy*. Leader: Darlene Rogers. Team: Liana Kappus, **Barbara Glynn**, Kasia Lessard, Mary Peterson.

Other: **Glynn** received the 2019 Nightingale Award for Excellence in Nursing from the School of Nursing, sponsored by the South Central Connecticut Visiting Nurses Association. She is a fellow in Interprofessional Healthcare Education representing the School of Nursing and a manuscript reviewer for *Sage Open Nursing*.

Margaret Gray

Presentation: Gray, M., Glynn, B., Christov, S., and Hermann, E. *Interprofessional Nursing Education for Technological Advancement in Cardiac Arrest Documentation*. Sigma Theta Tau 45th Biennial Convention, Washington, D.C., Nov. 19, 2019.

Eileen Hermann

Presentation: Gray, M., Glynn, B., Christov, S., and Hermann, E. *Interprofessional Nursing Education for Technological Advancement in Cardiac Arrest Documentation*. Sigma Theta Tau 45th Biennial Convention, Washington, D.C., Nov. 19, 2019.

Other: Evidence-Based Improvement Initiative: *Improving the Study Abroad Student Experience*. Teresa Twomey, Eileen Hermann, Susan Kosman, Erin Fusco.

Karen Hurd

Initiatives: Lisa Rebesch, Karita Kack and Karen Hurd received a Nurse Anesthetist Traineeship sponsored by the Health Resources and Services Administration (HRSA) titled: *Using the Quinnipiac University Opioid-Sparing Anesthesia Curriculum (QU-OSAC) to Train Nurse Anesthetists*.

Evidence-Based Improvement Initiative: *Advanced the Nurse Anesthesia Implementable DNP Project* to include a rigorous presentation, review and approval process by the Scientific Review Committee. Susan Lynch, Karita Kack and Karen Hurd.

Karita Kack

Initiatives: Lisa Rebesch, Karita Kack and Karen Hurd received a Nurse Anesthetist Traineeship sponsored by the Health Resources and Services Administration (HRSA) titled: *Using the Quinnipiac University Opioid-Sparing Anesthesia Curriculum (QU-OSAC) to Train Nurse Anesthetists*.

Evidence-Based Improvement Initiative: *Advanced the Nurse Anesthesia Implementable DNP Project* to include a rigorous presentation, review and approval process by the Scientific Review Committee. Susan Lynch, Karita Kack and Karen Hurd.

Liana Kappus

Presentation: Kappus, L., Twomey, T., Natkiel, P., Rogers, D., O'Connor, L., Rebesch, L., Boyd, C. *Implementing a 50% Simulation-Based, On-Campus Clinical Program: Lessons Learned*. INASCL 2020 virtual conference.

Study: *Using Human Centered Design to Re-Invent Teaching and Learning in Nursing*. Cory Boyd (PI), Liana Kappus (CO-PI). Team: Anne Durkin, Barbara Glynn, Judy Ruggiri.

Initiatives: Evidence-Based Simulation Initiative: *Using the Observer Role in Simulation to Improve Patient Advocacy*. Leader: Darlene Rogers. Team: Liana Kappus, Barbara Glynn, Kasia Lessard, Mary Peterson.

Evidence-Based Simulation Initiative: *Strategies for the Development of an Effective Simulation*. Co-Leaders: Liana Kappus, Cory Boyd, Darlene Rogers.

Other: Kappus attained Certified Healthcare Simulation Educator (CHSE) certification recognition from the Society for Simulation in Healthcare in August 2019. She was awarded the Friend of Nursing honor by Sigma Tau Rho in May 2020. She is a member of the International Pediatric Simulation Society (IPSS) Advisory Board.

Laima Karosas

Publications: Riklikienė, O., Harvey, C., Spirgienė, L., Luneckaitė, Z. and Karosas, L. (2019). Perceptions of Clergy Regarding the Provision of Spiritual Care in Lithuanian Hospitals for Cancer Patients. *Journal of Religion & Health*, 59(3), 1494-1509.

Smith, S., Karosas, L. and Beauchesne, M., (2019). Preparing for the Transition from Clinical Practice to Academia. *Journal of the American Association of Nurse Practitioners*, 31(2), 82-84.

Karosas, L. (2019). *Laugos Profesijos Raida ir Iššūkiai iki XX Amžiaus Vidurio* [The evolution of the nursing profession and challenges up to the middle of the 20th century], in *Olga Riklikienė's Lietuvos Slaugos Istorija: 1918-2018* [Lithuania]. Vilnius: Sveikatos priežiūros ir farmacijos specialistų kompetencijų centras.

Myrick, K. and Karosas, L. (2020). (Eds.) *Advanced Health Assessment and Differential Diagnosis*. New York, NY: Springer Publishing.

Presentations: Lerner, R., D'Agostino, S., Karosas, L., *Creating & Implementing an Integrated Information Literacy Roadmap for a Nurse Practitioner Program*. Medical Library Association Conference. Chicago, IL. May 3-9, 2019.

Lerner, R., D'Agostino, S., Karosas, L., *Integrating Information Literacy into a Nurse Practitioner Program*. NONPF 45th Annual Conference, April 5, 2019, Atlanta, GA.

Karosas, L., Lerner, R., D'Agostino, S. *Integration of Information Literacy in the Doctoral Education Nursing Practice Curriculum*. AACN Doctoral Educational Conference, Jan. 17-21, 2019. San Diego, CA.

Other: Karosas was president of Connecticut Advanced Practice Registered Nurses from 2019–20. She received the 2019 Beverly Koerner Outstanding Alumni Award for Education in Nursing, University of Connecticut.

Susan Kosman

Presentation: Kosman, S., and Lerner, R. *Restructuring a Baccalaureate Nursing Research Course: A Librarian-Nurse Quality Improvement Project*. Medical Library Association 2020 virtual conference, July/August.

Other: Evidence-Based Improvement Initiative: *Improving the Study Abroad Student Experience*: Teresa Twomey, Eileen Hermann, Susan Kosman, Erin Fusco.

Kosman was part of a colloquium panel at Sacred Heart University on the *Business of Health Care* in April. She is a member of the Connecticut Make-A-Wish Medical Outreach Advisory Committee and the Connecticut Center for Nursing Workforce Board.

Kasia Lessard

Publications: Price, L., Lessard, K., & E. Mumm (2021). Research as a Political and Policy Tool. In D.J. Mason, E. Dickson, M.R. McLemor and G.A. Perez, *Policy & Politics in Nursing and Health Care, 8th edition*. St. Louis, MO: Evolve Elsevier.

Initiative: Evidence-Based Simulation Initiative: *Using the Observer Role in Simulation to Improve Patient Advocacy*. Leader: Darlene Rogers. Team: Liana Kappus, Barbara Glynn, Kasia Lessard, Mary Peterson.

Other: Lessard is a member of the Quality Improvement Committee at Bristol Health, Connecticut. She is also group leader of Kids/Families and a planning committee member of the *Opioid Summit Building Bridges and Finding Answers: The Opioid Crisis in Connecticut*.

Susan Lynch

Initiative: Evidence-Based Improvement Initiative: Advanced the Nurse Anesthesia Implementable DNP Project to include a rigorous presentation, review and approval process by the Scientific Review Committee. Susan Lynch, Karita Kack and Karen Hurd.

Other: Lynch is member of the planning committee for the annual AACN Faculty Practice Conference and past chair of the AACN Practice Leadership Network.

Kristi Maynard

Publications: Maynard, K. (2020). Reducing Student Nurse Stigmatization of the Patient Who Misuses Opioids. *Journal of Addictions Nursing*, 31(1), 47-59.

Maynard, K. & Adimando, A. (2020). Unfolding Case Studies for the Student Nurse: Health Assessment. *Sigma Nurse Publishing*. Indianapolis, IN.: Sigma Nurse Publishing.

Maynard, K. (2020). Articles on Pinworm Infection; Leukemia; Back and Neck Injuries; Diphtheria; and Eye Trauma, all in C. Resha & V. Taliaferro (Eds.) *School Nurse Resource Manual (10th ed.)* Nashville, TN: School Health Alert.

Maynard, K. (2020). Identifying the Stigmatizing Tendencies of Nursing Students Toward Patients Who Misuse Opioids. Danbury, CT.: *Dissertation: Western Connecticut State University*.

Other: Maynard is a manuscript reviewer for the *Journal of Dermatology Nurses' Association*.

Mikki Meadows-Oliver

Publications: Swartz, M. and Meadows-Oliver, M. (2019). Clinical outcomes of a pediatric asthma outreach program. *The Journal for Nurse Practitioners*, 15, e119-e121.

Peck, J. and Meadows-Oliver, M. (2019). Human Trafficking of Children: Nurse Practitioner Knowledge, Beliefs and Experience Supporting the Development of a Practice Guideline. *Journal of Pediatric Health Care*, 33(5), 603-611.

Meadows-Oliver, M. (2019). Critically Appraising Qualitative Evidence for Clinical Decision-Making. In B. Melnyk and E. Fineout-Overholt (Eds.) *Evidenced Based Practice in Nursing and Health Care*. 4th edition. Philadelphia, PA: Wolters Kluwer.

Meadows-Oliver, M. (2019). Forward. In M. Wirfs. *The APRNs Complete Guide to Prescribing Drug Therapy 2019*. New York, NY: Springer Publishing.

Presentations: **Meadows-Oliver, M.** and Peck, J.L. (July 2019). *Nurse Practitioner Knowledge of Human Trafficking of Children*. Sigma Theta Tau, International. Calgary, Alberta, Canada.

Meadows-Oliver, M. (March, 2019). *Screening for Postpartum Depression at Pediatric Well Child Visits*. National Association of Pediatric Nurse Practitioners. New Orleans, LA.

Banasiak, N. and **Meadows-Oliver, M.** (March, 2019). *Prevalence of Asthma in a School-Based Clinic in Nicaragua*. National Association of Pediatric Nurse Practitioners. New Orleans, LA

Initiative: Evidence-Based Improvement Initiative: *Engaging Nursing Students in Holistic Self-Care*. Rhea Sanford, Erin Fusco, **Mikki Meadows-Oliver**, and Cindy Barrere.

Other: **Meadows-Oliver** was selected for the competitive 2019-2020 *Environmental Health Nurse Fellowship with the Alliance of Nurses for Healthy Environment*.

She is the clinical editor for *Pediatric Nursing Made Incredibly Easy*. (2019). 3rd Edition. Philadelphia, PA: Wolters Kluwer.

Sheila Molony

Publications: Sefcik, J.S., McDermott, C., Heid, A.R, **Molony, S.**, Van Haitisma, K., Best, I., Resnick, B., Boltz, M., & Kolanowski, A. (in press). Whole-Person Behavioral Assessment and Planning for Nursing Home residents with Dementia and Behavioral Symptoms. *Journal of Gerontological Nursing*.

Molony, S. & Waszynski, C. (2019). Shingles (Case Study) In Neal-Boylan, L. *Case Studies: The Family Nurse Practitioner*, 2nd Edition, Hoboken, NJ:Wiley-Blackwell.

Molony, S. & Waszynski, C. (2019). Dementia (Case Study) In Neal-Boylan, L. *Case Studies: The Family Nurse Practitioner*, 2nd Edition, Hoboken, NJ: Wiley-Blackwell.

Presentations: **Molony** was part of the dean's panel at the Advanced Practice Registered Nurses Annual Conference, Cromwell, CT, April 27, 2019. *Innovations in Nursing Education Professional Development Workshop*, sponsored by NVCC: Gaming as a Creative Teaching Strategy in Academe. Nov. 7, 2019.

Molony, S., Marek-Waszynski, C. and Dicks, R. (2020). Multi-Sensory Stimulation for Hospitalized Patients with Dementia: A pilot study. *Gerontological Society of America*.

Initiative: Evidence-Based Practice Improvement Initiative: *Expand Opportunities for Students to Engage in Research/Scholarship* Anne Durkin (Leader). Team: Cindy Barrere, **Sheila Molony**, Nicholas Nicholson. Outcome: Anne Durkin, Designer & Coordinator of *Undergraduate Student Nursing Research Distinction Program and Digital Badge*.

Other: Colleen Delaney, Ruth McCaffrey, Cynthia Barrere, Amy Kenefick Moore, Dorothy Dunn, Robin Miller, **Sheila Molony**, Debra Thomas, Teresa Twomey and (Susan) Zhu, Xiaoyuan received the 2019 Journal of Holistic Nursing Quantitative Research Paper Award for co-authorship of *Trends in Contemporary Holistic Nursing Research: 2010-2015*.

Christine Waszynski (PI), **Sheila Molony**, (consultant), *Use of Multisensory Engagement in an Acute Care Hospital to Improve Long Term Cognitive Outcomes*, awarded by the Research Retirement Foundation, 2019-2021.

Molony is co-facilitator of the Age Friendly University Initiative at QU and steering council member of QU Interprofessional Coalition for Aging Inclusive Leadership/Learning Endeavors (QUIC-Agile). She is a manuscript reviewer for *Western Journal of Nursing Research*, *Frontiers of Architectural Research*, *Qualitative Health Research*, *Journal of American Geriatrics Society* and *Geriatric Nursing*.

Erica Mumm

Publications: Price, L., Lessard, K., & **Mumm, E.** (2021). Research as a Political and Policy Tool. In D.J. Mason, E. Dickson, M. R. McLemor, & G.A. Perez, *Policy & Politics in Nursing and Health Care*, 8th edition. St. Louis, MO: Evolve Elsevier.

Other: **Mumm** is president and founder of the local chapter of the American Holistic

Nurses Association, North Haven, CT. She is also chair of the Joining Forces Committee supporting and serving veterans and bringing awareness to the community.

Patricia Natkiel

Presentation: Kappus, L., Twomey, T., **Natkiel, P.**, Rogers, D., O'Connor, L., Rebesch, L., Boyd, C. *Implementing a 50% Simulation-Based, On-Campus Clinical Program: Lessons Learned*. INASCL 2020 virtual conference.

Nicholas Nicholson

Publications: **Nicholson, N.**, Feinn, R., Casey, E.A., Dixon, J. (2019). Psychometric Evaluation of the Social Isolation Scale in Older Adults. *The Gerontologist*.

Nicholson, N. (2019). Social Isolation. In Pamala D. Larsen, *Lubkin's Chronic Illness: Impact and Intervention* (10th ed.). Boston, MA: Jones & Bartlett.

Presentations: Jacobson, S., **Nicholson, N.**, Feinn, R., and Lerner, R. *Social Isolation, Race, and Gender: Differences between Urban and Rural Older Adults*. Society for Social Work and Research 24th annual conference – Reducing Racial and Economic Inequality. Washington, D.C., Jan. 15-19, 2020.

Panniello, A., Jacobson, S. Lerner, R., Feinn, R., **Nicholson, N.** *Social Isolation and Gender: Differences in Older Adults Across the United States*. Quinnipiac University Interprofessional Poster Day. North Haven, CT. May 2019.

Nicholson, N., Jacobson, S., Lerner, R., Feinn, R. *Social Isolation and Population Density: Ethnic Differences between Urban and Rural Adults*. The 31st Annual Scientific Sessions of the Eastern Nursing Research Society, Providence, RI. April 3-5, 2019.

Panniello, A., Jacobson, S., Lerner, R., Feinn, R., **Nicholson, N.** *Social Isolation and Gender: Differences in Older Adults Across the United States*. Connecticut Collaborative Scholarship Day. North Haven, CT. March 20, 2019.

Williams, M., Lapinski, J., **Nicholson, N.**, Nemeth, L., Feinn, R., Myrick, K. *Evaluation of the Painless Flexibility Program on Range of Motion and Pain*. Virtual ENRS 32nd annual scientific sessions March 26 and 27, 2020.

Initiative: Evidence-Based Practice Improvement Initiative: *Expand Opportunities for Students to Engage in Research/Scholarship*. Anne Durkin (leader). Team: Cindy Barrere, Sheila Molony, **Nick Nicholson**. Outcome: Anne Durkin, designer and coordinator of *Undergraduate Student Nursing Research Distinction Program and Digital Badge*.

Other: **Nicholson** was invited to discuss *Coming Together While Living Apart* at the AARP's conference, AARP CT. June 30, 2020. During his Fall 2019 sabbatical, he focused on collecting data for his research on social isolation. He is a manuscript reviewer for the *Journal of Advanced Nursing*.

Lisa O'Connor

Presentation: Kappus, L., Twomey, T., Natkiel, P., Rogers, D., **O'Connor, L.**, Rebesch, L., Boyd, C. *Implementing a 50% Simulation-Based On-Campus Clinical Program: Lessons Learned*. INASCL 2020 virtual conference.

Other: **O'Connor** is a CCNE accreditation site visitor. She is also a member of the Masonicare Advisory Board and a member of the *Quinnipiac University COVID-19 Task Force*.

Mary Peterson

Initiative: Evidence-Based Simulation Initiative: *Using the Observer Role in Simulation to Improve Patient Advocacy*. Leader: Darlene Rogers. Team: Liana Kappus, Barbara Glynn, Kasia Lessard, **Mary Peterson**.

Other: **Peterson** is president of the Connecticut Chapter of the National Association of Pediatric Nurse Practitioners and treasurer of Sigma Theta Tau, Tau Rho.

Karen Ragaisis

Publication: Shell, L., Newton, M., Soltis-Jarret, V., **Ragaisis, K.**, and Shea, J. (2019). Quality Improvement and Models of Behavioral Health Integration. Position Paper #2 from the International Society of Psychiatric & Mental Health Nursing. *Archives in Psychiatric Nursing*, 33(4): 914-920.

Other: **Ragaisis** is an ENRA representative on the National Health Policy Summit on Workforce, appointed by the Emergency Nurses' Association and the American Psychiatric Nurses Association on Feb. 20, 2019.

She is on the editorial board of Perspectives in Psychiatric Care and is a manuscript reviewer for the *Journal of Addictions Nursing* and *Journal of Psychosocial Nursing*.

Lisa Rebesch

Publication: Rebesch, L. (2020). Perceived Patient Safety Competence of Baccalaureate Nursing Students: A Descriptive Comparative Study. *Sage Open Nursing*, 6, 1-9.

Presentation: Kappus, L., Twomey, T., Natkiel, P., Rogers, D., O'Connor, L., Rebesch, L., Boyd, C. *Implementing a 50% Simulation-Based, On-Campus Clinical Program: Lessons Learned*. INASCL 2020 Virtual Conference.

Other: Lisa Rebesch, Karita Kack and Karen Hurd received a Nurse Anesthetist Traineeship sponsored by the Health Resources and Services Administration (HRSA) titled: *Using the Quinnipiac University Opioid-Sparing Anesthesia Curriculum (QU-OSAC) to Train Nurse Anesthetists*.

Rebesch is president of the Connecticut League for Nursing; on the editorial board of *Sage Open Nursing*; and on the nursing advisory boards of Goodwin University and Gateway Community College. She is a CCNE accreditation site visitor and a manuscript reviewer for the *International Journal of Nursing Education Scholarship*.

Darlene Rogers

Presentation: Kappus, L., Twomey, T., Natkiel, P., Rogers, D., O'Connor, L., Rebesch, L., Boyd, C. *Implementing a 50% Simulation-Based, On-Campus Clinical Program: Lessons Learned*. Poster Presentation at INASCL 2020 virtual conference.

Initiatives: Evidence-Based Simulation Initiative: *Using the Observer Role in Simulation to Improve Patient Advocacy*. Leader: Darlene Rogers. Team: Liana Kappus, Barbara Glynn, Kasia Lessard, Mary Peterson.

Evidence-Based Simulation Initiative: *Strategies for the Development of an Effective Simulation*. Co-Leaders: Liana Kappus, Cory Boyd, Darlene Rogers.

Other: Rogers was recognized as a certified health care simulation educator by the Society for Simulation in Healthcare in June 2020.

Judy Ruggiri

Study: *Using Human Centered Design to Re-Invent Teaching and Learning in Nursing*. Cory Boyd (PI), Liana Kappus (CO-PI). Team: Anne Durkin, Barbara Glynn, Judy Ruggiri.

Rhea Sanford

Initiative: Evidence-Based Improvement Initiative: *Engaging Nursing Students in Holistic Self-Care*. Rhea Sanford, Erin Fusco, Mikki Meadows-Oliver and Cindy Barrere.

Teresa Twomey

Presentations: *State of Urban Connecticut 2019*. New Haven, CT. Urban League of Southern Connecticut.

Kappus, L., Twomey, T., Natkiel, P., Rogers, D., O'Connor, L., Rebesch, L., Boyd, C. *Implementing a 50% Simulation-Based, On-Campus Clinical Program: Lessons Learned*. INASCL 2020 virtual conference.

Initiative: Evidence-Based Improvement Initiative: *Improving the Study Abroad Student Experience*: Teresa Twomey, Eileen Hermann, Susan Kosman, Erin Fusco.

Other: Colleen Delaney, Ruth McCaffrey, Cynthia Barrere, Amy Kenefick Moore, Dorothy Dunn, Robin Miller, Sheila Molony, Debra Thomas, Teresa Twomey and (Susan) Zhu, Xiaoyuan received the 2019 Journal of Holistic Nursing Quantitative Research Paper Award for co-authorship of *Trends in Contemporary Holistic Nursing Research: 2010-2015*.

Twomey was awarded the 2020-2021 Galpin Internationalization Grant Award for her project hosting nursing students from Barbados on the QU campus in Summer 2021. She is on the editorial board for the Pediatrics & Neonatal Nursing Open Forum.



Katarzyna Lessard Assumes Program Chair Role

Katarzyna Lessard, MSN, JD, was appointed chair of the undergraduate nursing program at the beginning of the Spring 2020 semester. She joined the School of Nursing as a full-time clinical assistant professor in January 2017. Prior to that time, she had taught as an adjunct faculty member at both Quinnipiac and the UConn School of Nursing.

Lessard practices at the Newington VA clinic as a certified family nurse practitioner. In her advanced practice role, she serves as the study coordinator for the NIH-funded Glycemic Reduction Approaches in Diabetes study. She is board certified in advanced diabetes management by the American Association of Diabetes Educators and certified in maternal newborn nursing. She is also an international board-certified lactation consultant.

She earned her bachelor's and master's degrees in nursing from the UConn School of Nursing, a bachelor's in economics from the University of Pennsylvania and a JD from the University of Pennsylvania. Prior to beginning her nursing career, she practiced law in the intellectual property and technology area.

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Our Commitment

Quinnipiac University has a strong commitment to the principles and practices of diversity throughout the Quinnipiac community. Members of minority groups and individuals with disabilities are encouraged to consider and apply for admission. Quinnipiac University does not discriminate on the basis of race, color, creed, gender, age, sexual orientation, national and ethnic origin or disability status in the administration of its educational and admissions policies, employment policies, scholarship and loan programs, athletic programs or other university-administered programs.