

## NEWS BRIEFS

### IN MEMORIAM



With great sadness we announce the passing of one of our own: Diane Lynn Norcio, RN, MSN, MPH, PhD 1948 – 2012 UCSF SON MEPN and 2006 PhD graduate We extend condolences to her wife Meredith Seawell and son Timothy 'TJ'

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# UCSF/John A. Hartford Center Of Geriatric Nursing Excellence

## Educating Nursing Leaders to Care for Our Elders



Spring/Summer 2012

### Director's Reflections



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

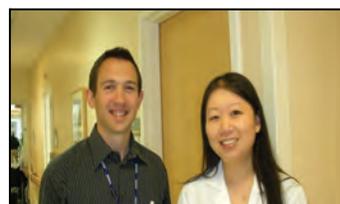
The current newsletter really speaks for itself – it highlights the work of our students, faculty, graduates, and preceptors, all of whom are working to enhance the care provided to the growing number of older adults. It's also rewarding to see the "graduation" of our first Hartford Geriatric Academy Scholars. This is a program designed for current faculty or researchers who want to enhance their knowledge of gerontology so they can better integrate this new understanding into their on-going work. This experience was facilitated by our on-going close collaboration with the UCSF Northern California Geriatric Education Center and its year-long inter-professional faculty development program. Dr. Lynda Mackin, a Co-Director of the HCGNE, and Dr. Louise Aronson, who is the PI and Director of the NorCal GEC, have been key to making this a successful program and have worked closely together to assure that the learning activities are meaningful and relevant to all involved. We greatly appreciate their work! I hope you enjoy reading the stories enclosed and, as always, I value your feedback and input. In our next newsletter I'll be sharing more information about the new directions that are evolving for both our Center and the Hartford Foundation as it takes on new strategic initiatives.

### Clinical Preceptors: The Heart of the Gerontological Advanced Practice Nursing Tracks

As end of another school year comes to a close, the faculty of the UCSF Gerontological Advanced Practice Nursing Track wish to acknowledge the contributions our clinical preceptors make year in and year out. Simply put, without our preceptors, our Gerontological Nurse Practitioner (GNP) and Gerontological Clinical Nurse Specialists (GCNS) tracks would not be the successes that they are. Each year, more than 50 different preceptors work with our students in all kinds of clinical settings, including acute care, home-based care, long term care, and community-based primary care plus in numerous specialty areas such as cardiology, neurology, wound care and palliative care. All preceptors serve our program on a voluntary basis, which makes their contributions even more astounding. Many go beyond just providing clinical supervision and coaching; they often become lifelong mentors for our students after they graduate. Indeed, numerous preceptors are our own graduates, thus sustaining a legacy of excellent education. So as the 2011-2012 school year comes to a close, our hats are off to you, our loyal and treasured preceptors. May the benefits you reap from precepting be as valuable to you as your time, effort, expertise and compassion are to our students and faculty.



Preceptor and Volunteer Faculty Kathleen MacKerrow, MS, RN, GNCNS and GCNS student Evanthia Zaharias, RN.



GNP student Jason Overby, RN and Preceptor Vivian Chan, MS, RN, GNP



Preceptor Susanne Boatman, MS, RN, GNP and Post MS GNP student, Tammy Baltic, MS, RN, Oncology CNS

## Hartford Center Leadership Development Activity

### Spring 2012 Networking Dinner

SON faculty, HC Geriatric Academy Scholars and other current and former SON geriatrics-focused students at doctoral, post-doctoral and Masters levels connected at the Faculty Alumni House during the May 16th HC Networking Dinner.



### Trailblazing Topics in Gerontology Sessions

Faculty, staff and students attended informative TTG presentations by Han-Lin Chi, Martine Bernstein, Schola Matovu and So Young Shin on Chinese herbal medicines, music therapy, caregivers in Uganda and Rheumatoid Arthritis.



## Donors January 2007—June 2012

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

### Interested in providing financial support for the work of the Hartford Center?

1. Visit the UCSF School of Nursing website donation page and specify your desire to donate to the Friends of the Hartford Center of Geriatric Nursing. <https://makeagift.ucsf.edu/nursing>
2. Hartford Center donors may send gifts directly to the UCSF bank lockbox address: P.O. Box 45339, San Francisco CA 94145-0339
3. Contact the **UCSF Office of University Development and Alumni Relations** at <http://support.ucsf.edu/> or 415/476-6922 for further information.
4. **Leave a Bequest:** A bequest can be made in either your will or trust. It can be for a specific dollar amount or for a portion of the residue of your estate. The following wording can be used to leave a bequest for the benefit of the UCSF/John A. Hartford Center of Geriatric Nursing Excellence: *"I give to the University of California, San Francisco Foundation, a California non-profit public benefit corporation, [the sum of \_\_] or [the residue of my estate] or [\_\_% of the residue of my estate] to be used for the benefit of the UCSF/John A. Hartford Center of Geriatric Nursing Excellence in such manner as the director shall determine."*

The above language can be modified if you wish your bequest to be used for a more particular purpose. Please contact the UCSF Office of Gift & Endowment Planning at 415/476-1475 or [giftplanning@support.ucsf.edu](mailto:giftplanning@support.ucsf.edu) for suggested wording. They will be happy to assist you. [www.support.ucsf.edu/trustsandbequests](http://www.support.ucsf.edu/trustsandbequests).



Holly Kirkland-Walsh, RN, MSN, FNP-c, GNP-c and Cameroonian man

### Tale of a Volunteer Nurse in Cameroon by Holly Kirkland-Walsh

I was recruited to work as a wound care specialist after the disaster in Haiti and this opportunity created a new passion in my life for working on medical missions. In 2011, I contacted Project Hope and they requested I go to Cameroon. I had three weeks to get travel immunizations and a visa. My goals when I arrived were to perform a needs assessment among the nurses, the doctors and the administration, define my role and identify what I could offer. We started with the electrocardiology teachings for nurses and doctors. We had many opportunities for education while performing, interpreting, and treating patients with cardiology problems during my time at the hospital. I instructed them on how to diagnose congestive heart failure, aortic stenosis, and hypothyroidism all on a physical exam. There are plans to continue this education through the use of telemedicine in the future. We established the needs of the staff and worked to improve the examination skills of the physicians, the teaching skills of the nurses, and managerial skills of administration. We implemented many changes in care delivery methodology. I enjoyed the tours of multiple hospitals during my stay in Cameroon for three weeks. This was a most rewarding trip and I was treated well by all of the Cameroonians. I have been invited back by the hospital administration and Project Hope to continue with the plans which were implemented last year.

## IN THEIR OWN WORDS

### Reframing Aging in India by Reis Woollen

Aging issues don't typically come to mind when one thinks of India—what is more common are images of water scarcity and maternal and child health issues. But India is, like the US, an Aging Nation, meaning that greater than 10% of the Indian population is now over 65.

While all aging nations are racing to catch up with a rapid influx of older citizens, few are grappling with this change as frantically as India. The pace of India's aging boom has exceeded the development of social security, pension planning, and long-term care infrastructure. The issue is compounded by the recent cultural shift from joint families to nuclear families, which precludes aging in place for millions of older Indians.

While living in India from 2009-2011, I got involved in the issue of aging in place. With the help of Silver Innings Foundation, an India-based non-profit organization, I had the opportunity to teach a series of workshops in the region to address this issue.

What I brought to India was the Eden at Home Carepartner Workshop. The Eden Alternative, as some know, teaches a philosophy of caring, in which aging is viewed as a time of continued growth and development, rather than a period of decline. It also reframes the traditional care-giver/care-receiver paradigm, characterized by burnout on one end and dependence on the other, with a positive collaboration called a "care partnership". These ideas work together to create "a life worth living for young and old alike".



Reis Woollen, RN, MS GNP student (center) and workshop participants

Continued on page 8

## UCSF Faculty and Staff Updates



HCGNE Director Meg Wallhagen, HCGNE Associate Director Lynda Mackin and 2011-2012 UCSF Hartford Academy Scholars.



HCGNE Associate Director Lynda Mackin, RN, PhD, ANP, CNS (left) and UCSF Hartford Academy Scholar Sandra Frojelin, RN, MSN



HCGNE Associate Director Heather Leutwyler, RN, PhD, FNP, CNS

Hartford Center Associate Director **Heather Leutwyler** recently received \$30,000 in funding from the UCSF CTSI-SOS program for a new study: OASIS: MOVE (Older Adults with Schizophrenia Interdisciplinary Studies: Moving with Video game based Exercise). This pilot study will test a physical activity program using active play video games (X-Box Kinect) for 30 minutes, one day per week, in persons with schizophrenia who are aged 55 or older. In addition to feasibility, acceptability, and adherence, the likely primary outcomes for a later randomized clinical trial, physical activity and physical function, will also be measured at baseline and after the 6-week program.

**Caroline Stephens** (see article on page 7) is currently finishing up her JAHF/ Atlantic Philanthropies Claire M. Fagin and National VA Quality Scholars Post-doctoral Fellowships and has accepted a tenure track position in the UCSF School of Nursing Department of Community Health Systems. We congratulate Caroline on her achievements and welcome her to the UCSF SON faculty!

### SAVE THE DATES

UCSF SON,  
HCGNE &  
Parkinson's Disease  
Clinic and Research  
Center  
*Diagnosis and  
Treatment of  
Parkinson's Disease*  
September 7, 2012  
UCSF Library Room  
CL 220-CL 223

Gerontological  
Advanced Practice  
Nurses Association  
31<sup>st</sup> Annual  
Conference  
September 19-22,  
2012  
Las Vegas, Nevada

American Academy  
of Nursing  
39th Annual  
Meeting and  
Conference  
October 11-13,  
2012  
Washington, DC

Gerontological  
Society of America  
65<sup>th</sup> Annual  
Scientific Meeting  
November 14-18,  
2012  
San Diego, CA

## HCGNE Alumni Working to Advance the Field of Geropsychiatric Nursing



**Monika Eckfield, RN,  
PhD**

*‘have  
pioneered  
new frontiers  
in the study  
of cognition  
and mood  
disorders in  
older adults’*

The field of Geropsychiatric Nursing Research is expanding to address the complex ways mental and physical health issues affect older adults, and two UCSF/HCGNE alumni are leading the way. With their research, Dr. Ann Mayo and Dr. Monika Eckfield have pioneered new frontiers in the study of cognition and mood disorders in older adults. Both are members of a national network of geropsychiatric nursing researchers whose goal is to improve the understanding of and response to psychiatric-related issues in older adults and share strategies to overcome common challenges that health care providers face when working with this vulnerable population.

**Ann Mayo, RN, DNSc, FAAN**, (2006-2008 Claire M. Fagin Post-Doctoral Fellow at UCSF) is currently a Professor at the Hahn School of Nursing & Health Science at the University of San Diego, and conducts research on health care decision-making among older adults with mild cognitive impairment. “Opportunities for health care decision-making increase exponentially as adults age because of the high incidence of chronic illness. At the same time, 20-30% of older adults are affected by mild cognitive impairment (MCI), an often over looked abnormal

condition. Currently, we know very little about how health care decision-making is affected in older adults with MCI, and in order to provide responsible, quality care to these individuals, we need to understand this interaction better.” reports Dr. Mayo.

**Monika Eckfield, RN, PhD**, (2004-2006 Patricia G. Archbold Pre-Doctoral Scholar at UCSF) is an Adjunct Assistant Professor in the Department of Physiological Nursing at UCSF, and conducts research on older adults with hoarding disorder. “Hoarding disorder has been recognized as a distinct mental health issue that often co-occurs with depression and anxiety. While it affects individuals of all ages, symptoms seem to worsen with age. Older adults who hoard have more difficulty conducting everyday tasks at home, are at greater risk for injuries, become isolated and withdrawn, and are at risk for losing their independence. But there are ways we can help.” states Dr. Eckfield.

Dr. Mayo and Dr. Eckfield have joined two colleagues, Dr. K. Susan Snellgrove, Assistant Professor of Nursing at Arkansas State University who studies violence between residents in nursing homes, and Dr. William Buron, Assistant Dean of Nursing at the University of Arkansas for Medical Sciences, whose

research includes ways to promote social engagement and well-being in male nursing home residents, to develop a symposium on the future direction of geropsychiatric nursing which they plan to present at the Gerontological Society of America meeting in November, 2012.



**Ann Mayo, RN, DNSc,  
FAAN**

### Hartford Center 2011-2012 Scholarship Awards

We congratulate the recipients of the **UCSF Hartford Center Scholarship Awards for 2011-2012**. Fall 2011 scholarships were awarded to: **Martine Bernstein, Linda Park, So Young Shin, Reis Woollen and Lindsey Zerhusen**. Spring 2012 scholarships were awarded to: **Stephen Boniface, Mary Rebecca Conroy, Lena Driscoll and Marissa Gonzalez James**. **Jeanie Schmit Kayser-Jones Scholarships** were awarded to **Schola Matovu** in 2011 and to **Jarmin Yeh** in 2012.

Scholarships are offered biannually and are designed to assist graduate students with a documented need who evidence a commitment to the care of older adults. These awards are possible due to the generosity of the John A. Hartford Foundation and all generous donors to the Jeanie Schmit Kayser-Jones Scholarship Fund. Visit <http://nurseweb.ucsf.edu/www/hcgne.htm> for application information.

## Geropsych Nursing Collaborative/AACN Project Hartford Center Fellow Caroline Stephens: In the Thick of It

As a Gerontological Nurse Practitioner, Geropsychiatric Advanced Practice Nurse and current JAHF/Atlantic Philanthropies Claire M. Fagin Fellow (2010-12) **Caroline Stephens** has always been passionate about engaging, educating and empowering nurses and other providers to better understand and address the complex physical and mental health needs of older adults. To that end, she has been very fortunate to work with Drs. Beck, Buckwalter, and Evans on the national Geropsychiatric Nursing Collaborative (GPNC) for the past several years.

In 2010, she was invited by the GPNC to develop an innovative, evolving web-based case study entitled, "Evaluating Acute Confusion: A CNS Perspective". This case study has since been disseminated to nursing schools across the nation to help them infuse more geropsychiatric content into the generalist NP/CNS curriculum. Over this past year, Caroline was also asked to participate in a larger GPNC/AACN/HIGN collaborative project: Ensuring the Advanced Practice Registered Nursing Workforce is Prepared to Care for Older Adults. As part of this project, which aims to help schools transition to Adult-Gerontology APRN education as required by the Consensus Model for APRN Regulation, Caroline was able to disseminate her teaching tool more broadly to demonstrate how evolving case studies can be used as a learning resource. She was honored to serve on a distinguished panel of experts and present her teaching tool at the 2011 AACN Master's Education Conference in Scottsdale, AZ and at the American Association of Critical Care Nurses NTI Teaching Institute & Critical Care Exposition in Chicago, as well as via an AACN webinar last December. The vast array of resources compiled or developed for this project (including Caroline's case study), can be found at <http://consultgerirn.org/aprncenter> and [www.pogoe.org](http://www.pogoe.org). Caroline is also currently in the process of finishing up a book chapter on Confusion: Common Clinical Questions for the 2nd Edition of the Current Geriatrics Diagnosis and Treatment textbook.



**Caroline Stephens,  
PhD, MSN, APRN, BC**

*'has always been  
passionate  
about engaging,  
educating and  
empowering  
nurses and other  
providers'*

## GONE GREEN!!!

In recognition of important environmental concerns, the UCSF/HCGNE will no longer publish hard copies of its biannual newsletter. This issue is the last one to be printed in hard copy and sent through USPS. This newsletter will be available on our webpage (<http://nurseweb.ucsf.edu/www/hcne.htm>) and can be sent to you through email. If you do not currently receive the newsletter by email but would like to in the future, please sign up by sending an email to: [Hartford.CGNE@nursing.ucsf.edu](mailto:Hartford.CGNE@nursing.ucsf.edu). We apologize in advance for any inconvenience caused by this change and look forward to your continuing enjoyment of our newsletter.

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Dr. Heather Leutwyler  
Dr. Lynda Mackin

Project Director/Newsletter Editor:  
Maria Cora, MA



## Article from page 4 continues....

When I began teaching this workshop in Mumbai in 2010, the message resonated. There was enthusiasm for the refreshing approach to aging and demand for more workshops. Around that time, I left India to pursue my education at UCSF. As the only Eden Alternative educator in the region, I hoped the momentum of culture change would continue without me, and hoped to return to continue teaching soon.

Last month, I had the opportunity to do just that. Again, Silver Innings Foundation organized the workshop. Sixteen enthusiastic participants came together for this paradigm-shifting 2-day event. They included social workers, physicians and community members, all dedicated to reframing aging in a positive way for their patients, loved ones and themselves.

Now I have a new dream. I'd like to see this message handed off to Indian citizens who will take and spread this message forward as they see fit. This dream requires that I first become certified to train Eden Educators. Then, I need to return to India to train them. As a busy grad student, it's hard to see how that will happen right now, but I was so inspired by my recent visit that I'm sure somehow it will.