

NEWS BRIEFS



Two Babies and a Wedding

Post-doctoral
Scholar
Wen-Wen Li
gave birth to Baby
Sean Huang on
Halloween, 2007



Recent Graduate Tara Sharpp, PhD,
gave birth to Devin James Sharpp
on March 12, 2008



Doctoral
student Monika
Eckfield
and Dr. Paul
Abrinko were
married on May
10, 2008 in
Larkspur, CA

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HGNI

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



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

Director's Reflections

As the report states, "clearly more professionals specializing in geriatrics will be needed to meet the needs of the coming elderly population both because of their clinical expertise as well as their role in educating and training the rest of the health care workforce in geriatric principles." This is exactly our Center's mission -- to build this cadre of specialists. It is thus especially rewarding to see so many graduate and move on in their careers where they can use the expertise they sharpened here to enhance the care of older adults or to educate the next generation of practitioners to have a better understanding of the needs of older adults.

The IOM report highlights the critical nature of our mission. Thus, while we are challenged to continue to achieve our goals in the light of the State's fiscal crisis and cutbacks, we are excited and energized by the report's validating mandate and look forward to working with our colleagues and friends to continue to build the necessary resources to support our students.

Reference: ***Retooling for an Aging America: Building the Health Care Workforce***. Available at: <http://www.nap.edu/catalog/12089.html>

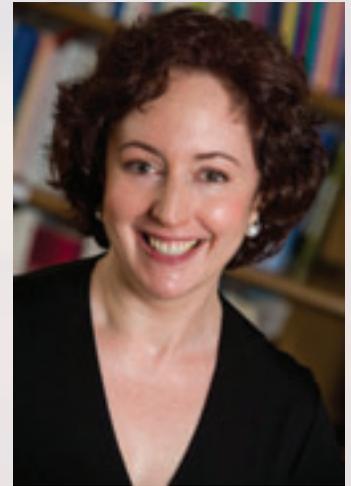
It is fitting that we celebrate the graduation of 8 doctoral students and 13 master's students just after the release of the Institute of Medicine's report, ***Retooling for an Aging America: Building the Health Care Workforce***. This report is the culmination of work done by the Committee on the Future Health Care Workforce for Older Americans which was convened to recommend ways in which we could improve the health care for the growing number of individuals over the age of 65. The baby boomer generation will begin reaching 65 in the year 2011 and will continue to expand this portion of the population for the next 20 years. By 2030, nearly one out of every 5 Americans will be 65 and over. Yet, as the report acknowledges, our healthcare workforce currently does not receive adequate geriatric training and is thus not prepared to meet the special needs of older individuals, especially those who might be experiencing multiple chronic conditions.

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 be able 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

The *Winter Leadership Dinner-Seminar* for doctoral students was presented on February 28, 2008 by **Sarah H. Kagan**, PhD, RN, FAAN, Professor of Gerontological Nursing and Clinician Educator, University of Pennsylvania School of Nursing. One of the UCSF School of Nursing *Centennial Wall of Fame* distinguished faculty and alumni, Dr. Kagan is widely recognized for her achievements in the field of caring for older adults with cancer. She received the 2006 Oncology Nursing Society Award for Excellence, and was awarded a 2003 John D. and Catherine T. MacArthur Fellowship. At the University of Pennsylvania School of Nursing, Dr. Kagan has been exceptionally successful promoting the merging of oncology and gerontology, and she has proven herself to be a true clinician scientist, with much of her work on translating research into practice and on research that explores such translation. During her visit, Hartford Center students explored shared research interests and learned from her individualized path of career development, research, and leadership. This visit also provided an opportunity to invite the entire School of Nursing for a presentation by Dr. Kagan, ***Can We Risk Business as Usual in an Aging Society: The Case of Geriatric Oncology***, an impassioned call for nursing leadership to change education and policy to improve clinical care of the elderly.



Sarah H. Kagan, PhD, RN, FAAN

Interdisciplinary Geriatric Leadership Development

In April, UCSF was honored by a jointly hosted visit of Visiting Guest Professor **Graham P. Mulley**, President-Elect of the British Geriatrics Society, and Honorary Professor of Elderly Medicine, St. James University Hospital, Leeds, United Kingdom. Professor Mulley is a long-time colleague of Hartford Center Founding Director Jeanie Kayser-Jones. They met in the early 1980s, when Dr. Mulley invited her to visit St. James Hospital for the first time. At the time, there were no geriatricians at UCSF, in contrast to the United Kingdom which had established geriatrics in the late 1940s. Because of the joint sponsorship, Dr. Mulley was able to present interdisciplinary Geriatric Grand Rounds on ***Gait Analysis***, as well as Medical Grand Rounds on ***Myths of Aging***. This visit promoted discussions about how UCSF researchers and practitioners could collaborate with Dr. Mulley and his British colleagues through the development of exchange visits between Leeds and San Francisco.

Interdisciplinary Leadership Collaboration for Elder Protection

On May 22, 2008, the Hartford Center hosted an interdisciplinary *Spring Leadership Dinner-Seminar* with distinguished guest **Mary Twomey**, MSW, Co-Director of the Center of Excellence in Elder Abuse and Neglect at the University of California, Irvine. Directed by Dr. Laura Mosqueda, the Irvine Center is building a statewide consortium to prevent elder abuse. Before coming to UC Irvine, Mary was Director of the San Francisco Consortium for Elder Abuse Prevention at the Institute on Aging from 2000-2007. Formerly, she was Director of Social Services at the Volunteer Legal Services Program of the Bar Association of San Francisco. Mary also spent eleven years with the AARP in Washington, DC, where she coordinated the National Guardianship Mentoring Program. This Spring visit to the campus provided an opportunity for discussion of elder abuse and forensic center development with interdisciplinary faculty and students, as well as an informative cross-disciplinary role model of leadership for Hartford Center students.



Mary Twomey, MSW

DONORS January 2007- May 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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Joan Ablon
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Thaddeus S. Block
Kathleen C. Buckwalter
Barbara & Don
Carlson
Frances Monet Carter
Joyce Chan
Shirley Chater
Marilyn Chow
Eric J. Collier
Elizabeth Colson
Community Health
Charities of CA
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memory of Gay Becker
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**The Center is also
deeply grateful for the
ongoing support of:**
The John A. Hartford Foundation
California HealthCare Foundation
Evercare
The William Randolph Hearst
Foundation

Jeanie Schmit Kayser-Jones Scholarship Fund

On November 18th, Jeanie Kayser-Jones, RN, PhD, FAAN, HCGNE Founding Director, was honored with a celebration of her contributions to geriatrics and gerontological nursing. With the support of the John A. Hartford Foundation, California Healthcare Foundation, Evercare, and the UCSF School of Nursing, 200 of



Jeanie's long-standing friends, colleagues, and family members joined to celebrate with her in the lovely Alexandria Room on



the 32nd Floor of the Westin St. Francis Hotel. Led by Center Director **Meg Wallhagen**, the program included presentations by UCSF School of Nursing **Dean Kathy Dracup**, Hartford Foundation Program Officer **Rachael Watman**, University of Pennsylvania HCGNE Director **Neville Strumpf**, UCSF Division of Geriatric Medicine, Chair **C. Seth Landefeld**, former doctoral students **Alison Kris** and **Diane Norcio**, and Jeanie's husband **Theo Jones**. The program was followed by the presentation of the **UCSF/HCGNE Award** to Jeanie, as well as bouquets from the University of Pennsylvania HCGNE and The New York University Hartford Institute. A new **Jeanie Schmit Kayser-Jones Scholarship Fund** has been established for Hartford Center students. Please see the enclosed contribution envelope for details on how to contribute this vital scholarship fund.

Hartford Scholarship Recipients 2008

With the rising costs of education, the commitment of The John A. Hartford Foundation to student scholarship support is vital. We are delighted to announce new Hartford scholarship awards for 2008-2010.

Claire M. Fagin Fellowships have been awarded by the John A. Hartford Foundation and Atlantic Philanthropies to two of the 2008 graduates of our gerontological nursing and health policy doctoral program.



Advised by Dr. Charlene Harrington, **Eric Collier**, PhD, MS, RN, pursued dissertation research into relationships between organization factors (staffing levels and type of ownership) and clinical outcomes among residents of California's nursing homes. As a post-doctoral fellow, he plans to prepare his dissertation results for dissemination through peer-reviewed publications and national presentations, and to conduct advanced quantitative research studies using longitudinal modeling techniques to evaluate quality of nursing home care over time and rigorously evaluate the relationships between nursing home structure and process measures with quality outcomes.



Advised by Dr. Jeanie Kayser-Jones, **Tara Sharpp**, PhD, RN, produced an ethnography of dementia care in assisted living facilities. As a post-doctoral fellow at the Oregon Health and Sciences University, mentored by Dr. Heather Young, Tara will continue her study of how staff monitor and provide health care to residents with dementia in assisted living facilities. Tara reports her excitement at this opportunity to join our OHSU colleagues who share her research interest.

Gerontological Nursing Clinical Leadership

Claire M. Fagin 2006-2008 Post-doctoral Fellow **Ann Mayo** was elected to the Board of Directors of the National Association of Clinical Nurse Specialists. Dr. Mayo believes this leadership position offers a wonderful opportunity to promote gerontological nursing, and she credits Hartford Foundation and Hartford Center mentoring and support as instrumental in helping her attain her leadership goals. In August 2008, Dr. Mayo will begin her new appointment as Professor of Nursing at the Hahn School of Nursing and Health Science, University of San Diego.



Aging Research Fellowship

Dr. Ronald Walent, recent graduate and a 2005-2007 John A. Hartford Scholar, has been accepted into the UCSF Aging Research Fellowship Program, sponsored by the Division of Geriatrics in the School of Medicine. This two-year fellowship represents a unique cross-disciplinary collaboration between the Department of Physiological Nursing and the Division of Geriatrics, and is designed to provide post-doctoral training for individuals embarking on academic research careers. With Dr. Margaret Wallhagen as his primary mentor, Dr. Walent will be undertaking a course of study in clinical research designed to provide proficiency in quantitative approaches that will be incorporated into field studies of quality of life and clinical outcomes in nursing home residents. In particular, his goal is to explore further the themes and dimensions identified in his qualitative dissertation, **The Experience of "Doing Well" in Older Nursing Home Residents: Bringing the Past to the Present**. Training in this program is supported by grants to the Division of Geriatrics from the National Institutes of Health at the John A. Hartford Foundation.

IN HER OWN WORDS



G. Lindsay McCrea

It is truly amazing that I have defended my dissertation *Gender and Age Differences in Constipation Characteristics, Symptoms, and Bowel and Dietary Habits in Patients Evaluated for Constipation*, and that this phase of my education will be coming to an end. Being both a Betty Irene Moore Fellow and a Hartford Associate while completing my doctoral studies at UCSF has been such a rewarding experience. From the initial letter of acceptance and welcome, the support and guidance from my Moore and Hartford Center advisors has been constant. Each time a bleak moment threatened to overwhelm me or an achievement was realized, I knew that multiple experienced people were there to push me or to cheer me on. I can barely imagine this journey without them. I am so grateful to the Moore Foundation for providing the financial support that permitted full time study and research over the last three years. It gave me the luxury of time to reflect on and process the course work, literature reviews, and data related to my program of research. I really believe that the career development opportunities provided by these two programs laid a foundation that will be with me throughout my new career as a tenure track academic.

The Executive Coaching/Career Mapping Summer retreat held the summer between the first and second years was a particularly memorable event. We had small and large group activities that

helped us map out our short term and long term personal career goals. The support and suggestions of my small group members really pushed me into a writing mode that resulted in completion of my three Qualification Exam papers -- all of which were eventually published! In addition, a one-on-one session with Dr. Carroll Estes was priceless for her useful and achievable personal strategies to overcome writer's block.

I have always believed that mentorship is an important part of the development of any student, academic, or clinician. The gerontological nursing doctoral program is enhanced by the opportunity to establish many mentor relationships. Dr. Christine Miasowski served as my academic advisor and Chair of my Dissertation Committee. Her mentorship was, of course, instrumental in my successful completion of the program. However, it was the "science" that we

made during our many discussions that really shaped my perspective on research, education, and mentorship. Dr. Margaret Wallhagen wore two caps admirably, as both my Moore advisor and as Director of the UCSF John A. Hartford Center of Geriatric Nursing Excellence.

Though it is time to say farewell, I am reassured by the knowledge that the relationships and friendships that I have established here at UCSF will remain for many years to come.

Community of Scholars Recognizes Hartford Center Student Research



The Community of Scholars is an annual student-organized event of peer-reviewed research podium and poster presentations by students from the School of Nursing. Jointly hosted by the Alpha Eta Chapter of Sigma Theta Tau International and the School of Nursing on April 25th, five Center students presented their research: Hartford Scholar **Caroline Stephens** won the 9th Annual Health Policy Paper Award; Moore Fellows **Heather Leutwyler** and **G. Lindsay McCrea** gave invited podium presentations; and Moore Fellow **Kate Aldrich** and Center Scholar **Nancy Oliva** presented posters. Moore Fellow **Christina Purpora** served as Co-Chair of the 2008 Planning Committee. Open to postdoctoral fellows across all disciplines, this annual event celebrates and disseminates important nursing research across the campus.

SAVE THE DATES

2nd Conference on
**Access to Hospice and
Palliative Care**
August 18-20, 2008
Minneapolis, MN

**National Conference of
Gerontological Nurse Practitioners**
September 25 -27, 2008
Hilton St. Louis at the Ballpark
St. Louis, Missouri

10th Annual
**Research in Action
Conference**
October 22-23, 2008
South San Francisco, California
Abstract Deadline: 7/18/08;
Contact: dfrantz@stanfordmed.org

61st Annual Meeting of the
Gerontological Society of America:
**Resilience in an Aging Society:
Risks and Opportunities**
November 21-25, 2008
National Harbor, Maryland

Honors and Awards

AFFILIATED FACULTY

Highly accomplished faculty with an emphasis in other specialties in nursing are increasingly recognizing the importance of geriatrics and the physiology of aging for their patients. Their collaboration is strengthening the specialty training for advanced education in gerontological nursing.

Ginger Carrieri-Kohlman, RN, DNS, FAAN, received the Distinguished Alumnus Award from her alma mater Cornell-New York Hospital School of Nursing on April 26, 2008.

Carroll L. Estes, PhD, has transitioned from full time Professor of Sociology to Professor Emerita, after forty years of dedicated service to the University of California, San Francisco. Carroll will continue her research and teaching, including her work with Hartford Center students, as well as her affiliations with both the Department of Social and Behavioral Sciences and the Institute of Health and Aging.

Erika Froelicher, RN, PhD, FAAN, was appointed Chair, School of Nursing Global Health Committee.

Kathleen Puntillo, RN, DNS, FAAN, was recently awarded a 2-year Pilot/Exploratory Grant from the National Palliative Care Research Center to study symptoms in ICU patients and their family members.

Christine Miaskowski, RN, PhD, FAAN, received the 2008 Excellence in Research Mentorship Award.

Charlene Harrington, RN, PhD, FAAN, HCGNE Associate Director, gave testimony at Congressional hearings regarding her research findings from a study of 105 nursing homes bought by private investment firms. A subsequent decline in the average number of staff was associated with increased care deficiencies. Her testimony was quoted in an on-air broadcast of *KCBS* in San Francisco and in the *New York Times*. Dr. Harrington was selected the 2008 Doctoral Student Mentor of the Year.

extended family. In recent years, the needs of the elderly have been overshadowed by HIV/AIDS and drug-resistant tuberculosis. As adults are dying of these infections, raising their children is often left to the grandparents. In addition, the numbers of elders in nursing homes is increasing because their adult children have died or are ill. While approximately 6% of the population of South Africa is over age 65; the proportion is expected to grow to 13% by the year 2020.

Nancy Stotts, RN, EdD, FAAN, HCGNE Associate Director, was selected by doctoral students as the Honorary Marshall to lead the School of Nursing doctoral students to hooding at graduation, June 6, 2008.

Meg Wallhagen, PhD, GNP-BC, FAAN, HCGNE Director, was appointed Vice Chair of the Public Policy Committee of the American Geriatrics Society. On March 31st, Dr. Wallhagen was interviewed in a live hour-long *KQED* public radio forum discussing issues related to informal caregivers for the elderly. Broadcast remotely from the Downtown Oakland Multipurpose Senior Center with opportunity for interaction with the live audience, this broadcast is also available online: <http://www.kqed.org/epArchive/R803310900>. Dr. Wallhagen was also selected to serve on the Editorial Board for *Research in Gerontological Nursing*, launched in January 2008 to provide a peer-reviewed platform for the widespread exchange and dissemination of the key research discoveries in the complex care of older adults. The AACN End of Life Nursing Education Consortium (ELNEC) honored Dr. Wallhagen with its *Graduate Trainer Award of Excellence*.



Left to Right: Samkelisiwe Buthelezi, Candace Rowley, Liz Macera, Meiko Dolo, Aslam Hoosen and Nonhlanhla Phakathi

Liz Macera, RN, PhD, NP-C, Co-Director of the Gerontological Advanced Practice Nursing Program, recently returned from a two-week visiting professorship at the University of KwaZulu Natal (UKZN) in Durban, South Africa. Dr. Macera had met Dr. Leana Uys, RN, RM, DSocSc, Deputy Vice-Chancellor and Head of the College of Health Sciences at UKZN, at the 2005 International Society of Nursing, Sigma Theta Tau International Biennial Convention. At that time they discussed how their respective chapters could collaborate. When Dr. Uys initiated the masters program in gerontological nursing, she invited Dr. Macera to teach in the first year of the program. Dr. Macera taught an intensive unit on geriatric assessment to six graduate students—five masters and one doctoral. UKZN is the first university in Africa to offer a master's degree in gerontological nursing. Care of the elderly has not been a top priority in Africa where older adults have traditionally been cared for as part of an

OPTIONS FOR ADVANCED NURSING EDUCATION

Geriatric Nursing Leadership Academy

The Sigma Theta Tau International Geriatric Nursing Leadership Academy (GNLA) was inaugurated by a four day Leadership Workshop, June 25-29, 2008 in Portland, Oregon. Its first cohort of GNLA participants and mentors will continue through an 18-month program designed to develop leadership skills through implementation of mentored projects within each mentee's own practice setting to improve the quality of life for older adults. A faculty facilitator is assigned to each mentee/mentor pair to assist with implementation and evaluation. Former gerontological nursing Masters student, **Cindy Johnson** was admitted to the GNLA first cohort, and her GNLA project will be *Enhancing Geriatric Nursing Knowledge to Improve Relationships between Acute Care and Long Term Care Nurses*, directly relevant to her current position working with Dr. Edgar Pierluissi and his team in the Acute Care for Elders (ACE) Unit at San Francisco General Hospital.

The program is offered by Sigma Theta Tau International, funded by a \$1.6 million grant from the John A. Hartford Foundation, and developed in collaboration with faculty from the Hartford Centers of Geriatric Nursing Excellence at the Oregon Health Sciences University, University of Arkansas for Medical Sciences, University of Iowa, University of Pennsylvania, and UCSF. **Liz Macera**, PhD, RN, NP, represents UCSF on the GNLA Faculty. Additional information about the Geriatric Nursing Leadership Academy is available online:

<http://www.nursingsociety.org/LeadershipInstitute/GeriatricAcademy/AboutGNLA/Pages/AboutGNLA.aspx>

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.

September 30, 2008

Geriatric Nursing in South Africa
by Liz Macera, PhD, RN, NP-C

October 22, 2008

Nutrition and Meal Service
in Nursing Homes
by Mary Anne Hanthorn, MS, RD,
Public Health Nutrition Consultant,
California Department of Public
Health

December 2, 2008

GSA Discussion
Moderated review session to
discuss the educational and
professional development experi-
ences of doctoral students at the
annual meeting of the GSA.



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Dr. Margaret Wallhagen, *Director*
Dr. Glenna Dowling, *Associate Director*
Dr. Charlene Harrington, *Associate Director*
Dr. Nancy Stotts, *Associate Director*

UCSF Gerontological Advanced Practice Nursing Masters Program Update

By Liz Macera, PhD, RN, ANP-C

Thirteen nurses graduated from the Masters Program in Gerontological Nursing at the Masonic Hall in San Francisco on Friday, June 6. Graduating masters student Sharee Anzaldo has been accepted by the Minority Training Program in Cancer Control Research at UCLA. This five day workshop is designed to encourage minority students to pursue doctoral programs that focus on cancer research. Along with 2007 graduate Renita Vinluan-Fan, Sharee will also participate in the National Coalition of Ethnic Minority Nurses Association (NCEMNA) Research Training and Mentoring (RTM) Program. This year-long program is designed to develop leadership skills in nurses who are members of an ethnic minority nurses association. Ms. Anzaldo hopes to enter a nursing doctoral program in 2010. Jeanne Lahaie was awarded a scholarship by the Clinical Nurse Specialist Foundation on the basis of excellence in scholarship, community service, and practice. Ms. Lahaie also graduated in June and seeks a clinical position in which she will be able to utilize her knowledge in geriatric genomics. Joanne Chien was selected for the Stanford University Hospital and Clinics Evidence-Based Practice Fellowship Program. She will pursue research strategies to prevent and manage delirium in post-surgical patients. Rowena Rapadas was recently hired as a Nurse Practitioner by the Institute on Aging's On Lok Program. Ms. Rapadas will be providing primary care to the ethnically diverse population of On Lok program participants. She joins graduating class colleagues Geraldine Mariano and Soraya Mangondato, primary care providers at two different On Lok sites in San Francisco. We are very proud that so many of our program graduates have been selected to work in the highly respected On Lok system,

and we wish all the new graduates a long and rewarding career in Advanced Practice Gerontological Nursing.

The gerontological masters program for students wishing to begin in the fall of 2008 is completely filled. We're excited about the interest in the program, and we encourage you to think and act now about applying for 2009. The program is two years with the option to complete requirements for a CNS or an NP. For more information contact Dr. Liz Macera (415-502-7774 liz.macera@nursing.ucsf.edu) or Dr. Lynda Mackin (415-502-5696 lynda.mackin@nursing.ucsf.edu).



2008 Graduates

