

## NEWS BRIEFS



*Yeonsu Song gave birth to Na-Yeh Luna Paik on October 18, 2008*

*All of us at the Hartford Center are sad but also excited for Sara Burke who recently left her position with the HCGNE and moved on to another challenging position as Program Manager for UCSF-GIVI Center for AIDS Research. We wish her well but will truly miss her work with the HCGNE and thoughtful and thorough input.*



*With great sadness we announce Hartford Doctoral student MK McKown passed away on April 29, 2009. A celebration of MK's life was held on May 30, 2009*

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# 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*

My greeting today comes with the joys of witnessing graduates completing their education and moving into a new phase in their career. It also comes with the sorrow at the death of one of our doctoral students, Mary Kay (MK) McKown. MK exemplified the wonderful characteristics of our students in so many ways - enthusiastic, inquisitive, caring, and intensely interested in the older adults she worked with and how to improve their care. She also, as was noted by a fellow student, provided "unconditional support to many of her peers". I was honored to work with MK during her years at UC and in many ways she lives on in our students and graduates who return to school because of questions they have about how to improve the care of all older adults. This is reflected in the work of our current graduates whose work is noted in this newsletter. Focusing on issues as diverse as sleep problems in nursing home residents to hearing loss in older Mexican Americans to understanding views of health in older adults with Schizophre-

nia, the research that is being carried out by our students, graduates and faculty reflect the very diverse needs of a growing number of older adults and approaches to understanding and improving their quality of life.

However, students, as well as the program, face additional challenges in the current financial climate. Staying focused on their studies is made more difficult by shrinking resources. We are thus even more thankful and indebted to our donors as well as the Hartford and Hearst Foundations for their support which is so important to the achievement of our mission to build capacity to meet the needs of older adults.

The achievement of our mission remains critical. According to *Health, United States, 2008\**, not only is the Nation growing more diverse, life expectancy continues to increase with the percentage of the population 75 years of age or older projected to reach 12% by 2050. At the same time, 42% of community dwelling individuals who are 75 and older report being limited in their usual activities because of a chronic condition and increasing numbers of young adults have diabetes and often use illicit drugs, portending complex chronic disease trajectories as they age. These data challenge us not only to address the needs of our current older population but discover ways to promote health enhancing behaviors while learning new ways to address the health needs of the future. We look forward to meeting this challenge by continuing to develop the nurse leaders of the future and welcome your input and collaboration.

*\*National Center for Health Statistics, Health, United States, 2008 with Chartbook, Hyattsville, MD: 2009*

## 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 Leaders

#### Susan Reinhard Energizes Nursing Policy



Susan C. Reinhard, RN, PhD, FAAN

A two-day visit in February by renowned Hartford Center Distinguished Guest Lecturer **Susan C. Reinhard**, RN, PhD, FAAN, Senior Vice President for Public Policy at AARP and Director of the AARP Public Policy Institute, highlighted the vital role of nursing leadership in public policy research and in advocating for policies to improve care of the elderly. A national expert in long-term care, Dr. Reinhard is particularly renowned for her expertise in helping people manage their chronic disabilities at home. Her Burden Assessment Scale has been used internationally by researchers who study the effectiveness of family caregiver programs in reducing their stress. Dr. Reinhard presented **Fractures in the System: The Consumer Experience with Chronic Illness** on Wednesday, February 18, 2009 on the UCSF Parnassus Campus to an interdisciplinary audience of Bay Area geriatric health care providers, and advised that both better knowledge and better tools will be needed to improve care for elders. The visit also included opportunities for Dr. Reinhard to engage in policy discussions with geriatric medicine physicians at the San Francisco VAMC, and to meet with Hartford Center students and faculty to discuss research and leadership. Students were particularly impressed with the concrete examples Dr. Reinhard provided on how to influence the political process. They reported increased understanding of the policy implications of their own research and their responsibility to disseminate new knowledge.

### Hartford Center Hosts Spring Leadership Guest



Heather Young, PhD, RN, FAAN Founding Dean, Betty Irene Moore School of Nursing, Founding Dean

On May 18th, the HCGNE hosted **Heather Young**, PhD, RN, FAAN, Associate Vice Chancellor for Nursing at UC Davis Health System and founding, Dean of the Betty Irene Moore School of Nursing. Dr. Young is a nurse leader, educator, scientist, and nationally recognized expert in gerontological nursing and rural health. Her research has focused on environments that promote healthy aging, with a particular focus on the interface between family and formal health care systems for older adults. Dr. Young has played an instrumental role in shaping long-term care policies in Washington state and beyond through her evaluation research. Dr. Young's visit included an informal discussion with Hartford Center students and faculty including the future of academia in California, and how her challenges and successes provided a valuable and stable philosophical base on which to build.

### Leadership Development and Career Mapping Workshop

On January 29th, six doctoral students participated in an intensive workshop with Dr. Carroll Estes, UCSF Professor Emerita of Sociology and one of the nation's most highly acclaimed leaders in the field of aging. Students discussed their career map and goals individually with Dr. Estes and also with their peers. Students expressed enthusiastic appreciation for the wealth of knowledge provided by Dr. Estes, as well as for her guidance and insights.

## DONORS January 2007- May 2009

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.

Anonymous  
Joan Ablon  
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Catherine M. Steinbach  
Nancy & Roy Stotts  
Neville Strumpf  
Roger Van Craeynest *in  
memory of Gay Becker*  
Ronald J. Walent  
Meg Wallhagen & Bill Strawbridge  
Patricia J. & Keith Whittingslow  
Carolyn & Stanley Wiener  
Marzette O. Woods  
May L. Wykle  
Keith R. Yamamoto

**The Center is also deeply grateful  
for the ongoing support of:**  
The John A. Hartford Foundation  
The William Randolph Hearst Foundation



## Hartford Scholarships Awarded

We are delighted to announce a two-year Hartford Pre-doctoral Scholarship has been awarded to **Cindy Wong**, second year doctoral student, advised by Center Director Meg Wallhagen. The two year award will support ongoing doctoral education from 2009-2011. Cindy is working to build a program of research on caregivers of persons with cognitive impairment. Cindy is building a program on a Caregiver Experience Project at the UCSF Memory and Aging Center (MAC) with Jennifer Merriees, also a Hartford Scholar, and Meg Wallhagen to understand the experiences of families caring for someone with a cognitive and/or behavioral disorder.

### Nursing Alumni Association Scholarship

Fifth year doctoral student and former Hartford Scholar Monika Eckfield received a \$4,000 Alumni Association Scholarship. Advised by Center Director Meg Wallhagen, Monika is researching older adults with hoarding and cluttering behaviors. Preliminary findings from this work have been presented at a conference. A paper is being prepared for publication. Monika's research question evolved from her own clinical practice which demonstrated that hoarding and cluttering behaviors can have a significant impact on older adults and influence how easily nurses can address other health related problems. At the same time, it is poorly studied in this population. Further, because these behaviors are associated with depression and anxiety these behaviors affect the mental health of older adults as well as their physical environment. Unlike other research

that has gathered data about this population from third party sources such as family members or service providers, Monika's research is based on direct interviews with adults age 65 and older who have hoarding and cluttering behaviors and sheds new light on our understanding of this topic.

## Hartford Doctoral Students Graduate, May 29, 2009

The Hartford Center is excited to be preparing for graduation on Friday, May 29th, at 6:00 p.m. in the Palace of Fine Arts Theater. Four Hartford Center students will be awarded doctoral degrees, and eight gerontological advanced practice nursing students will graduate with Master's. Each graduation brings additional fulfillment of the key capacity building goal of the UCSF/HCGNE. Since its inception in 2001, the 107 graduates involved with the Hartford Center constitute a potent force for advancement in nursing education, research, clinical practice, and aging health policy.

*Katherine Aldrich*

30-Day Recovery in Older Adults After Cardiac Surgery



*Heather Leutwyler*

Understanding the Physical Health of Older Adults with Schizophrenia



*Yeonsu Song*

Rest-Activity Patterns in Institutionalized Older Korean Adults With Dementia: A Pilot Study

*Elizabeth Anne Thomas*

Type-2 Diabetes, Hearing Loss, and Contributors to Hearing Loss in Older Mexican Americans





Mary Louise Fleming, RN, PhD

In the midst and flurry of 2009 graduation activities, I was reminded of the hopes I held for making new contributions to improve long term care when I graduated two years ago. Today, as I reflect on the influences that brought me into the doctoral program in gerontological nursing and the current opportunities emerging to participate in research, it is clear how significant the role of the UCSF/HCGNE has been in my education as well as in my prior and continuing work.

Before entering the doctoral program, I had rich career with the San Francisco Department of Public Health (SFDPH) in mental health and nursing administration and was tapped as Director of Nursing and Associate Hospital Administrator for Laguna Honda Hospital and Rehabilitation Center (LHH) in 1998. It was then that my close association with UCSF faculty and my passion for improving nursing home conditions began. The LHH team cared for 1100 residents with devotion to their complex needs but with limited resources and in isolation from the academic community just blocks away.

LHH is the largest public facility west of the Mississippi. Since it was founded as an almshouse for indigent men in 1867 the facility has served many vulnerable populations but the century old buildings do not meet current standards and residents live and receive care on "open wards." In 1998 voters approved a ballot measure to rebuild and modern-

## IN HER OWN WORDS

ize the LHH campus. As Co-Chair of the program committee for the rebuilding project, I met Dr. Jeanie Kayser-Jones, and as they say, that was the beginning of a beautiful relationship between LHH and UCSF!

Though the UCSF/HCGNE was just a gleam in Jeanie's eye then, we developed a shared goal of creating a close relationship between LHH and UCSF. Through the UCSF-LHH connection many accomplishments were achieved and it was not difficult to persuade LHH nurses to pursue advanced education at UCSF. These nurses and Dr. Kayser-Jones encouraged me to enter the doctoral program where I was part of a large and talented cohort of students the UCSF/HCGNE. As a John A. Harford Building Academic Geriatric Nursing Capacity pre-doctoral scholar I also developed a national network of research colleagues.

After graduating in 2007, I accepted the Vice Chair and Academic Coordinator position in the Department of Community Health Systems. This role has provided me with opportunities to participate in an academic environment, and now to be part of a collaborative research project to study the effects of the new LHH environment and culture change on quality of life for nursing home residents, families, and staff.

In April 2010, LHH residents and staff will move into new care residences. This transition provides an untapped opportunity for research. The SFDPH Director recently invited Dean Dracup to convene a team to develop a research agenda focused on the care and services for LHH elders. As part of this research team that includes Drs. Blegen, Wallhagen, and Collier, with funding from a LHH Foundation grant, we are collaborating with LHH leaders to plan a series of studies to assess the impact of changes in the LHH built environment. Our goal is to produce data

that will improve nursing home care and conditions and influence national long term care standards. I am grateful for the investment that the John A. Hartford Foundation has made in the UCSF/HCGNE and my education and I am clearly pleased that the journey that began a decade ago at LHH has led to this wonderful opportunity for LHH and UCSF to develop this collaborative research partnership.

### SAVE THE DATES

Annual Conference of the California Hospice and Palliative Care Association  
Call for Presentations Deadline:  
June 8, 2009  
November 12-14, 2009  
Grand Hyatt Hotel  
San Francisco, CA

Gerontological Advanced Practice Nurses Association (GAPNA)  
*Continuity, Connection, Community: Creating GAPNA's Future*  
September 30 – October 4, 2009  
Hyatt Regency, Savannah, GA

11th Annual Research Days Conference 2009  
October 29-30, 2009, South San Francisco, California  
October 29: Research Role Development Workshop  
October 30: Research in Action Presentations and Posters  
Abstract Deadline: 7/10/09;  
Contact: [dfrantz@stanfordmed.org](mailto:dfrantz@stanfordmed.org)

62nd Annual Meeting of the Gerontological Society of America:  
Creative Approaches to Health Aging  
November 18-22, 2009  
Atlanta, GA

## FACULTY NEWS



**Dr. Cataldo** attended the 14th *World Conference on Tobacco or Health* in Mumbai India, March 8-12. She presented a poster "**Cigarette Smoking is a Risk Factor for Alzheimer's Disease: A Meta-analysis Controlling for Tobacco Industry Affiliation**" as part of her research investigating the impact of tobacco industry activities on the smoking behaviors of older adults and on geriatric science. The conference was attended by over 2,000 tobacco control scientists, educators and advocates.

Cataldo also received the UCSF Academic Senate Individual Investigator Award for \$35,000 to conduct a *Pilot Study to Develop and Validate the Lung Cancer Stigma Scale*.



**Dr. Liz Macera**, was recently awarded a Fullbright Fellowship for 2009-2010.

This United States government program provides funds for faculty to work abroad to further education in areas of need. Dr. Macera will be working with nurses and faculty in South Africa to improve and expand their educational opportunities in gerontological nursing.



**Dr. Lynda Mackin** was selected as a co-recipient of the 2009 Teaching Leave Award for Clinical Faculty. The award recognizes clinical faculty with demonstrated excellence in teaching, clinical practice and precepting, and who have contributed to teaching innovations and curricular or program development. The award allows clinical faculty a 3-6 month leave from faculty responsibilities in order to devote time to acquiring specific skills or knowledge that will contribute to the teaching mission of the School.



**Dr. Nancy Stotts** was the keynote speaker for **Nurses Week** at Oregon Health Sciences Medical Center in

May, 2009.

Her topic was *Pressure Ulcers: What If We Followed the Evidence?* Nancy also presented a poster entitled *Feasibility of Using Scanning Laser Doppler to Measure Sacral Skin Blood Flow in Clinical Research* at the **Wound Healing Society** meeting in Dallas, TX. The research for this work was funded by the UCSF School of Nursing RAND-Hartford Center for Interdisciplinary Geriatric Research. Nancy also gave a lecture in the preconference titled *Basics of Skin Anatomy, Wounds and Wound Healing*.

### Hartford Community of Scholars

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 May 1st, several Hartford Center students presented their research: **Hyang Yuol Lee** gave an invited podium presentation; fifth year doctoral student and former Hartford Scholar **Monika Eckfield** and Alumni Association Scholarship recipient, **Jeanette Broering**, Moore Fellows: **Katherine Aldrich**, **Heather Leutwyler**, and **Elizabeth Thomas**, Hartford scholar **Caroline Stephens** presented posters. Moore Fellow **Christina Purpora** and **Alyssa J. Abraham** served as Co-Chairpersons of the 2009 Planning Committee. Open to doctoral fellows across all disciplines, this annual event celebrates and disseminates important nursing research across the campus.

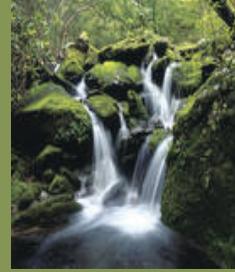
<http://nurseweb.ucsf.edu/www/hcgne.htm>

## Advancing Excellence in America's Nursing Homes

As many of you know, our monthly Trailblazing Topics in Gerontological Nursing provide opportunities for students to present before their peers. Participants gain new knowledge and student presenters gain experience and feedback on their presentation. The March topic was presented by Claire M. Fagin Post-doctoral Scholar Debra Bakerjian: Advancing Excellence in America's Nursing Homes: Measuring and Improving Nursing Home Quality. Dr. Bakerjian chairs the Goals Task Force for the Advancing Excellence (AE) Campaign Steering Committee, and provided an update on the campaign. Launched in 2006 as a unique public/private partnership, currently, 46% of all US nursing homes participated. This is a resident-focused quality improvement effort with eight goals and excellent

free resources to support improvement. There have been very good results in restraint reduction, and states with the highest nursing home participation have the best results. A new website will be launched in September 2009, with content organized by quality improvement goal. Nursing Homes will be able to compare their own performance with state and national outcomes. The Hartford Centers Nursing Home Collaborative will link to the AE, as well as, other quality improvement resources to provide a one-stop central link for resources: [www.nhqualitycampaign.org](http://www.nhqualitycampaign.org) This is an important resource for all those involved in nursing homes, and we are very proud of the many UCSF/HCGNE geriatric nursing students like Debra involved in improving nursing home quality of care.

### UCSF/HCGNE GOES GREEN



In recognition of important environmental concerns, the UCSF/HCGNE will join others in offering the option to receive its biannual newsletter through email rather than in print. If you would like to receive future UCSF/HCGNE newsletters by email, please sign up by sending an email to: [Hartford.CGNE@nursing.ucsf.edu](mailto:Hartford.CGNE@nursing.ucsf.edu)

## OPTIONS FOR ADVANCED NURSING EDUCATION

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](mailto:Charlotte.gardner@nursing.ucsf.edu) or call 415-476-1435.

The School of Nursing 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 for the referrer who makes the most connections at the end of the year. For additional information, email [asha.reed@nursing.ucsf.edu](mailto:asha.reed@nursing.ucsf.edu), or call Asha at 415-476-4810.

We also invite any nurses interested in gerontological nursing research 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 29, 2009  
Impact of Nursing Home Characteristics on Quality of Care  
by Hyang Yuol Lee, RN, MSN, PhD

October 22, 2009  
Caregiver Issues in Frontotemporal Dementia  
By Jennifer Merrilees, RN, MS  
December 2, 2009

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

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Dr. Margaret Wallhagen, *Director*  
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

The UCSF Hartford Center for Geriatric Nursing Excellence awarded four scholarships to Gerontological Nursing masters and doctoral students in December. The recipients were doctoral students *Janelle Culjis* and *Yeonsu Song* and masters students *Carolina Rabanes* and *Christine Tarn*. Congratulations to all!

Twelve Masters and one post Masters students graduated on May 29, 2009 from the MS program; 10 from the Gerontological Nurse Practitioner Specialty track and two from the Gerontological Clinical Nurse Specialist track.

2008 graduate, *Sharee Anzaldo*, MS, RN was awarded the top prize for a masters student poster at the meeting of the National Coalition of Ethnic Minority Nurses Association in Albuquerque, New Mexico in March. Ms. Anzaldo's poster was titled: "Older Filipino-American Adults with Depression: A Cultural Approach." Ms. Anzaldo's project advisor, Dr. Liz Macera, was present for the poster session and presentation. Ms. Anzaldo currently resides in Southern California and works in rehabilitation. (photo to right)



*Sharee Anzaldo, MS, RN and Dr. Liz Macera with the award winning poster at the National Coalition of Ethnic Minority Nurses Association in Albuquerque, New Mexico in March.*