

NEWS BRIEFS



New Baby



Doctoral student Monika Eckfield and Dr. Paul Abrinko became the proud parents of Paul Joubert "PJ" Abrinko on August 15, 2008. He weighed 6 lbs 11 oz., was 21 inches long, and was born at the UCSF Medical Center.



Charlene Harrington Retires

UCSF/John A. Hartford Center of Geriatric Nursing Excellence

Educating Nursing Leaders to Care for Our Elders

HGNI

A program of the Hartford Geriatric Nursing Initiative at the University of California San Francisco

Director's Reflections



Meg Wallhagen, PhD, GNP-BC, AGSF, FAAN

As a society, we are embracing the idea of change. It's thus a good time to think about the change and growth that have occurred in the scientific base supporting quality care for older adults. There are many examples but I'd like to highlight three.

1. Several years ago, the NICHE (Nurses Improving Care of Health Systems Elders) program was initiated through the Hartford supported Institute of Geriatric Nursing at New York University College of Nursing. This program focuses on enhancing the use of evidence-based research supported approaches to the care of older adults in acute care/hospitals, a setting that had received less than adequate attention. Nurses from hospitals involved in this program from across the country communicate about care issues – sharing ideas, projects, suggestions, and support. Our UCSF hospital is involved in this project with **Carla Graf**, RN, MS, GCNS,

one of our graduates and currently a doctoral student, central to its implementation. Carla is especially interested in the maintenance of function during a hospital stay, which is critical to maintaining function after individuals go home. Although we continue to need research in the acute care setting to support best practices, we can see definite results from the involvement of committed nurses.

2. At the same time, there has been a significant growth in palliative care, which is both a philosophy and approach to the care of persons with chronic conditions that currently can not be cured. To address the needs in this area, there is now a national education initiative, the End-of-Life Nursing Education Consortium (ELNEC), that provides programs to help nurses become more skilled in both providing and teaching end-of-life and palliative care across the trajectory of a chronic condition. Nurses are taking a significant role in making a difference in this area. Affiliate faculty **Kathleen Puntillo** has an RO1 focused on end-of-life care in the ICU. One of our graduates, Dr. **Ab Brody**, has focused his research in the area of palliative care and is studying how to improve the knowledge of home care nurses regarding best practices in pain and symptom management. Further, in an example of how nurses are

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Hartford Center Activities Develop Nursing Leaders for the Elderly

With grant support of the *William Randolph Hearst Foundation*, the Hartford Center developed and continues to offer an initiative to build and strengthen executive and leadership skills of its exceptional cadre of future nursing leaders. The initiative includes annual career development workshops as well as quarterly events with distinguished national nursing leaders who serve both as role models and also as important potential career mentors.

Hartford Center Hosts Distinguished Nurse Leader



Mainstreaming Gerontology Advanced Practice Nursing: Smooth Sailing or Turbulent Waters

On September 24-25, the Hartford Center welcomed visiting faculty **Eileen M. Sullivan-Marx**, Associate Professor and Associate Dean for Practice and Community Affairs, and Shearer Endowed Term Chair in Healthy Community Practice, University of Pennsylvania School of Nursing. Dr. Sullivan-Marx is a noted national and international consultant on nurse practitioner and geriatric practice issues and a leading researcher on improving functional outcomes of older adults in community and institutional settings. In addition to serving as a leadership model at the dinner event for students, Dr. Sullivan-Marx gave an important presentation to the School of Nursing based on her experience with the American Association of Colleges of Nursing on the development of the Advanced Practice Registered Nurse Consensus Model and issues related to the proposed adult-gerontology/geriatric “merger”.

Eileen M. Sullivan-Marx, PhD, CRNP, FAAN

Hartford Center Faculty Tea

On September 17th, the Hartford Center hosted a tea to engage nursing faculty from across the School of Nursing in a discussion about the HCGNE and its activities, and how to enhance the involvement of nursing faculty and students who are not specializing in gerontology but are interested in exploring issues related to the care of older adults. With the rapid rise in the aging population, and the increasing importance of gerontology for many nursing disciplines, the HCGNE is working to form additional networks and collaborative working relationships across specialties in nursing. The tea provided an opportunity to gather ideas about how the HCGNE could be more supportive of faculty and students interested in aging.



Janine Cataldo, PhD, RN

Hartford Center Welcomes New Faculty

We are delighted to announce the appointment of **Janine Cataldo**, PhD, RN, as Assistant Professor, Department of Physiological Nursing. Janine also joined the Hartford Center of Geriatric Nursing Excellence (HCGNE) as Associate Director in September. Dr. Cataldo received her BSN from the University of Kentucky, Lexington, her MSN from the University of Cincinnati, and her PhD in Nursing Research and Theory from New York University. She pursued a Fellowship in rehabilitation psychology and geriatric psychiatry at the Rusk Rehabilitation Institute, and post-doctoral studies in psychosocial oncology in older adults at the University of Pennsylvania. With her specialization in geriatric psychiatry and significant research and educational interests in health policy, smoking, depression, chronic disease and disability discrimination, Dr. Cataldo brings a wealth of important resources to enhance the education of nursing students interested in the care of older adults.

Gerontology Faculty Position Open

The Department of Physiological Nursing at the University of California, San Francisco continues a national search for a tenure track faculty in gerontological nursing. Open until filled. The appointment will be at the Assistant, Associate, or Full Professor rank, depending upon the finalist's level of scholarship and experience. Qualifications: doctorally prepared in nursing or related field with experience in teaching and research in gerontological nursing; Licensed or eligible for nursing licensure in the State of California. Responsibilities include teaching and advising master's (Clinical Nurse Specialist and Gerontological Nurse Practitioner Tracks) and doctoral nursing students as well as participating in all aspects of the faculty role, engaging in research, and participating in the activities of the UCSF/John A. Hartford Center of Geriatric Nursing Excellence. UCSF is an affirmative action/equal opportunity employer and undertakes affirmative action to assure equal employment opportunity for underutilized minorities and women, for persons with disabilities, and for covered veterans. The School of Nursing seeks candidates whose experience, teaching, research, or community service has prepared them to contribute to our commitment to diversity and excellence.

DONORS January 2007- November 2008

The Hartford Center Directors, Gerontological Nursing students and faculty extend their sincere appreciation to our donors for their recent generous contributions to the **Jeanie Schmit Kayser-Jones Scholarship Fund** and to the **Center Sustaining Fund**. This private support is essential in helping sustain the Center and foster the professional development of its students.

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The Center is also deeply grateful for the ongoing support of:

The John A. Hartford Foundation
The William Randolph Hearst Foundation



*Kathy Dracup, Dean of
the School of Nursing*

With the recent presidential election, we have entered history and change is in the air. It is clear, however, that

a major issue facing newly elected leaders will be the ongoing global economic crisis and the deficits impacting federal, state, and personal finances. The anticipated budget deficit for the State of California ballooned from a September estimate of \$3.5 billion, to recent reports of a gap of almost \$12 billion, and Governor Schwarzenegger has already announced there will be deeper cuts to health care and education.

Letter from the Dean

While the amount of the budget reductions continues to unfold, we know that the consequences will be severe for the School of Nursing, our faculty, our students, our research, and our community service. There is no doubt that decreasing state support will require hard decisions such as raising student tuition or postponing recruitment of faculty to fill positions vacated through retirement. At a time when the need for new nurses is greater than ever, the current shortage of nursing faculty significantly limits enrollment. There is already national evidence that while financial aid for students is increasing, aid is failing to keep pace with the rising costs of tuition and living. There is also no doubt that economic concerns have already had a profound impact on the decision to invest in doctoral education. We were delighted with the quality of Fall 2008 applicants for

our Master's and Doctoral Program. We admitted a stellar cohort and achieved our admission goals for Master's and MEPN acceptances. But we also witnessed attrition to admissions for the Doctoral Program, a fact we believe relates to our inability to offer significant scholarships to many of our incoming students.

For gerontological nursing, lower admission is even more consequential in the existing shortage of gerontological academic and clinical nursing workforce, compounded annually by the steady increase in the number of chronically ill elders. There is no doubt that the John A. Hartford Pre-Doctoral Scholarships and Claire M. Fagin Post-doctoral Fellowships have succeeded in building a cohort of new scholars

Hartford Center Scholarship Recipients

The UCSF/HCGNE funding from the John A. Hartford Foundation makes it possible for the Center to provide scholarship support for UCSF gerontological nursing students. With the rising costs of education, student scholarship support is vital. Scholarships are awarded biannually to UCSF doctoral and Master's students. Applicants must document their need for the funds and how support will facilitate achievement of their educational and scholarly goals. **We are delighted to announce the new Fall awards:**



Barbara Liepman, RN, MS, is in the post-Master's Gerontological CNS Program. Ms. Liepman has an extensive professional experience in the area of diabetes care, specifically the care of older adults with diabetes. Her goal is to help seniors address the physical, emotional, cognitive, and financial barriers to adequate self care through effective diabetes education. Her faculty advisor is Dr. Lynda Mackin.



Carolina Rabanes, BSN, is a first year student in the Gerontological CNS Program. Ms. Rabanes is focusing her study on access to quality health care for multi-ethnic elders. A long-term goal is to pursue doctoral education in gerontological nursing in order to teach future nurses. Her faculty advisor is Dr. Lynda Mackin.



M. Janelle Culjis, MSN, BSN, is focusing her dissertation research on the end-of-life needs of frail homebound elderly with chronic illness. Upon completion of her doctoral education, Janelle plans to apply for a Veterans Administration post-graduate research grant and move into an educational setting which will support clinical practice and research activities. Her faculty advisor is Dr. Nancy Stotts.



Christine Tarn, BSN, is a second year student in the Gerontological CNS Program. Ms. Tarn is looking forward to practicing in a setting that promotes the health and well-being of the elderly, with a specific interest in end-of-life and palliative care. Her goal after graduation is to develop high quality long term care and palliative care programs in the Bay Area. Her faculty advisor is Dr. Liz Macera.

IN HER OWN WORDS



Heather Leutwyler

When I think about the path that I took into gerontological nursing, I am reminded of the many interactions I have had with older adults and their families. Prior to my nursing education, I worked as a research assistant in an Alzheimer's research clinic. This job afforded me many wonderful opportunities: learning about research, exposure to the many possible careers in health care, finding my passion for nursing, and developing an understanding of patients and families that are dealing with a mental illness. The patients and the families that I met at the Alzheimer's clinic have molded how I understand and care for older adults today. Part of my job was to guide patients through their appointment. This involved escorting patients to different areas in the hospital to get lab work done, sitting with the patient through the waiting lines, and just being with patients as they went through what was often a distressing process. I began to really listen to patients. Hearing the amazing, deep, rich histories of patients, the tapestry of experiences that went into shaping the person that they were that day, and the knowledge I gained through listening to these stories made me want to know more. Later, when I began nursing school, I was most comfortable in any clinical rotation where I had the opportunity to care for older adults. Through my various rotations, I also began to see how issues facing the older adult in all of these different settings were unique. The care we provided to the 30-year-old did not always equally

transfer to the older patients. I began to see that through my clinical practice and research, I could make a difference in the care of older adults. Today, as I continue my nursing education through my dissertation research exploring the understanding of health among older adults with schizophrenia, I am faced with the opportunity to once again hear amazing stories. Now, I hear the participants' stories with a more evolved understanding of the experiences that are a part of living as an older adult with a mental illness. Through the mentoring that I have received along the way and now in the UCSF/John A. Hartford Center of Geriatric Nursing Excellence, my interest to improve the health of older adults has been supported—thus not merely sustaining my interest in gerontology but further nurturing and inspiring my passion. Nursing has been described as both an art and a science. The caring role of gerontological nursing fully illustrates this duality. I am truly thankful each day for the opportunity to embody that role.

SAVE THE DATES

American Academy of Pain Management

25th Annual Meeting
January 28-31, 2009
Hilton Hawaiian Village, Honolulu, HI

National Coalition of Ethnic Minority Nurse Associations (NCEMNA)

5th Annual Conference: Creating Research Careers – Leading the Way
March 13-15, 2009
Sheraton Uptown, Albuquerque, NM

Western Institute of Nursing (WIN)

42nd Annual Communicating Nursing Research Conference
April 22-25, 2009
Downtown Hilton, Salt Lake City, UT

American Geriatrics Society

April 29-May 2, 2009
Hyatt Regency, Chicago, Illinois

Two Subtle Phenomena Are The Focus of December AJN Series On Aging

by Nancy Stotts

Recent data suggest loss of autonomy is better predicted by executive dysfunction than memory impairment. Older adults often link functional impairment with memory loss; however, because different parts of the brain are affected, you can have executive dysfunction with or without memory loss and memory loss with or without executive dysfunction. Learn more about this subtle loss by reading **Screening Older Adults for Executive Dysfunction** by Gary Kennedy & Carole Smythe in December 2008 AJN.

Elder mistreatment comes in four forms: neglect, exploitation, abuse, or abandonment. Terry Fulmer, former president of GSA, presents an approach to screening that allows evaluation of these four domains. The evaluation proposed can readily be used in clinical practice. Consider learning more by reading **Screening for Mistreatment of Older Adults**, in December 2008 AJN.

How to Try This was launched in October 2007 as a collaborative project of the Hartford Institute of Geriatric Nursing at the New York University College of Nursing and the *American Journal of Nursing (AJN)*, with Hartford Foundation funding.

To access this great resource:
www.NursingCenter.com/AJNolderadults

FACULTY NEWS

The UCSF-John A. Hartford Center of Geriatric Excellence Joins in a Celebration of Charlene Harrington's Contributions to Geriatrics



On Thursday, November 13th, colleagues joined in a reception to honor **Charlene Harrington**, RN, PhD, FAAN, HCGNE Associate Director, on the occasion of her retirement. Charlene is transitioning to Professor of Sociology and Nursing Emerita after 28 years of dedicated service to the University of California, San Francisco. Charlene plans to use new found time to pursue her research and continue her work with students, as well as her affiliation with the Department of Social and Behavioral Sciences and the Hartford Center. A prolific scholar with national reputation and world-wide leadership on aging health policy and nursing home quality improvement, Charlene presented recently at the October American Public Health Association Meeting in San Diego, and chaired a symposium on *The Impact of California's Medicaid Nursing Home Reimbursement Act on Access, Staffing, Quality, and Costs* at the November meeting of the Gerontological Society of America in National Harbor, Maryland. Eight publications by Charlene have appeared in the last six months

alone in journals such as *The Gerontologist*, *Disability and Health Journal*, *Health Services Research*, and the *Journal of Policy, Politics, and Nursing Practice*. The Hartford Center salutes Charlene, and looks forward to ongoing collaboration with her on aging health policy.

AFFILIATED FACULTY

Christine Miaskowski, RN, PhD, FAAN, and **Brad Auizerat**, PhD, were awarded a two-year grant from the Oncology Nursing Foundation for a Candidate Gene Study of Fatigue in Women with Breast Cancer.

Judy Martin-Holland, PhD, MPA, RN, CS, FNP, was appointed School of Nursing Associate Dean for Academic Programs.

Kathleen Puntillo, RN, DNS, FAAN, was an invited presenter at the European Society of Intensive Care Medicine in Lisbon in September, the only nurse from the United States. The titles of her presentations were "Burnout" and "Do Nurses and Physicians Work Together in Decision-Making?"

Catherine M. Waters, RN, PhD, received the 2008 *Margretta Madden Styles Leadership Award*, Sigma Theta Tau International Honor Society of Nursing, Alpha Eta Chapter

LETTER FROM THE DEAN CONTINUED FROM PG. 3

across the nation with much to contribute to gerontological nursing and evidence-based practice. Since the inception of the UCSF/John A. Hartford Center of Geriatric Nursing Excellence in 2001, 22 doctoral and 96 Master's students with gerontological nursing specialization have graduated. But national competition limits access by our own students to Hartford-funded scholarship resources. The Betty Irene Moore Predoctoral Fellowship Program provided three-year scholarships, with comprehensive \$60,000 annual support, for our students who committed to teaching after graduation for three years in Bay Area nursing schools. This program achieved tremendous success by creating 42 new doctorally prepared nurses in 8 years. Gerontological nursing Moore Scholars are currently teaching gerontology at California State University-East Bay and Samuel Merritt College. Eight gerontological nursing graduates are now teaching at San Jose State University, San Francisco State University, the new School of Nursing at UC Davis, and here at UCSF.

Strategic thinking to enhance support for gerontological nursing doctoral student education is underway, and I am pleased to be participating in these discussions. I strongly support the Hartford Center's mission and its fundraising and recruitment efforts.

You might think that we should wait for times to improve, but demographics and patients can't wait. Even in difficult times, we will continue to look for commitment to the vitally important goal of recruiting and training the future leaders in gerontological nursing research, clinical care, administration, and policy to improve the care of chronically ill elders. Please join us, share your innovative ideas, and help us succeed.

networking to build science, Ab is considering adapting the NICHE model discussed above to home health nursing.

3. Finally, our HCGNE is involved in a cross Center's collaborative project focused on improving the care of nursing home residents through the incorporation of evidence based care, by, for example, improving the knowledge and skills of nurses in these settings about best practices.

These are only a few examples of the ways in which nurses with expertise in gerontological nursing are centrally involved in both building the scientific knowledge on which care is based and implementing this evidence based care. Contributing to this cadre of expert nurses remains the mission of our Center, and we are excited about the leadership that our graduates are taking in changing practice and moving the nursing care of older adults in new and exciting directions.



Join the UCSF-John A. Hartford Center of Geriatric Nursing Excellence

Wednesday

February 18, 2009

5:30-8:30 p.m.

Millberry Union Conference Center

UCSF Parnassus Campus

Susan Reinhard, RN, PhD, FAAN
Senior Vice President for Public Policy at AARP
and Director of the AARP Public Policy Institute

**Fractures in the System:
The Consumer Experience with Chronic Illness**



OPTIONS FOR ADVANCED NURSING EDUCATION

UCSF Gerontological Nursing Graduate Program

Between 2005 and 2030, the number of adults 65 or older will increase from 12% to nearly 20% of the population. There is no better time than now to think about a role in helping to improve care for the elderly. The Hartford Center welcomes nurses interested in returning for graduate education, and there are many upcoming opportunities to meet with faculty and students to explore your interests and answer your questions:
415-514-2935.

In addition, the School of Nursing offers **Monthly Evening Information Sessions** that provide an introduction to all of its nursing education programs. These complimentary sessions require advance registration, and you can either email: Charlotte.gardner@nursing.ucsf.edu or call **415-476-1435.**

The School of Nursing's **Making the Connection Recruitment Program** rewards current students and alumni for referring nurses to our Masters and PhD programs. For every five nurses who complete applications, the referrer will receive a \$50 gift card, with special recognition at the end of the year for the referrer who makes the most connections. For additional information, email asha.reed@nursing.ucsf.edu, or call Asha at **415-476-4810.**

We also invite you to attend our regular monthly **Trailblazing Topics in Gerontology**. These lunch-time sessions are presented by doctoral students to their peers in order to gain feedback about their research and to develop their presentation skills. Bring your own lunch and join us for these informative and fascinating discussions.

January 27, 2009

Quality of Care and California Nursing Homes: The Effects of Staffing, Organizational, Resident & Market Characteristics
by Eric Collier, PhD, RN

February 18, 2009

Older Adults with Schizophrenia: How Do They Understand Physical Health?
by Heather Leutwyler, BS, MSN

March 18, 2009

Update on Nursing Home Quality Initiatives
by Debra Bakerjian, RN, PhD, FNP

April 21, 2009

Diabetes: What Does That Have to do With Work?
by Elizabeth Thomas, BSN, MSN

May 20, 2009

Benefits of A Dyspnea Self Management Program for Older Adults with COPD
by Lynda Mackin, RN, PhD, ANP-BC, CNS



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Dr. Janine Cataldo, *Associate Director*
Dr. Glenna Dowling, *Associate Director*
Dr. Robert Newcomer, *Associate Director*
Dr. Nancy Stotts, *Associate Director*

UCSF Gerontological Advanced Practice Nursing Masters Program Update

By Liz Macera, PhD, RN, ANP-C

The masters program welcomes 18 first year students and expects to graduate 10 nurse practitioners and 2 clinical nurse specialists in 2009. Our gerontological advanced practice nursing students have clinical rotations at local facilities, including the Veteran's Administration, Kaiser Permanente, and Stanford.

Our newest clinical site is the Acute Care for Elders (ACE) Unit at San Francisco General Hospital (SFGH), where GNP graduate Cynthia Johnson will precept students. This unit has capacity for 10 patients with a variety of medical and surgical problems. The staff has training in the care of older adults. They emphasize maintaining function at the highest level during hospitalization and focus on early ambulation. Most eat in a common dining/activity room rather than in their hospital bed. Some rooms are designed for the confused patient and have an area where a nursing assistant can see four patients at one time. The nursing assistant has only these patients to care for, eliminating the need for sitters. The model has been so successful that SFGH will soon open an ACE Unit focused on the care of cardiac patients. This unit will be called the ACE of Hearts. These units will provide excellent experience for our advanced practice gerontological students.



Elizabeth Chao, Allison Reilly, Tania Pacheco, Sr. Namette