

UCSF/John A. Hartford Center of Geriatric Nursing Excellence

Educating Nursing Leaders to Care for Our Elders

Director's Reflections



Meg Wallhagen, PhD, GNP, APRN, BC, AGSF

Spring is a time when we welcome new growth and fresh opportunities. It is within this spirit that I warmly congratulate the masters and doctoral students highlighted in this newsletter who are graduating this June and moving on to evolving careers in gerontological nursing. These multi-talented nurses are our future, and, as you will see as you read on, the types of practice and research areas that our graduates will contribute to cover a range of issues of major importance to the health care of all of us as we age. We are also able to highlight several of our students who recently received either a John

A. Hartford Pre-doctoral Scholarship or a Claire M. Fagin Post Doctoral Fellowship. Such financial support is extremely valuable, providing students the opportunity to really focus on their studies and move forward in a timely way.

With Spring also comes reflections on the cycle of life. Those of us who work in the area of aging are acutely aware of the importance of supporting individuals and families as they live and deal with chronic illnesses that can not be cured or are now faced with the need for end-of-life care. To better understand the needs of individuals and their families during these times, we are focusing on issues related to the relatively new area of palliative care – developing research projects that explore experiences and identify needs, and creating educational opportunities that develop our expertise to provide essential and appropriate support and service through the course of any chronic illness. Our efforts include developing partnerships with practitioners across a range of disciplines – medicine, pharmacy, dentistry, and the social and behavioral sciences – to think creatively about how to best address gaps in our current understandings. As you will see from several of the articles in this newsletter, some of our students are already exploring important issues. As we move forward with this initiative, I welcome your thoughts, ideas and input.

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NEWS BRIEFS

The Department of Physiological Nursing at the University of California, San Francisco announces a national search for **two tenure track faculty positions** in gerontological nursing. Open until filled. The appointments will be at the Assistant, Associate, or Full Professor rank, depending upon the finalist's level of scholarship and experience. Contact: Meg Wallhagen meg.wallhagen@nursing.ucsf.edu

CONGRATULATIONS



Meg Wallhagen has been selected for **Fellowship** in the **American Academy of Nursing** and will be inducted in November.



Carole Deitrich completed **The Solvang Century 100 Mile Bike Ride** with Team in Training on March 10 and raised \$3400 for Leukemia and Lymphoma treatment and research.

Hartford Center Hosts Distinguished Nurse Leaders

A two-day visit in February by renowned Hartford Center Distinguished Guest Lecturer **Neville E. Strumpf**, Edith Clemmer Steinbright Professor in Gerontology and Director of the John A. Hartford Center of Geriatric Nursing Excellence at the University of Pennsylvania, highlighted the vital role of gerontological nursing research and leadership in improving the care of the elderly.



Neville E. Strumpf, PhD, RN, FAAN

Using only photographs, Dr. Strumpf led an interdisciplinary audience to an appreciation of the movement through time of family, the discipline of geriatrics, and the century-long debate on the meaning of aging: is old age a vital and meaningful process or a devastating disease? Throughout her career Dr. Strumpf explored factors that preserve a dignified life and a sense of self, even in the face of devastating physical and psychological losses. She reviewed her important research with Dr. Lois Evans on restraint use in nursing homes and hospitals to illustrate issues around the meaning of aging and the future of gerontology. Although initially reluctant, believing physical restraint was simply too historically, culturally, legally, and clinically embedded to change in any significant way, they used interviews to “give voice to the elderly”. In 1990, they published a paper outlining six myths that perpetuated the practice of physical restraint and demonstrated that none met the test for scientific evidence, and that restraint reduction could be achieved without increasing staff, serious injuries, or

psychoactive drug use. Additionally, the evidence confirmed that placement of more professional nurses in nursing homes could considerably improve outcomes and quality of care for frail nursing home residents. This research yielded 13 publications, 3 dissertations, productive collaborations served as a platform for future research, and had an important impact on nursing home regulatory policy. Dr. Strumpf called for a new gold standard of personalized care for the aging that combined the best combination of interventions from both biomedical and holistic paradigms.

The following evening, during an interview facilitated by *Hartford Scholar ML Fleming* and dialogue with the Hartford Center doctoral students, Dr. Strumpf provided, both an academic role model and also clear career guidance on the importance of post-doctoral research to build an academic career, and equally strong support for postdoctoral accomplishment in the clinical arena.

During a two-day May visit jointly hosted with the Division of Geriatric Medicine, **Mary D. Naylor**, Marion Ware Professor in Gerontology and Director of the Center for Health Transitions at the University of Pennsylvania School of Nursing, presented for **Geriatric Grand Rounds** and initiated interdisciplinary dialogue on the policy and health implications of interventions to improve transitional care of the elderly. In a series of studies over 20 years, Dr. Naylor has convincingly demonstrated that elderly patients are at risk of poor outcomes during the transition from hospital to home, and has shown that a model of transitional care involving comprehensive discharge planning and follow up by nurse experts can improve outcomes and provide long term clinical and economic benefits. In meetings

with students, faculty, and fellows, Dr. Naylor stressed the importance of collaboration, not just in research, but also in advocacy with stakeholders, business leaders, and consumers. On Thursday, May 10th, the visit culminated with a leadership dinner/discussion event for the Hartford Center doctoral students. Because of the success of the February interview format, Dr. Naylor was interviewed by *Hartford Scholar Caroline Stephens* about her remarkable career, and asserted her conviction of the importance of relationships and mentoring to nursing leadership. She attributed much of her personal success to her own mentors and suggested that mentoring skills are learned through experiencing good mentoring.



Mary D. Naylor, PhD, RN, FAAN

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Your gift to the
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supports student scholarships
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The Hartford Center Directors, Gerontological Nursing students, and faculty extend their appreciation to our donors for their recent generosity and past support. Private support helps sustain our Center and fosters the professional development of its students.

IOM to Study the Future Health Care Workforce for Older Americans

Funded by 10 major foundations, (see below) the Institute of Medicine (IOM) has launched a study to determine the health care

The John A. Hartford Foundation
The Atlantic Philanthropies
The Josiah Macy, Jr., Foundation
The Robert Wood Johnson Foundation
The Retirement Research Foundation
The California Endowment
The Archstone Foundation
The American Association of Retired Persons (AARP)
The Fan Fox and Leslie R. Samuels Foundation
The Commonwealth Fund

needs of the diverse population of Americans over 65, and then analyze the optimum workforce, education and training, modes of practice, and financing to provide the necessary care. The analysis begins from the understanding that the health care services provided to older Americans should be safe, effective, patient centered, timely, efficient, and equitable. A panel of 15 multidisciplinary experts, chaired by Jack Rowe, will meet over 15 months and then issue a report, with anticipated release date of March 31, 2008. On March 27, **Corinne Rieder**, Executive Director and Treasurer of the **John A. Hartford Foundation** was one of several foundation leaders invited to address the committee.

New Hartford Centers of Geriatric Nursing Excellence to be Funded

The ongoing shortage of nurses with specialized skills in geriatrics combined with the successful outcomes of the existing five Hartford Centers of Geriatric Nursing Excellence have impelled the John A. Hartford Foundation to fund up to four new Centers. This significant support and investment is designed to increase the number of well trained geriatric nursing faculty needed to ultimately prepare a larger number of nurses to provide high quality care for the rapidly increasing aging population of the nation. Proposals were due in March, and the newly funded centers are anticipated to be launched in January 2008. The new centers will become part of the ongoing Hartford Geriatric Nursing Initiative.

Two UCSF Nurse-Scholars Earn Prestigious Hartford Scholarships

A John A. Hartford Scholarship was awarded to first year doctoral scholar **Caroline Stephens**, MSN, APRN, BC. This important \$100,000 award will enable Caroline to make a two year full time commitment to her educational goals. Caroline wants to improve the quality of care and lives of cognitively impaired nursing home residents and to become an “agent for change” by building the evidence that supports policy change. An additional goal is to develop and teach curricula that provide Advanced Practice Nurses with solid training in both gerontology and geriatric psychiatry.

A Claire M. Fagin Fellowship was awarded by The John A. Hartford Foundation and Atlantic Philanthropies to **Debra Bakerjian**, MSN, FNP, PhD, one of the graduates of our gerontological and health policy doctoral program in 2006. Her dissertation, using a large sample of Medicare claims data from nursing homes in the US, showed the substantial amount of US nursing home care provided by nurse practitioners. She also demonstrated that the supply of practitioners and state policies are key predictors of nursing home visits by both nurse practitioners and primary care physicians. For her postdoctoral work, Debra plans to continue her research on nursing homes, nurse practitioners, and primary care physicians by examining hospital admissions and emergency room use by nursing home patients. Her goal is to use her findings to impact and improve state and national reimbursement policy.



I am a second year doctoral student with a research interest in palliative care for persons with advanced and end-stage

heart failure. I developed this interest during my work in a heart failure clinic, an experience that has spanned more than a decade. Heart failure is currently the most common reason people age 65 and over are hospitalized and yet little work has been done in developing approaches to meeting the needs of these individuals at the end of life. Unlike cancer patients who often have a relatively rapid decline in advanced stages, heart failure patients frequently have a long, gradual worsening of their condition.

Currently, I am doing a pilot study to understand the impact of advanced heart failure on daily life, the relationship of heart failure symptoms to what individuals do on a daily basis, sources of comfort, and the individual's understanding of the disease course and

Hartford Doctoral Students Graduate, June 8, 2007



Joyce Chan, Mary Louise Fleming, Cristina Flores, Lucy Fisher

Joyce Chan

Factors that Influence the Care of Chinese Nursing Home Residents: The Person Environment Interaction

Mary Louise Fleming

Nursing Home Leadership: Experience and Perceptions of Directors of Nursing

During this School of Nursing Centennial Year, the Hartford Center is excited to be preparing for graduation on Friday, June 8th, at 6:00 p.m. in the Masonic Auditorium. Seven Hartford Center students will be awarded doctoral degrees, and 15 gerontological advanced practice nursing students will receive their Master of Science degrees. These graduates are helping us achieve one of our major goals: to prepare nurse scientists and clinicians to care for the growing numbers of older adults. Since its inception in 2001, the 16 PhD and 79 Masters Hartford Center graduates constitute a potent force for advancement in nursing education, research, clinical practice, and aging health policy. Please join us in acknowledging the success and accomplishments of our new 2007 graduates at Commencement. Hiroko Minami, President of the International Council of Nurses, will be the Commencement Speaker.

Lynda Mackin

A Beginning Look at the Effect of Age on Dyspnea, Physical Functioning and Self-Efficacy in Adults with Chronic Obstructive Pulmonary Disease (COPD)

Toby Adelman

Change and Inertia in the New York State Medicaid Personal Care Services Program: An Institutional Case Study

Cristina Flores

The Quality of Care in Residential Care Facilities for the Elderly

Lucy Fisher

The Body/Work Nexus: The Work of Nursing Assistants in Nursing Homes

Eric Collier

The Effects of Staffing, Organizational, Resident, and Market Characteristics on Quality of Care in California Nursing Homes

IN HER OWN WORDS

During my five years as a nurse practitioner providing primary and end-of-life care to elders in their San Francisco homes, I listened as many worried about whether they would eventually need more care than could be provided at home, and whether they would end up being a burden to their children or society. Several told me that, while they wished that they could die in the familiarity of their own home, they also hoped that their death would occur in a hospital because they trusted that they would receive adequate care without burdening their children. Almost every person I cared for told me that what they were most afraid of was dying in a nursing home, where they perceived that they would receive poor care and die without the comfort of family or familiar surroundings.

As I heard these stories/concerns, I thought about their families; some lived within driving distance but many also lived far away. I wondered what they wished for and worried about as their parent or grandparent became increasingly frail. I saw many families make near heroic sacrifices of time and money to allow elders to remain home as long as possible. Yet even with this time commitment, family members still often expressed deep remorse after their elder died about their inability to provide enough care to allow them to die at home.



M. K. MCKOWAN, RN, MS, FNP-C

These experiences prompted me to pursue a PhD in gerontologic nursing through the Hartford Center at UCSF. My research interest is improving end-of-life care for homebound elders and their families, especially for those elders who would prefer to die at home. To date, I have come to understand that the possibility of "a good death" for frail elders depends on a combination of factors, preferences, and resources that are unique to each older adult and his or her family. I have reviewed the scant literature about family caregiving to dying elders and found that many family members are traumatized by their experience of their parent's death, regardless of whether it occurs at home, hospital, or intermediate care facility.

Historically, nurses have worked with families to provide the bulk of physical care and anticipatory guidance to families whose elders are approaching the end of life. I believe we have unique expertise and vision to offer to current efforts to redesign how we provide healthcare to elders, especially those nearing the end of life. Through my research with the UCSF HCGNE, I hope to understand, articulate, and advocate for the needs of families who wish to support a parent's preference to die at home. With the recent establishment of the Hartford/Rand Interdisciplinary Center for Palliative Care Research, I can't imagine a more opportune time to explore these issues.

M.K. McKowan is a Hartford Scholar

Hartford Center Awarded Interdisciplinary Geriatric Research Center Grant



Chancellor J. Michael Bishop, MD, Seth Landerfeld, MD, Meg Wallhagen, PhD, APRN, BC, GNP, AGSF

On Wednesday, January 10th, 2007 the Hartford Center hosted an inaugural reception to celebrate the establishment of a new Interdisciplinary Center for Geriatric Research. Funded by the John A. Hartford Foundation in a competitive process, the Interdisciplinary Center involves faculty from all four schools. Center Director Meg Wallhagen, is PI for the project, and Seth Landefeld is co-PI. The other six funded institutions include Cornell University, New York University, University of Massachusetts, University of Missouri, University of North Carolina, and University of Washington, and there will be opportunities for cross centers collaboration.

The UCSF Interdisciplinary Center will initially focus on faculty development and research in palliative and end-of-life care. In addition, the Center will conduct two interdisciplinary research pilot studies and develop strategies for ongoing mentorship, training, and experience in interdisciplinary geriatric research for senior and junior faculty, pre-and post-doctoral students, and fellows.

We are eager to lead this important effort to develop research projects that address the needs of older adults for palliative and end-of-life care, build new interdisciplinary partnerships, and expand research opportunities beyond the traditional boundaries of individual disciplines.

Sigma Theta Tau and The John A. Hartford Foundation Launch a Geriatric Nursing Leadership Academy

Sigma Theta Tau announced plans in April to develop a nationwide Geriatric Nursing Leadership Academy to prepare nurses to lead multidisciplinary teams in their health care settings to improve the quality of care for geriatric patients and their families. Modeled on its successful Maternal-Child Health Leadership Academy and scheduled to begin in 2008, the Geriatric Nursing Leadership Academy will be a two-year program open to honor society members and non members who are early career nurse managers working in geriatric health care settings. With a grant from the John A. Hartford Foundation, the Honor Society and the Hartford Centers of Geriatric Nursing Excellence will collaborate to develop the curriculum and identify a network of nurse leader mentors for the academy participants. **Dr. Liz Macera**, Co-Director of the Gerontological Advanced Practice Nursing Program and **Center Director Meg Wallhagen** will represent the UCSF-HCGNE on this project.

Options for Advanced Nursing Education

With 12,000 Americans turning 50 every day, 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.

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 27, 2007

Wounds and Wisdom: Narratives of Suffering and Salvation
Kim C. Danner, RN, EdD,
Quality Director, Kaiser San Francisco

October 4, 2007

Explanatory Models in Substance Abuse in Older African Americans
Robert Pope, RN, MSN

November 28, 2007

Moderated review session to discuss the educational and professional development experiences of doctoral students at the annual meeting of the GSA, and any special roles due to the San Francisco venue.

Honors Awards

Director **Meg Wallhagen**, PhD, APRN, BC, GNP, AGSF, was selected for fellowship in the American Academy of Nursing, and will be inducted during the Academy's 34th annual meeting on Saturday, November 10, 2007 in Washington, D.C. Induction into the Academy is a prestigious honor and reflects outstanding contributions to nursing. She was also appointed to be a member of the Public Policy Committee of the American Geriatrics Society.

Glenna Dowling, RN, PhD, FAAN was elected to the American Association of Neuroscience Nurses Board of Directors and was also selected to serve as a member of the Parkinson's Study Group Scientific Review Committee.

Charlene Harrington, RN, PhD, FAAN, on May 2nd, was one of the lead witnesses to testify before the U.S. Senate Committee on Aging in Washington, D.C. The Senate hearing featured the new GAO report (GAO-07-794T) entitled *Nursing Home Reform: Continued Attention is Needed to Improve Quality in a Small but Significant Share of Nursing Homes*. At the invitation of Committee Chair Herb Kohl, Charlene presented recommendations on improving state nursing home regulatory enforcement, establishing minimal staffing standards for nursing homes, and making nursing homes more financially accountable for the use of government funds. Her testimony gained Senate interest in nursing home deficiencies that are not addressed by the survey process.

Jeanie Kayser-Jones, RN, PhD, FAAN, was selected by the School of Nursing as one of the 100 outstanding alumni and faculty for the UCSF Nursing **Centennial Wall of Fame**.

Nancy Stotts, RN, EdD, FAAN, received the first overall Teaching

Excellence Award from the School of Nursing. Designed to recognize the same degree of achievement in teaching as the Helen Nahm Award does for research, the Teaching Excellence Award honors a faculty member who has made outstanding contributions to the education of students. The award was presented on May 25, 2007 at a full faculty meeting.

Affiliated Faculty

Many accomplished faculty from other disciplines and other specialties in nursing contribute to the goals and mission of the Center. Their collaboration strengthens the specialty training for advanced education in gerontological nursing. A few of the accomplishments of some of these faculty include:

Linda Chafetz, RN, DNSc, received the Lifetime Achievement Award from the International Society of Psychiatric-Mental Health Nurses for her contribution to the generation of new psychiatric-mental health knowledge and for the impact of her research on improved psychiatric-mental health nursing clinical practice, care delivery, and policy.

Carroll L. Estes, PhD, was selected as one of the three women to receive the 2007 Chancellor's Award for the Advancement of Women. Carroll also was selected by the School of Nursing as one of the 100 outstanding alumni and faculty for the UCSF Nursing **Centennial Wall of Fame**, and was chosen 2007 Nursing Mentor of the Year.

Patrick Fox, MSW, PhD, received a grant from the Archstone Foundation for a study of Influenza and Pneumonia Prevention in Long Term Care Facilities for the Elderly in California.

Joan B. Wood, PhD, was awarded the Mildred M. Seltzer Distinguished Service Recognition for contributions in gerontology and geriatrics education by the Association for Gerontology Higher Education.

Save the Dates

Geriatrics Grand Rounds

Thursday,

September 5, 2007

8:00 -9:00 a.m.

Listen To Your Patients:

They Are Telling You How To Improve

Their Care Transition

by **Eric Coleman**, MD, MPH

National Conference of Gerontological Nurse Practitioners

September 12-16, 2007

San Diego, California

Benjamin Lieberman

Memorial Lecture

4:00 – 5:00 p.m.

October 9, 2007

Presented by **Jennie Chin Hansen**, RN, MSN, FAAN, President Elect, AARP

9th Annual

Research in Action Conference

October 24-25, 2007

South San Francisco, California

60th Annual Meeting of the Gerontological Society of America

The Era of Global Aging:

Challenges and Opportunities

November 16-20, 2007

San Francisco, California

51st Annual Meeting of the Western Institute of Nursing (WIN)

April 17-19, 2008

Anaheim, California



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Geriatric Nursing Initiative
at the University of California San Francisco

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

What is the UCSF Hartford CGNE?

The mission of the Hartford Center of Geriatric Nursing Excellence is to prepare an exceptional cadre of nurse scientists who will provide the critically necessary academic leadership in teaching, research, and practice in geriatric nursing.

UCSF Gerontological Advanced Practice Nursing Masters Program Update

By Liz Macera, PhD, RN, ANP-C

The master's gerontological nursing program is proud to announce the initiation of the **Preceptor of the Year Award** sponsored by the Hartford Center of Geriatric Nursing Excellence. Each year, the program depends upon approximately 10,000 hours of volunteer support by our clinical preceptors. This annual award recognizes a preceptor who has provided exemplary service to the program. The first recipient is *Trudy Keltz*, GNP. Ms. Keltz cares for elders at Kaiser Redwood City in the geriatric clinic and skilled nursing facilities. She has precepted for the program at UCSF since 1983. In addition, she is active in the local chapter of the National Conference of Gerontological Nurse Practitioners. Our warmest thanks to Trudy for a job well done.

This winter, one masters and one post-masters student completed the program. In June, an additional 12 will graduate—two as Geriatric CNSs, two as Geriatric specialists, one in geriatric oncology and the remainder as GNPs. Twenty students continue in the program. An additional three GNP students will complete their requirements for GNP but continue for a third year to complete an oncology sub-specialty. Advanced practice nurses with sub-specialty training in geriatrics are in demand and at this time there are an abundance of positions for CNSs in acute care.

Dr. Liz Macera attended the National Student Nurses Association Annual Convention in Anaheim on April 14. The two presentations were the only offerings on geriatric



Shown are a new group of Hartford students to the UCSF Gerontological Nursing Master's Program. The "New/Returning Student Welcome Party" is an annual event held each fall quarter.

nursing exclusively for student nurses. Approximately 100 students and faculty attended the presentations entitled *What is it Like to Be Old?* and *Cross Cultural Communication in Geriatric Nursing*.

Applications are still open for a few spots in the gerontological masters program for students wishing to begin in the Fall of 2007. 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 Ms. Lynda Mackin (415-502-5696 lynda.mackin@nursing.ucsf.edu).