



# DukeNursing



Innovative  
Connections:

*Networks of Engagement*

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**2017 School of  
Nursing Alumni Awards**



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Correction: In the last issue of Duke Nursing Magazine, we reported that Allison Ross, DNP '16, worked with McKesson Canada in Slave Lake, Alberta. Actually her employer is Alberta Health Services. We apologize for the error.

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**Duke Nursing Alumni Affairs Staff** Anita Stallings, Associate Dean, Development and Alumni Relations; Diana Staples, Senior Director of Development; Janene Schneider, Director of Alumni Relations and Annual Programs; Niki Barnett, Director of Annual Giving and the Bessie Baker Society; and Cheryl Belcher, Staff Assistant | **Editorial Staff** Michael Evans, Assistant Dean, Marketing, Communications and Business Development; Amy Baskin, Assistant Director, Marketing and Communications; Stefanie Conrad, Communication Strategist; LaWanda Forte, Communication Specialist | **Writing Team** Cristina Smith, LaWanda Forte, Stefanie Conrad and Aliza Inbari | **Creative Design** Joyce Hopkins and Amanda Shurgin, Hopkins Design | **Photography** Ken Huth, Andrew Buchanan

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## Serving Our Many Communities

Here at Duke, we have spent time this year discussing and working with the idea of “community.”

Each of us belongs to a variety of communities – the first thing we think about is no doubt the location where we live with our families. But we also belong to the communities that we serve domestically and globally through our educational and clinical work, as well as our DUSON family community of alumni, faculty, students and staff. We also belong to the extended professional nursing community through associations, societies and academies. Each of these communities is unique, yet they all share commonalities that bind us together.

I believe successful organizations must use their talent and resources to build bridges not only between themselves and a singular community but also help build bridges that connect multiple communities. This network of engagement with multiple communities is where the real strength of an organization is realized.

In this issue of *Duke Nursing Magazine*, we look at several examples of how we are working to build these connective bridges with our network of communities.

Two-time cancer survivor and Associate Professor Sophia Smith has developed an app that helps cancer patients, their families and their health care providers deal with the effects of Post-Traumatic Stress Disorder associated with this disease. She is exploring how technology can bridge the emotional and the physical challenges of cancer treatment for patients today.

We also honor four amazing individuals who are making a transformative mark on the Duke University School of Nursing. We recognize them with our annual Alumni Awards. Each of these people have brought their unique strengths and gifts to DUSON and have deeply enriched our school community.

We also look at our global engagement and how we are creating meaningful, two-way partnerships for international students, scholars and institutions to work together with our faculty and students to advance nursing education and to improve health care for millions of people around the world.

Finally, a few months ago we were named the #1 graduate nursing program in the country by *U.S. News & World Report*. Our DNP program was also ranked #1, and five of our specialties were ranked among the top five in the nation. Receiving this recognition is a tremendous honor, achievement and responsibility. It recognizes the work, past and present, of many communities that have created who we are today at Duke University School of Nursing. We are thankful for and humbled by their contributions.

**Marion E. Broome, PhD, RN, FAAN**Dean and Ruby Wilson Professor of Nursing,  
Duke University School of Nursing

Vice Chancellor for Nursing Affairs, Duke University

Associate Vice President for Academic Affairs for Nursing,  
Duke University Health System

## Recent Grant Awards

### **Uniformed Services University of the Health Sciences and the TriService Nursing Research Program**

*"Pilot Validation of a Hemodilution Technique to Estimate Blood Volume in Vivo"*

**PI Charles Vacchiano**

\$194,983 (March 1, 2017 – June 30, 2018)

### **Duke Center for Applied Genomics and Precision Medicine, 2016 Innovation Award**

*"Aggregating and Visualizing Environmental, Biological, Physiological and Outcome Data in Acute Pediatric Traumatic Brain Injury"*

**PI Ryan Shaw and Karin Reuter-Rice**

\$22,500 (November 1, 2016 – October 31, 2017)

### **Duke School of Nursing Center for Nursing Research, Precision Health Pilot Award**

*"Female-Specific Genomic Risk Score Prediction of Acute Coronary Syndrome: A Pilot Study"*

**PI Jennifer Dungan**

\$6,000 (December 1, 2016 – November 30, 2017)

### **Duke School of Nursing Center for Nursing Research, Winston Salem State University Collaborative Pilot Award**

*"Impact of Office Guidelines Applied to Practice Intervention in Patients Diagnosed With Hypertension at Federally Qualified Health Centers in North Carolina"*

**PI Bradi Granger**

\$10,000 (April 1, 2017 – March 31, 2018)

## Promotions



Chee



Smith



Derouin



Biederman



Noonan



Shaw



Phillips

#### **Wonshik Chee**

*appointed to Associate Professor, Track III*

#### **Sophia Kustas Smith**

*promoted to Associate Professor, Track I*

#### **Anne Lynn Derouin**

*promoted to Associate Professor, Track II*

#### **Donna Biederman**

*promoted to Associate Professor, Track II*

#### **Devon Noonan**

*promoted to Associate Professor, Track I*

#### **Ryan J. Shaw**

*promoted to Associate Professor, Track I*

#### **Beth Cusatis Phillips**

*promoted to Associate Professor, Track II*



Rodgers



Hockenberry



Tanabe



Shaw

## ■ New Research Study Could Help Parents Care for Children Diagnosed With Cancer

Cheryl Rodgers, PhD, RN, CPNP, CPON, assistant professor for Duke University School of Nursing, and Marilyn Hockenberry, PhD, RN, PVP-BC, FAAN, Bessie Baker Professor of Nursing and associate dean for Research Affairs, have been commissioned by the American Nurses Credentialing Center to perform a three-year multisite research study entitled “Nurse-Led Parent Educational Discharge Support Strategies (PEDSS) for Children Newly Diagnosed With Cancer.” The three-year study began earlier this year with an award ranging from \$600,000 to \$800,000

based on the number of sites that take part in the study.

More than 20 institutions will participate in the research study, and they will be randomized to one of two intervention studies: the PEDSS-symptom management study or the PEDSS-dealing with diagnosis study. Feasibility and fidelity will be evaluated by the distribution of the interventions to parents of children newly diagnosed with cancer before the initial hospital discharge and the satisfaction rating and use of the interventions by parents two months after discharge.

## ■ Tanabe Awarded \$1.5 Million to Guide Care Provided to Sickle Cell Disease Patients

Paula Tanabe, PhD, MSN, MPH, RN, FAEN, FAAN, associate professor for Duke University School of Nursing and Duke University School of Medicine, is the primary investigator for a grant from the Agency for Healthcare Research and Quality for more than \$1.5 million. The study “Disseminating NIH Evidence-Based Sickle Cell Recommendations in North Carolina” will evaluate patient and system outcomes associated with providing decision support tools to primary care providers (PCP) and emergency department (ED) providers across North and South Carolina.

Through this study, Tanabe and her team members will distribute to PCPs and ED providers in North Carolina and parts of South Carolina a toolbox of decision support tools based on the National Heart, Lung and Blood Institute publication “Evidence-Based Management of Sickle Cell Disease: Expert Panel Report, 2014.” These tools will help physicians, nurses and nurse practitioners in clinics and emergency departments provide evidence-based care to persons with sickle cell disease.

## ■ Duke Health Innovation Lab Offers Transformative Environment

Duke University School of Nursing (DUSON) is home to the new Duke Health Innovation Lab, an interdisciplinary center for developing and testing pioneering innovations in technology and patient care delivery. **Ryan Shaw, PhD '12, RN**, assistant professor for DUSON, is director of the lab that enables non-Duke affiliated partners to work and share ideas with Duke faculty, staff and students on technological advances in a physical space. It is a growing partnership between multiple disciplines, such as nursing, engineering, medicine, business and computer science, and it connects the education, scientific and clinical missions of the School.

The lab features novel sensors that collect health data, a telepresence robot that tests new models of care delivery and the Microsoft HoloLens that puts holograms in the immediate environment for nursing education endeavors. It also features the Tele-Robotic Intelligent Nursing Assistant (TRINA), an interdisciplinary project developed to serve as an alternative to human contact to reduce risks for health care providers as they care for patients with infectious diseases.





Ranking by *U.S. News & World Report*

**Ranked Best in 2018**

**#1 Graduate Nursing School**

**#1 Doctor of Nursing Practice Program**

**#2 Pediatric Primary Care NP Program**

**#3 Nurse Anesthesia Program**

**#3 Nursing Informatics Program**

**#4 Family NP Program**

**#5 Adult/Gerontology Acute Care NP Program**

**Ranked Best in 2017**

**#3 Online Graduate Nursing Program**

**#3 Online Graduate Nursing Program  
for Veterans**

Duke University School of Nursing (DUSON) is now ranked #1 in the nation by the *U.S. News & World Report* (USNWR) in its 2018 Best Graduate Nursing Schools rankings. In addition, the School's Doctor of Nursing Practice (DNP) Program jumped two slots to also be named #1 in the nation by USNWR.

This is the first time in DUSON's 86-year history that it has been named the nation's best graduate nursing school.

Conducted annually, the USNWR rankings are determined through a weighted average of indicators that include peer assessment, selectivity and assessment, student/faculty ratio, faculty resources and research activity.

# School of Nursing Ranked #1 by U.S. News & World Report





Richesson



Orsega



Trotter

### ■ Richesson’s Research Study Can Close Gap in Electronic Health Record Application

Rachel Richesson, PhD, MS, MPH, FACMI, associate professor for Duke University School of Nursing (DUSON) and noted informaticist, has been awarded the National Institutes of Health R15/ National Library of Medicine Award for her project entitled “Quantifying System and Data Readiness for Automated Clinical Decision Support (CDS).” The research will identify practice gaps to ensure that CDS intervention fits well in current workflows. The award of more than \$400,000 is for a two-year period ending August 2018.

Richesson’s research will support the proper placement of CDS tools and alerts with electronic health record system interfaces. Specifically, the project will examine the data features of the Duke University Health System EHR system relative to the data requirements for CDS interventions derived from a set of Choosing Wisely® evidence-based practice recommendations. Choosing Wisely® is an initiative of the American Board of Internal Medicine Foundation that promotes patient-physician conversations about unnecessary medical tests and procedures.

### ■ First Students Complete Women’s Health Nurse Practitioner Program

The first cohort of the Women’s Health Nurse Practitioner (WHNP) Program at the Duke University School of Nursing (DUSON) finished the program in December 2016. DUSON accepted its first students to the only WHNP program in North Carolina in January 2015.



Offered as both a major in the Master of Science in Nursing Program and a post-master’s certificate for students interested in working in women’s health, the WHNP program prepares advanced practice nurses with the skills and expertise necessary to provide primary and specialty medical care for women.

**Kathryn “Kathy” Trotter, DNP ‘12, CNM, FNP-C, FAANP**, associate professor, is lead faculty for the WHNP program for DUSON. The seven students who completed the program are Amber Barron, Emily Brandmeyer, Lucian Daniels Aravapalli, Melanie King, Lisvel Matos, Ashlye Thorpe and Jessica Wood.

Members of DENS, Duke Emergency Nursing Students, who cosponsored TurnTheTideNC.

### ■ School of Nursing Event Sparks Effort to End Opioid Abuse in NC

The Duke Emergency Nursing Students (DENS), in partnership with the Duke University School of Nursing (DUSON), launched TurnTheTideNC in collaboration with the United States Surgeon General Dr. Vivek Murthy’s national tour. Called TurnTheTideRx, it is a national effort to engage the medical community and promote medical stewardship of prescriptive practices for opioid medications.

The launch of TurnTheTideNC served as a call to action and discussion on how the emergency care community can turn the tide in North Carolina as a statewide initiative to address the opioid epidemic. The impact

of opioid abuse is felt routinely in the emergency care setting, where patients often present to obtain substances for misuse or following overdose.

Members from the health care community and key stakeholders in North Carolina joined keynote speaker RADM Susan Orsega at DUSON on March 6, 2017, to discuss how individuals practicing in and engaged with the emergency care setting can work together to advance the efforts of the NC Department of Health and Human Services and North Carolina’s strategic plan.



## ■ Business Development Office Announces New Scholarships

The Duke University School of Nursing (DUSON) Business Development Office (BDO) will award four one-time \$10,000 merit-based scholarships to DUSON students who will begin classes in fall 2017. The scholarships will be named in honor of the faculty and staff members whose entrepreneurial spirit and support of business development activities have helped make the BDO successful.

Created in late 2015, the BDO identifies and facilitates partnership opportunities for the School of Nursing with private, public and academic organizations and creates revenue to expand scholarship support and program development.

The honorees for this year's merit scholarships are Charles "Chuck" Vacchiano, PhD, CRNA, FAAN, professor for the

DNP-Nurse Anesthesia Program; Barbara Turner, PhD, RN, FAAN, Elizabeth P. Hanes Professor of Nursing and chair for the Health of Women, Children & Families Division; Michael Relf, PhD, RN, ACNS-BC, AACRN, CNE, FAAN, associate professor and associate dean for Global and Community Health Affairs; and Tina Leiter, director of Facility Operations.

Each of this year's honorees worked on BDO-related projects that generated proceeds contributing to the student scholarships. Vacchiano presented a tele-course to students at Florida State University-Panama City under a special partnership contract; Turner led the Population Care Coordinator Program and a special one-week intensive course for senior nurses from Shanghai Pudong Hospital in China; Relf developed a global health course for international scholars and accelerated bachelor of science in nursing students to come to DUSON for a two-week intensive course; and Leiter directed the rental of DUSON facilities to outside groups across Duke University and the Duke University Health System.

The honorees names will be used for the current year's scholarship, and new faculty or staff will be selected for subsequent years' awards. The existing merit scholarship selection process will determine the recipients of the BDO scholarships, and the winners will be announced in early fall 2017.



Vacchiano



Turner



Relf



Leiter

## School of Nursing Moves to 4th in NIH Funding

### ■ New Role to Enhance School's Commitment to Diversity, Inclusion

Duke University School of Nursing (DUSON) has created a new role – Associate Dean for Diversity and Inclusion – that allows a dedicated person to conceptualize and promote an environment that embraces a broad and



comprehensive definition of diversity and inclusion. In line with the School's core values, the individual in this role will be responsible for promoting diversity, inclusion and cultural sensitivity in teaching, practice, research and service in collaboration with DUSON administrators, faculty, staff and students. Recruitment begins soon for the role that was developed by a strategy team from the People & Environment focus area of the School's 2016-2020 Strategic Plan.

The role's creation is one of several actions the School has implemented to increase its supportive efforts around diversity and inclusion. Other actions include Racial Equity Institute workshops for faculty, staff and students to help transform the School into a place that promotes equity, inclusion and the growth of all; the "I Don't Say" Campaign that brought awareness to language that marginalizes groups of people; and the Dean's Diversity Conversations, which are periodic meetings open to anyone in the School, where individuals can feel free to voice their concerns and opinions about issues of diversity, intolerance or discrimination.

### National Institutes of Health Research Funding Ranking



Duke University School of Nursing (DUSON) has risen in the rankings as one of the top nursing schools engaged in National Institutes of Health (NIH)-funded research. In 2016, DUSON received more than \$6.4 million in annual funds from NIH. The School has continued to jump in the rankings since 2010, when it was ranked 22nd.

Four research areas of excellence developed by the Center for Nursing Research as part of the School's strategic planning initiative – precision health, population health and chronic illness, clinical innovation and methods and analytics – have been instrumental in increasing NIH funding. The beginning of the fall 2016 semester saw a 61 percent increase from fiscal year 2015.

In addition to funding research, the NIH supports the Nursing Bridge to Doctorate Program, a partnership between Duke University and Winston-Salem State University (WSSU) to increase the number of underrepresented minority PhD students and nurse scientists.

### ■ Duke Interprofessional Clinic Treats 1,000th Patient

The Duke University Direct Observation and Interprofessional Clinic has treated its 1,000th patient. Duke University health professions faculty members and students care for patients in this after-hours clinic, which is open four days a week from 5 to 9 p.m.

Launched in 2015, the clinic provides urgent care services to patients from the Duke University Hospital emergency room who present with less acute symptoms. It allows students to deliver

patient care in a collaborative environment while being observed by faculty members.

When the clinic first started, only nurse practitioner and medical students attended the clinic. Now the clinic is open to students in the Accelerated Bachelor of Science in Nursing (ABSN) Program as well as physician assistant and physical therapy students who can work for clinical rotation credit.

### ■ Center for Nursing Discovery Earns Simulation Accreditation

The Duke University School of Nursing (DUSON) Center for Nursing Discovery (CND) received a five-year accreditation by the Society for Simulation in Healthcare (SSH) and the Council for Accreditation of Healthcare Simulation Programs in the area of Teaching/Education. DUSON is the only nursing school in North Carolina and one of three nursing schools in the United States to receive this accreditation.

The CND provides an interactive student-centered environment that is safe and supportive. It also offers a variety of avenues of instructional methodologies to help prepare nursing leaders who will shape the future of health care. The CND was evaluated by SSH against seven core standards: Mission & Governance, Organization & Management, Facilities, Application & Technology, Evaluation & Improvement, Integrity, Security and Expanding the Field. The center was commended in all seven areas.

The CND was also commended for six teaching/education standards: Learning Activities, Qualified Educators, Curriculum Design, Learning Environment, Ongoing Curriculum Feedback and Improvement and Educational Credit.



## School of Nursing Ranked 3rd Best Online Program in the Nation



**“We do this by providing a world-class education to students regardless of whether they attend class in a lecture hall, clinical lab or at a computer.”**

**Marion E. Broome, PhD, RN, FAAN,  
Dean and Ruby Wilson Professor of Nursing,  
Vice Chancellor for Nursing Affairs  
for Duke University and Associate Vice  
President for Academic Affairs for Nursing  
for Duke University Health System**

Duke University School of Nursing (DUSON) is recognized as the 3rd best in the United States in the 2017 *U.S. News & World Report* (USNWR) rankings for best online graduate nursing programs.

USNWR ranks schools using five categories – faculty credentials and training, student engagement, admissions selectivity, peer reputation and student services and technology.

DUSON launched distance learning courses in 1992 and has continually embraced the use and development of online and distance-based learning. The entire Master of Science in Nursing (MSN) Program offers either a distance-based or online option for students, with on-campus intensives scheduled several times a year. The Doctor of Nursing Practice (DNP) Program, designed for full-time working nurses based anywhere in the world, offers a distance-based option for nurses pursuing an advanced practice degree, as well as intensive on-campus sessions several times a year.

## School of Nursing Ranked 3rd Best Online Graduate Nursing Program for Veterans



The Duke University School of Nursing is proud to be the 3rd best online graduate nursing program for veterans. Data collected by *U.S. News & World Report* for their 2017 Best Online Programs for Veterans rankings measure distance-based education that is affordable, accessible and reputable. In addition, these programs provide financial benefits specifically available to people with military experience. Only 17 percent of *U.S. News & World Report*-reviewed online programs were awarded with being ranked this year.

To qualify for consideration in the Veterans category, DUSON's overall 2017 Best Online Programs online ranking was # 3. We incorporate predominantly internet-based coursework and are housed in a regionally accredited institution. In addition, we

performed well on a multitude of factors including academic program reputation, faculty credentials, student retention rates and graduate debt loads.

Because veterans and active-duty service members often wish to take full advantage of federal benefits, DUSON is certified for the GI Bill and participates in the Yellow Ribbon Program. A third final criterion for being ranked as a Best Online Nursing Program for Veterans and an factor that is new to the 2017 edition, is that DUSON enrolled a critical mass of students with military backgrounds.

Everyone at Duke University School of Nursing is proud of our faculty, staff and students who have served our country and welcome them to our academic community.

## ■ New Training Center Focuses on the Caregiver

Cristina Hendrix, DNS, GNP-BC, FNP, FAAN, associate professor for Duke University School of Nursing (DUSON), has launched the Duke Elder Family/Caregiver Training (DEFT) Center to reduce hospital readmissions and preventable emergency department visits with the elderly by focusing on the caregiver. The center started a pilot program in March to pursue caregivers of elderly patients being treated in a medical oncology unit.

Elderly patients are often discharged from the hospital or a rehabilitation facility to continue their care at home with a caregiver who may lack the knowledge or tools to continue care. The DEFT Center, funded by The Duke Endowment, is designed to assist caregivers in continuing to care for the elderly patient once they transition home.

Different than most transitional care models across the country, the center combines the academic and patient care strengths and components of a university health care system. DUSON graduate nursing students will have the opportunity to provide caregiving



training, which not only exposes them to difficulties that families often face when caring for a loved one at home but also increases the center's capacity to assist more caregivers.

Classes are designed to provide teach-back sessions in group and one-on-one settings, and caregivers will be videotaped for review once they are at home. The center's education and training will provide an additional layer of support that many patients and families would not otherwise have.

To learn more about the DEFT Center, visit [nursing.duke.edu/deft](http://nursing.duke.edu/deft).

## ■ Top DNP Program in the Nation Launches Executive Leadership Specialty

The Duke University School of Nursing (DUSON) Doctor of Nursing Practice (DNP) Program has launched a new Executive Leadership specialty, and former School of Nursing dean **Catherine L. Gilliss, BSN'71, PhD, RN, FAAN**, Helene Fuld Health Trust Professor of Nursing, has been named as lead faculty. The specialty provides seasoned nurse leaders with the knowledge and skills needed to lead complex and changing organizations and health care systems.

The specialty is offered as a nine-credit track within the DNP program and will provide students with the skills to: lead complex organizations by understanding people, organizations and the advanced use of multiple sources of data; forecast and monitor trends in patient care, health care legislation and policy; develop skills in designing, implementing and evaluating the care of special populations; manage fast-breaking situations such as illness outbreaks, organizational emergencies or personnel issues; and develop and sustain a network of mentors and leaders to support professional growth.

To learn more about the Executive Leadership specialty, visit [nursing.duke.edu/dnp-executive-leadership-specialty](http://nursing.duke.edu/dnp-executive-leadership-specialty).



## Giving Society Provides a Wide Range of Options to Help Students

Every day somewhere around the world, graduates from Duke University School of Nursing (DUSON) are sharing their knowledge and expertise with their communities. Many of those graduates also find a way to give back to the DUSON community by supporting the School's annual fund so that current and future students may have the opportunity to follow in their footsteps. Launched in December under the direction of Niki Barnett, director of annual giving for the society, the Bessie Baker Society aims to honor those donors.



Barnett

"I think in a world where you can give your dollars to so many different organizations, it's important to be recognized for what you do and for your contributions," Barnett said.

Named for the first dean of the School, the Bessie Baker Society is a community of DUSON's most ardent supporters. With giving levels starting at \$500 and going to \$25,000 and beyond, the society celebrates those individuals who are committed to supporting DUSON and its mission through their financial support.

Barnett said the society has established special recognition for donors based on the level of giving. For example, at the \$1,000 giving level, donors' names will be featured on an honor roll. The \$5,000 giving level, called the Dean's Circle, features a special Dean's reception each year, Barnett said. Private tours of the School will also be one of the benefits for those at the higher donation levels. At donation levels of \$10,000 or more, DUSON supporters will also receive special recognition from Duke University and the Duke University Health System.



Bessie Baker, first dean of the Duke University School of Nursing, 1931-1938.

There is also a place within the society for recent DUSON graduates. Recognizing that many new graduates are navigating new financial situations, the Bessie Baker Society will also honor recent graduates who give at a lower level, Barnett said. Any alumnus who received their first DUSON nursing degree within the last five years is eligible to be a member with a \$500 gift. "It's a nice way to introduce philanthropy," Barnett said. "We know they still have a lot of student debt that they're paying off, but it's a way to recognize them in those first five years."

Recent graduates who want to give back won't have to make a one-time donation. The new society provides flexible ways for recent graduates to support the School that fits into their new professional lives. With newer graduates, monthly giving is a great way to get started, Barnett said. A yearly \$500 donation breaks down to about \$42 per month. "Smaller



Duke nurses, faculty and nursing students in 1931.

monthly installments allow them (recent graduates) to make donations to the School but without feeling the need to burden themselves with a one-time larger payment.”

The society will generate funds to best meet the needs of the School and our students. As with most annual fund contributions, the main expenditure is scholarship support. But because the funds are not earmarked, as they typically are with endowed scholarships and professorships, the dean has the discretion to put some of the donations toward research, faculty projects or graduate student expenses. “Those flexible dollars allow the dean to put them toward whatever is the greatest need,” Barnett said. “That’s the beauty of the undesignated dollars.”

Goals for the new society will be set in early July 2017 with the hopes that support for the School will expand. “Alumni continue to be the main source for annual fund donations,” Barnett said, “but others give as well. There are donors who have nurses either as family members, or they had a wonderful experience at Duke or experienced a situation in their life with nurses who made a difference, and they want to give back. This is a great way to do it.”

Bessie Baker was recruited to be dean of DUSON in 1930, the year before the School officially opened with its first class of 24 students. Known as a strong and dynamic leader, she served as dean until her retirement in 1938. The society was named in her honor as a testament to her vision and dedication to nursing.

“Because tuition costs can be one of the biggest barriers to recruiting some students, philanthropic giving enables the School to help make dreams of our students a reality by providing the critical financial support they need,” Barnett said. “We recognize that in the nursing field — it’s a labor of love,” Barnett said. “And every dollar makes a difference.”

For more information, please visit the DUSON website and search for Bessie Baker Society. ■



Morgan

## ■ Morgan Named Director of the Nurse Anesthesia Program

Janice Humphreys, PhD, RN, FAAN, professor and associate dean for Academic Affairs, announced the appointment of Brett T. Morgan, DNP, CRNA, as director of the Duke University School of Nursing (DUSON) Nurse Anesthesia Program.

Morgan joined the School of Nursing faculty in July 2012 as assistant professor and assistant director of the Nurse Anesthesia Program. Morgan has practiced anesthesia in Raleigh, North Carolina, since 2007 in a variety of clinical settings, including Level 1 trauma, cardiovascular surgery, pediatric and neonatal surgery, outpatient surgery and obstetrical anesthesia. He has served on anesthesia practice committees within multiple departments of anesthesiology throughout Raleigh.

His clinical and scholarly interests include evaluation of the practice of anesthesia (internationally and domestically) as well as effective practices in the preparation of certified registered nurse anesthetists, quality improvement and safety in anesthesia care and policy developments that guide the practice of anesthesia delivery by nurses.



## Behind the Scrubs

### DUSON Nurse Anesthesia Specialty Again Ranks #3 in the Nation

The DUSON Doctor of Nursing Practice (DNP) Nurse Anesthesia Specialty is one of the most successful nurse anesthesia programs in the nation. For the second consecutive year, the program was ranked # 3 by *U.S. News & World Report*.

The Class of 2016 earned a 100% National Certification Examination pass rate and 100% post-graduation employment rate. Following graduation, our DNP-NA alumni move on to practice all over the U.S. while approximately half choose to remain in North Carolina.

Today across the health care spectrum, there are more than 50,000 nurse anesthetists practicing in the United States who administer approximately 43 million anesthetics each year.

Featured left to right: Ashlee Riddick (3rd year nurse anesthesia student) and Shawna Parsons, Tedrick Vernon and Viridiana Morman (2nd year nurse anesthesia students) in one of our simulation rooms.





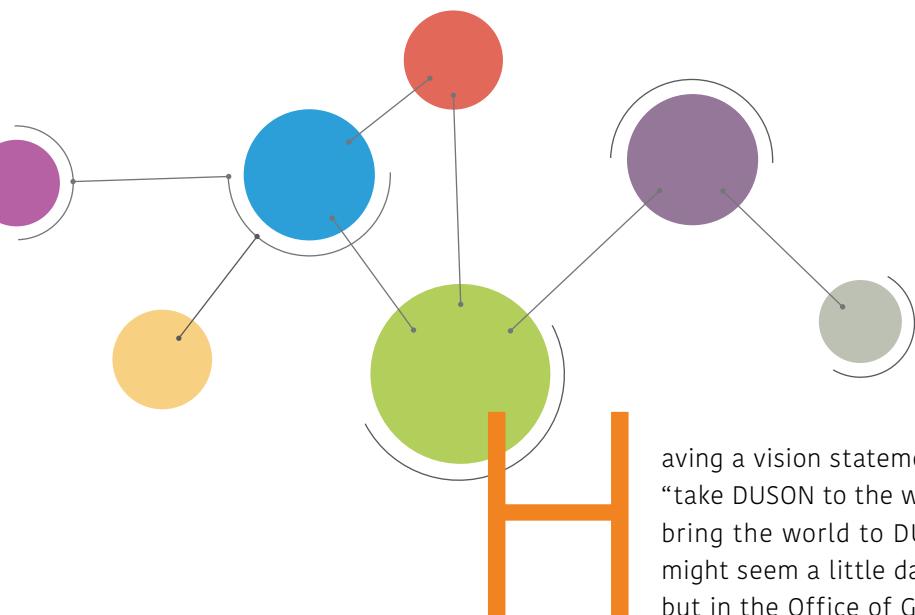
# Having a Global Perspective Is a Two-Way Street





Small text caption for the collage of photos, likely describing the activities or individuals shown in the images.





Having a vision statement of “take DUSON to the world, and bring the world to DUSON” might seem a little daunting, but in the Office of Global and Community Health Initiatives (OGACHI), they are very clear about their mission – creating successful, two-way global partnerships.

“It must be mutually beneficial,” said Michael Relf, PhD, RN, ACNS-BC, AACRN, CNE, FAAN, associate dean for Global and Community Health Affairs. “Our vision for global health right now is guiding everything about our work.”

What this means in real terms for DUSON is working not just to offer opportunities for nursing students and faculty to travel and

from the world as well because there are many things in terms of global health and nursing that the world does much better than we do. ... It needs to be bidirectional.”

Started in 2006 by Professor Emerita Dorothy L. Powell, EdD, RN, FAAN, for the past decade OGACHI has developed courses and opportunities for DUSON students and faculty to participate in its global mission. A visiting scholars program was created in 2008 and has grown in popularity. For the 2016-2017 academic year, the School will have had 12 visiting scholars from five different countries: Egypt, China, Norway, Taiwan and Korea.

Some scholars are PhD students doing research on their area of study; others are university faculty. For example, Marjolein Iversen, a senior faculty member at Bergen University College in Norway, spent her six-month sabbatical at DUSON doing collaborative consultation for her research related to diabetes. Atiat Osman, a PhD student from Egypt, will complete her two years at DUSON in October studying premature infant care under Debra Brandon, PhD, RN, CCNS, FAAN. (see sidebar)

“Our relationships need to be bidirectional.”

study abroad but to create opportunities to bring international students and scholars to DUSON so that they may share their practice and insight with our students here. It is a way to experience the impact of globalization here in the United States.

“We’re not trying to be this ethnocentric, paternalistic entity that’s just going out to the world, taking advantage of the world and telling the world what to do,” Relf said. “We’re doing this so we have an opportunity to learn



The OGACHI team (left to right): Julie Cusatis, senior manager of international programs; Kimberly Jackson, staff assistant; Michael Relf, associate professor and associate dean for Global and Community Health Affairs; Jane Blood-Siegfried, professor; Belinda Wisdom, senior program manager

## International Mentorships Fuel Diversity Expansion



Atiat Ahmed Osman and her mentor, Dr. Debra Brandon.

The Office of Global and Community Health Initiatives (OGACHI) at the Duke University School of Nursing (DUSON) opened its doors in 2006 under the direction of Dr. Dorothy Powell. Just two years later, the visiting scholars program was created, and since then, dozens of graduate and postdoc students from around the world have come to DUSON for professional development and mentorship. Atiat Osman arrived in October 2015 from South Valley University (SVU) in Aswan, Egypt to study with Debra Brandon, PhD, RN, CNS, FAAN, associate professor and director of the PhD in Nursing Program.

“I was looking for a professor to help me with my research,” said Osman, a PhD student at SVU studying premature infant feeding. Brandon’s expertise in pediatrics and neonatology drew Osman to Duke, where Brandon mentors her on preparing research for publication and readying for her doctoral defense.

Osman’s research focuses on teaching premature infants how to suckle. The ability to nurse helps avoid separation of infant from its mother and eliminates the need for a nasal-gastric feeding tube, which introduces an infection risk, said Osman. Under Brandon’s mentorship, Osman has published one paper and is preparing two more papers for submission.

Osman said she feels fortunate she came to DUSON. She had never heard of Duke University when she began looking for research mentoring. When she discovered Deb Brandon and started researching the School, she was thrilled. “I started to look at Duke, and I said, ‘This is a famous university!’ So I’m lucky.” Most scholars follow similar routes, seeking the best mentor to further their research and understanding, and then apply for funding through their university or government.

Brandon said having international students at DUSON is important for the growth of all students and for the field of nursing in general. “International students provide significant contributions to the diversity of thoughts and cultural difference in our program and research,” Brandon said. Over the years, the number of international students in our PhD program has grown as the overall growth of our program has expanded, she said. Having more international students inevitably leads to more opportunities for all scholars.

Osman, who returns to Egypt in October 2017, said she has made many friends from the U.S. and from other countries. She said the multicultural experience has been amazing. Osman has a photo on the wall of her office of her with other DUSON students. “You can find all continents (represented),” she said. “Me in my scarf, people from Asia and Europe, black and white, all nationalities. It’s a beautiful picture. I love it.” ■

For DUSON students, as part of the Community and Public Health course, OGACHI offers global clinical immersion experiences in countries such as Barbados, Nicaragua, Tanzania and the Philippines, Relf said. Statistically, about half of the ABSN students – about 60 to 70 students – travel abroad for the two-week immersion program in a community health clinic. Graduate students can register for a two- to four-week program to fulfill a course

requirement or conduct research related to their MSN or DNP projects.

For some students, the cost of travel abroad is prohibitive, Relf said, noting that it can add thousands of dollars to a semester’s tuition cost. But do students have to go abroad to do global health? Relf said the answer is no.

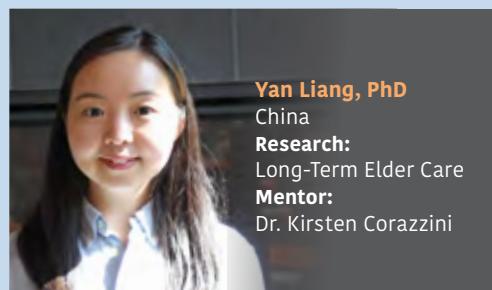
OGACHI has found a way to bring global health issues to our own backyard by offering a clinical immersion program in Durham County, where students work

with culturally rich and diverse populations. “They’re going to clinics and hospitals and community settings every day and working with immigrants, political refugees, asylum seekers, citizens, who like many of our parents, are first generation,” he said. “Global health is here.”

Sending DUSON students and faculty out into the world has been working well, and visiting scholars have been bringing the world to DUSON for years.

## The World Comes to DUSON Through International Visiting Scholars Program

The Office of Global and Community Health Initiatives provides academic enrichment programs for health professionals and scholars interested in enhancing their research skills or expertise in a particular clinical or non-clinical specialty. The International Visiting Scholars Program gives visitors the opportunity to work alongside DUSON’s highly-ranked faculty on a tailored research project to expand their knowledge in an area of nursing to enhance health care settings at home. ■



But unsatisfied, Relf created a course that expanded on the second part of the goal. “We’ve sent students out to the world to do global health, but we never had a clear mechanism that could bring students to DUSON,” Relf said.

Last summer, a new course, *Exploring Global Patterns of Health and Illness*, was created and was a huge success. Students from Barbados, Japan, the Netherlands, the Philippines and South Korea came to Durham and joined several DUSON students for the two-week course focused on finding common ground and exploring new health care solutions. This summer, 29 international students and eight ABSN students will participate in the course’s second year offering. (see sidebar page 24)

OGACHI works in conjunction with Duke University’s mission, which includes global initiatives as one of its pillars of strategic planning. For example, within the Duke Global Health Institute, the School of Medicine and DUSON, there is a focused priority in East Africa, Relf said. The School enjoys a developed relationship in Tanzania, where DUSON students work with other health science students on multidisciplinary projects.

## “Global health is here.”

Another example of international collaboration is China, where Duke opened Duke Kunshan University in 2013. The annual US-Sino Nursing Forum, led by Fudan University and Duke University, is a collaborative effort among Chinese schools of nursing and U.S. partner institutions that promotes the exchange of ideas among advanced nursing researchers, practitioners and educators.

Currently, DUSON has a memo of understanding with the Florence Nightingale School of Nursing and Midwifery at Kings College, London, the world’s first professional school of nursing. The two institutions are in the process of funding collaborative joint research projects.

Strategic planning for OGACHI includes looking at global relationships that Duke or other faculty members may have to determine if DUSON might fit in and bring a new perspective to the partnership. “Included in our decision-making principles that are a part of our strategic planning is looking at whether or not we have a faculty champion,” Relf said. “Have we had a past relationship with this country or institution? Is there a mutually beneficial opportunity?”

One example of this type of strategic partnership process is OGACHI’s collaborative effort across the health sciences programs at Duke, including physical therapy, medicine and the physician assistant (PA) programs, to examine how each school deals with issues like the paperwork and pre-deployment training of its students.

“These are people at Duke who are doing the exact same thing we’re doing,” Relf said, adding that now the group meets three to four times a year. “It’s a network of problem-solving but also collaboration.” As a result of this collaboration, students from DUSON and the PA program will work together at a hospital in Tanzania, expanding their global experience to include inter-professional opportunity.

Whether here or abroad, globalization affects everything from economics to education to health care. According to the U.S. Census Bureau, by 2060, one in five Americans will be foreign-born. “What happens in Asia stock markets impacts us. What’s happening in Africa as a consequence of HIV impacts us,” Relf said, underscoring the necessity for mutual partnership. “We’ve seen all this infectious disease, but we also see a growing pattern of global non-communicable disease: hypertension, diabetes, heart disease, etc. ... There are opportunities and, I would say, almost a necessary mandate that we help the nurses of today and tomorrow understand global health, global context.” ■





## Cultural Immersion Changes Students' Perspectives of Nursing

Last August, **Sarah Ray, ABSN '17**, and **Avery Anderson, ABSN '17**, joined six other students for a two-week course at Kilema Hospital, located near Mt. Kilimanjaro in Tanzania, as part of the Global Clinical Immersion Program offered by the Office of Global and Community Health Initiatives (OGACHI). For both of the recent grads, the experience was unforgettable.

"We did all this preparation," Ray said about the weeks leading up to the trip. "We wanted to do our best to understand what was going on in the country culturally, economically, socially, politically. But when we actually arrived in Tanzania, so many things were still very surprising."

As part of OGACHI's global outreach, the immersion program offers the option for ABSN students to travel for two-week courses at clinical sites around the globe, including the Caribbean, Central America and Africa. The hands-on experience in unique cultural settings helps the students learn about the big picture of health care. Ray and Anderson were both

struck by one of the biggest obstacles to providing quality care: limited resources, caused often by simple lack of funding or sometimes by logistics, such as the difficulty of getting supplies to the top of a mountain.

Something like access to gauze bandages, which come pre-packaged and sterilized in U.S. clinics, was different at Kilema Hospital. "We made the gauze wrapping," Ray said, noting the material came in large tubes. "After the gauze was sterilized, we'd start the day cutting it into two-by-two and four-by-four squares." This was part of the hospital nurses' regular activities, Ray said.

Ray and Anderson both noted the lack of available pain medicine for patients. Changing wound dressings, which can be painful and in the U.S. often merits pain medication, was done without any at the Tanzania hospital. And for childbirth, analgesics were reserved for necessary C-sections only. Anderson said she was struck by how the lack of access to pain medications was accepted by patients. "None of the moms complained that there

were no pain meds," she said. "They just took it on as their responsibility."

Anderson said the immersion program has given her a new appreciation for public health and has turned her career goal in a slightly different direction, to include policy. "It's not that these clinics don't want to provide services or don't need to; it's that resources aren't available," she said. "I never saw it play out like I did in Tanzania."

Ray said the experience has caused her to think more critically. "Particularly in those moments when I might be challenged by a particular situation, something as simple as I don't have the right tool to do what I need to do, or I may be having a language barrier or something like that. This trip has taught me to be a little more resourceful and thoughtful about how I can deliver my own personal nursing care to patients." After Tanzania, Ray said she has a much broader view of what it means to be a nurse. "You don't need fancy tools to provide quality care. That was something that was driven home on this trip, and it has made me really grateful for that perspective." ■



The inaugural cohort of scholars for *Exploring Global Patterns of Health and Illness*.



## Course Provides Unique Opportunity for ABSN Students and International Scholars

In the summer of 2016, the Office of Global and Community Health Initiatives (OGACHI) offered a new two-week summer course, *Exploring Global Patterns of Health and Illness*, designed to bring international students to Duke University School of Nursing (DUSON). Cohorts from Barbados, Japan, the Netherlands, the Philippines and South Korea joined accelerated bachelor of science in nursing (ABSN) students to discuss health care in their countries, examining areas of commonality and exploring differences.

“It was as an extraordinary opportunity for students,” said Michael Relf, PhD, RN, ACNS-BC, AACRN, CNE, FAAN, associate dean for Global and Community Health Affairs. The course started with each country’s cohort preparing a presentation about their homeland, including information such as life expectancy, major mortality and morbidity indicators

and percentage of population that smokes, is overweight and has heart disease. Immediately, differences and similarities among the countries became apparent. In Barbados, for example, 98 percent of children have on-time vaccines, Relf said. “Because we (in the U.S.) don’t have this figured out, it’s a perfect example of ‘What are you doing that we can learn from you?’”

Comparing and contrasting health care in different countries challenged presumptions held by the students. “One thing that surprised me was the great health disparities within America,” said Ryan Cottoy, a nursing student who was part of the Barbados cohort.

Students formed international teams to tackle common health issues. Hearing different perspectives and approaches to dealing with those issues was eye-opening, said **Amber Sperry, ABSN ’16**, who participated in the summer

2016 course. “More than anything, it has given me insight into how interconnected the global community is when it comes to health concerns. No one is an island,” Sperry said. “Also, it helps to understand how differently medical care can be organized and provided, which really makes a difference in understanding the patient perspective of their health and the care they receive.”

Because of the success of last summer’s course, it is being offered again in August, with 29 international and eight ABSN students enrolled. “It was a rich opportunity for the students to learn from each other, to truly see that we share many common problems, and sometimes if we look outward, we actually find the answer to fix our internal problem,” Relf said. “Those, in my opinion, are the kinds of experiences and opportunities that we need to provide for the nurses of tomorrow.” ■

# Strong Foundation, Forever Grateful



Though **K. Becky Zagor, BSN'80, RN, MN**, decided very early to become a nurse, she says the decision to attend Duke wasn't as clear-cut.

First, she didn't think she was strong enough academically to compete. And second, her father had been out of work for six months during a tough 1970s recession, meaning her family couldn't afford Duke.

Even after being accepted at Duke, the Ohio native was still planning to attend a nursing school in Indiana. But with encouragement from

her determined dad, Zagor's plans changed. The family worked with the Duke financial aid office, and thanks to scholarship support, Zagor became a Blue Devil.

Today, Zagor has a fulfilling career in provider relations, which blends her clinical and business expertise.

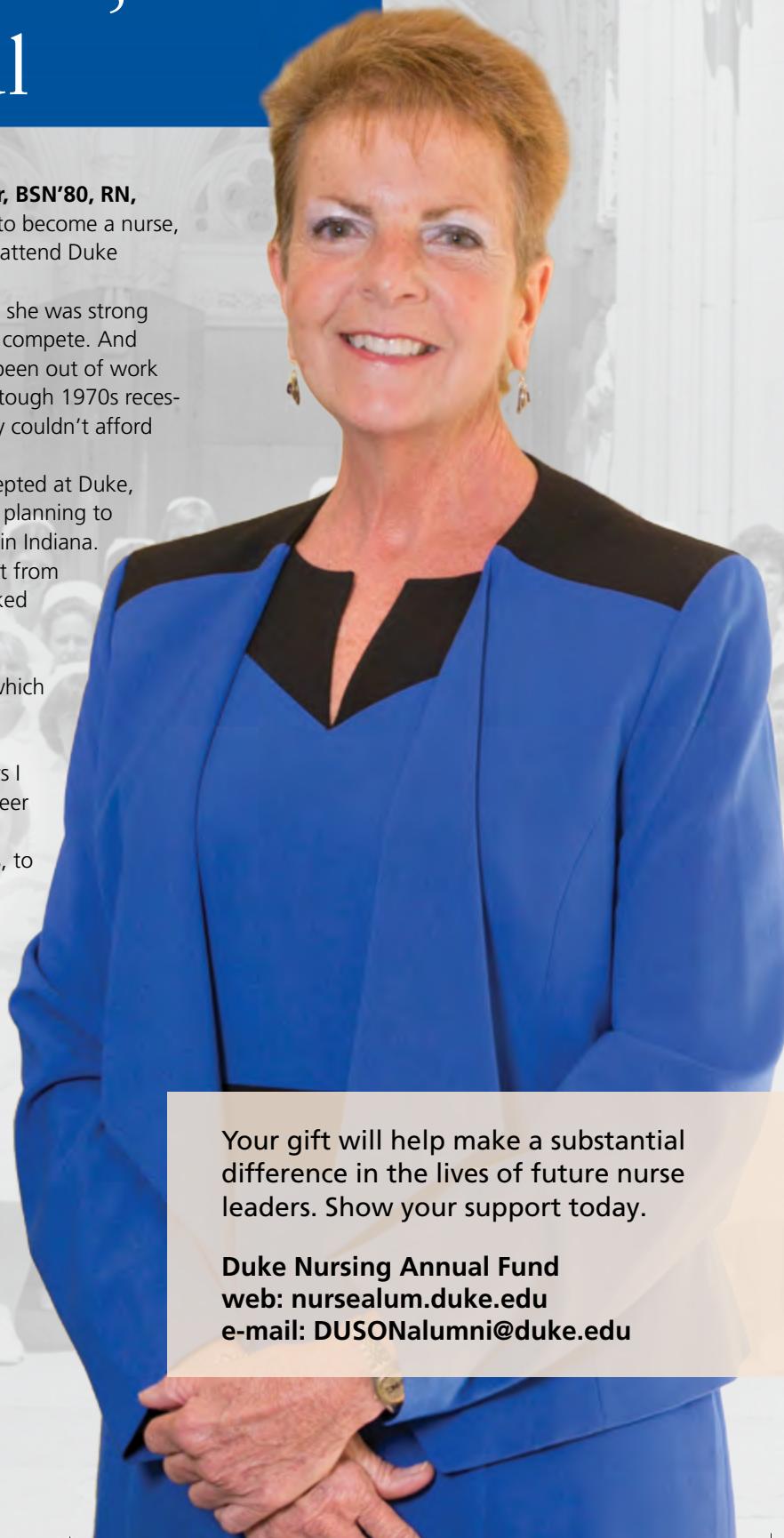
"I owe much of my success to the strong foundation of learning built at Duke," she says. "Many times over the years I have recalled the knowledge, the arduous process, or the sheer joy of becoming a better nurse that all began at Duke."

Zagor wants today's students, regardless of their finances, to have the same opportunities she had. That's why she gives back in a number of ways, including by leaving Duke in her estate plans and supporting the **Duke Nursing Annual Fund**. Gifts to the Annual Fund support scholarships, research, and innovation.

*"I owe much of my success to the strong foundation of learning built at Duke."*

**K. BECKY ZAGOR, BSN'80, RN, MN**

 **Duke University**  
School of Nursing

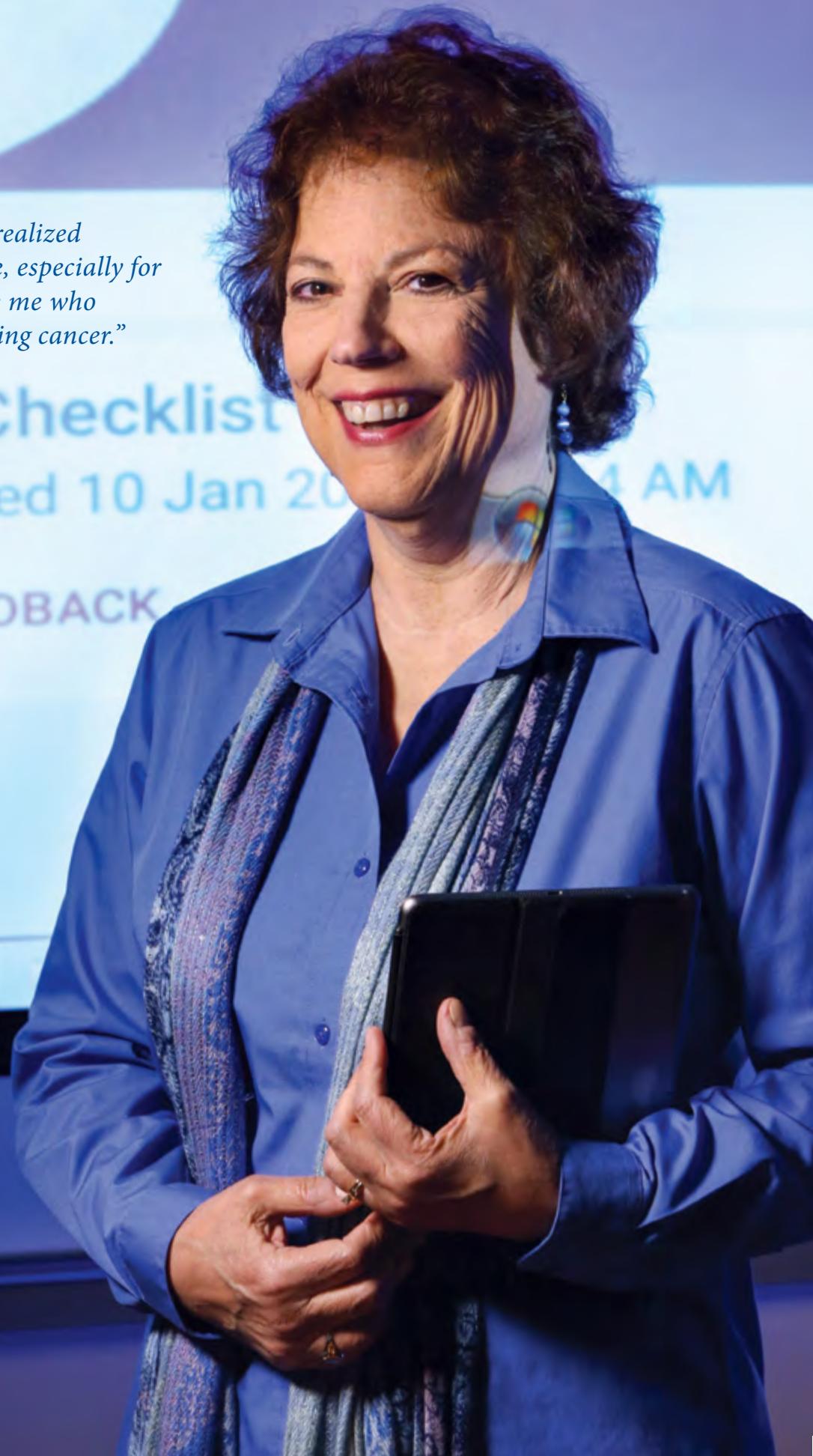


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*“I fell in love with research and realized there was a lot of need out there, especially for long-term cancer survivors like me who are the first cohort that’s surviving cancer.”*



# Sophia Smith:

## An App to Manage the Stress of Cancer



Being told you have cancer can be one of the most traumatic experiences a person can go through. Sophia Smith, PhD, MSW, associate professor at the Duke School of Nursing (DUSON), has heard those words in her lifetime – twice.

As a teen in Poughkeepsie, New York, Smith was diagnosed with Hodgkin lymphoma; as a new mother in her mid-30s, she was told she had breast cancer. Smith has used her personal experience as a patient along with her professional skills as a research scientist and social worker to help develop a tool that helps cancer patients and their caregivers deal with the psychological trauma that can come with the disease.

For years, Smith has been helping develop Cancer Distress Coach, a mobile app that launched in May. Based on a similar app used for veterans of war who suffer from Post-Traumatic Stress Disorder (PTSD), the Cancer Distress Coach app offers stress relief tips and support networks while collecting data to further inform treatment of cancer patients, many of whom suffer psychosocial effects from the disease, Smith said. For example, survivors may have recurring stress symptoms such as flashbacks to the diagnosis or treatment. They might experience avoidance and skip checkups and other doctor visits because they associate provider care with their diagnosis. Constantly checking the body for lumps or irregularities is another symptom.

“Certainly it’s not the majority of patients, but it’s a significant proportion,” Smith said, noting that one in three of the 886 lymphoma patients she

studied for her dissertation experienced either persistent or worsening symptoms over a five-year period. About 1 in 10 survivors reported full-blown PTSD. “My dissertation provided me with data to say, ‘Look, it’s a problem.’”

Smith’s journey to DUSON was an unlikely one in many ways. As the daughter of an Army medic, Smith always wanted to be a nurse. She was a good student and athlete. When she was 16 and in the middle of softball season, something seemed off. “I’d come home every day, and I’d be passing out on the couch, and then I started running this low-grade fever.”

Her father was on top of it. Tests were run and a diagnosis: Hodgkin lymphoma. For two years, Smith’s father drove her to Sloan Kettering Cancer Center for treatment that included chemotherapy and radiation with the hopes that the symptoms would disappear. “This was the ’70s. Cancer wasn’t curable.” Strategically making the two-hour trips into the city on Friday – so Smith could recover from the intense nausea and vomiting over the weekend – she managed to graduate on time with honors from high school. “My last treatment was a week before I graduated high school.”

Smith decided to go to college at State University of New York at Albany, close to home and the cancer institute, just in case. “I always wanted to be a nurse,” she said. “But when it came time to go to college, I had trouble walking into a doctor’s office or hospital without wanting to throw up. The smell of alcohol triggered it. I said, ‘I can’t be a nurse. I can’t do this. I can’t be around this.’”

An astute high school counselor suggested Smith pursue business, as she showed high aptitude in math. In her undergraduate studies, Smith’s interest in technology sparked, ultimately leading to a prestigious, high-paying position at IBM — a far cry from nursing. She continued her medical checkups every six months. No more cancer, but at one point an overactive thyroid was discovered — a late effect from treatment — that resulted in removal of most of Smith’s thyroid. But other than that, Smith’s life seemed to be settling into a healthy and normal routine.

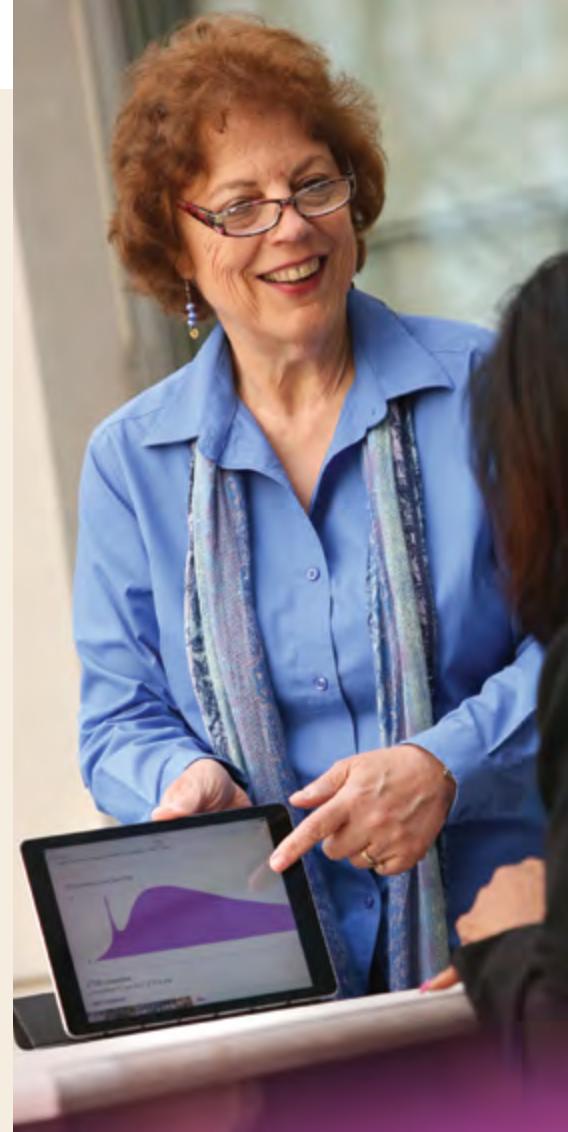
Smith married and continued climbing the corporate ladder at IBM. Two months after she learned she was pregnant with twin girls, Smith was offered a position in IBM’s new office opening in Research Triangle Park. Her husband was thrilled to move south, so they took the plunge. But when her daughters were 17 months old, and while she was on maternity leave (at the time, IBM offered three years’

leave), Smith discovered a lump in her breast. She went to see her doctor at the Duke Cancer Center. “It was likely radiation-induced,” she said. “Now they’ve come out with studies: about one in three lymphoma patients who would receive mantle radiation developed breast cancer.”

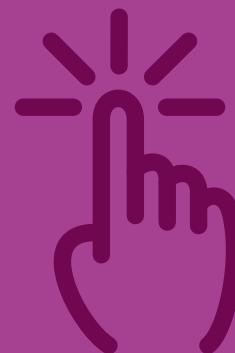
The surgeon who performed her lumpectomy decided to pursue the lumpectomy despite a benign needle biopsy result. “They didn’t go deep enough,” she said of the biopsy. “So that’s one reason why I love Duke. Dr. George Leight saved my life.”

Even while recovering, Smith still considered herself an IBMer on leave, caring for her small children, but she was feeling socially isolated. Following her treatment, Smith’s husband urged her to volunteer. She decided on the Duke Cancer Patient Support Program (DCPSP), which she had participated in as a patient. “Once a week, I’d come in and hand out cookies and drinks and talk with patients about their families and challenges.”

Her volunteer experience changed everything. The DCPSP director noticed Smith had a knack for dealing with the patients and asked her if she ever thought about going into social work. Smith said it hadn’t even crossed her mind. “What is social work? I didn’t even know.” After some soul-searching and more words of wisdom from her husband, Smith realized her corporate life was over. She left IBM and entered the School of Social Work at the University of North Carolina at Chapel Hill (UNC). While at UNC, Smith was



*“Awareness among the cancer community is critical as identification of PTSD in our cancer survivors is very difficult. That’s why I want to put it in their hands. It’s going to require them to be proactive, and we are passionate in getting the word out.”*



drawn to the research aspect of social work; her business acumen and math and technology skills proved valuable. She went on to earn her PhD in 2007.

“I fell in love with research and realized there was a lot of need out there, especially for long-term cancer survivors like me who are the first cohort that’s surviving cancer,” Smith said. “We’re told to go back to our life. But your life is different now, and what does it all mean?”

Smith said her idea to focus on PTSD in cancer patients came when she was trying to pick a dissertation topic. She had joined an online listserv run by the Association of Cancer Online Resources (ACOR) that helped her chat with other cancer survivors about some of the things they were going through, many of whom were diagnosed with depression and anxiety. But Smith said their symptoms didn’t quite fit the diagnosis. “I started talking with some of my other colleagues and students, and they said, ‘What you’re describing kind of sounds like PTSD.’” Coincidentally, the 4th edition of the Diagnostic and Statistical Manual of Disorders (DSM4) had just been released, adding life-threatening illness to the list of traumas that can have mental effect. “So in addition to war, in addition to sexual assault, now they were including things like cancer as a trigger.”

Smith focused her research on studying non-Hodgkin lymphoma patients — a more serious cancer than the Hodgkin lymphoma she survived. She took a position as a research scientist at the Duke Clinical Research Institute (DCRI), but it was at the week-long NIH Mobile Health Summer Training Institute in 2011 that the light bulb went off. “I know cancer-related PTSD is a problem. I wonder if anyone has developed an app for that.” She immediately found PTSD Coach, the app for veterans, but nothing specific to cancer. Smith contacted the developers of the app, and they agreed to collaborate to modify one for the cancer community. She worked for years on the app at DCRI until her faculty appointment to DUSON in 2014, which allowed her to submit her idea for pilot funding, which was granted.

The original pilot study included 31 cancer survivors using the app for eight weeks. The app has a self-assessment tool, along with suggestions for local and national support groups. But the crux of the app, which is still in the study phase, is the skill-building, Smith said. “We have guided meditations. We have relaxation exercises. We have something called the RID tool, specific to PTSD.” (RID stands for Relax, Identify the Trigger, Decide Your Response.) Some other tools include customizing music or downloading soothing photos to look at. “So if they’re stressed in the clinic, if they’re waiting on results from their mammogram, they can automatically go to the songs that are soothing to them.”

For the current study, a control group will receive the assessment and support tools but not the skill-building. “We’re not giving them the meaty part,” Smith said. “We want to see if that meat — the meditation, the relaxation, the RID tool — makes a difference.”

Recruitment for the app, which is available as a free download from the App Store and Google Play, is national. The hope is that it will not only help cancer survivors and their caregivers find ways to cope with the stresses in their lives but also improve patient care via the amount of information researchers like Smith will come away with.

The long-term goal is to implement the app in clinical care, Smith said. Currently, cancer patients at Duke receive excellent support through the DCPSP that Smith found herself at decades ago. The hope is the app complements these services and taps into critical emotional and mental stress areas that may not be obvious at first but that are a big part of cancer survival. “Awareness among the cancer community is critical as identification of PTSD in our cancer survivors is very difficult. That’s why I want to put it in their hands. It’s going to require them to be proactive, and we are passionate in getting the word out.” ■

# 2017

## *School of Nursing Alumni Awards*



### Distinguished Contributions to Nursing Science

#### **Eun-Ok Im, PhD, MPH, RN, CNS, FAAN**

Eun-Ok Im, PhD, MPH, RN, CNS, FAAN, is the Mary T. Champagne Professor of Nursing at Duke University School of Nursing. Her most outstanding contribution to nursing is a research program that adopts Internet and computer technologies to eliminate gender and ethnic disparities. She has taken the lead in this burgeoning field, and her current studies are among the first of their kind to use these technologies to build nursing knowledge.

Im has gained national and international recognition as a methodologist and theorist in international cross-cultural women's health. She has served on more than 45 research review panels of the National Institutes of Health (NIH) and is also a reviewer for the Patient-Centered Outcomes Research Institute and the American Heart Association.

Im is a senior editor of the *Journal of Transcultural Nursing* and serves on the editorial boards of eight journals, including *Advances in Nursing Science* and *Research in Nursing and Health*. She has numerous national and international awards, one of which is the 2014 International Nurse Researcher Hall of Fame Award from Sigma Theta Tau International.

Her current research focuses on gender and ethnic differences in health and illness experiences of midlife women. Her doctoral research and post-doctoral study focused on international cross-cultural women's health. Im's work has extended to oncology areas, and she has developed an Internet research methodology as an area of expertise. She serves as a principal investigator (PI) in a series of NIH-funded awards on gender and ethnic differences in cancer pain, menopausal symptoms and physical activity. She has obtained about \$17.5 million of research funding and other grants, including four R01 grants as the PI.

Im's national and international invited lectures, presentations, book chapters and service activities represent her efforts to raise the next generation of nurses and to make advances in nursing science. She has taught courses on nursing theory, nursing philosophy, critical literature review, research methods and global women's health issues.

Im earned bachelor of science and master of public health degrees from Seoul National University in South Korea and a master of science degree and a PhD in nursing from the University of California, San Francisco.

## Robin P. Goff, MAV, BSN'68

**Robin P. Goff, MAV, BSN'68**, is the spiritual leader of The Light Center, a Unity Worldwide Ministries center dedicated to living, learning and growing in partnership with nature, in rural Baldwin City, Kansas. For 22 years, the center has pioneered in the field of holistic health education, offering a wide range of retreats and workshops on spiritual healing and self-development.

Goff has been a leader in the conversation about integrative health care in the greater Kansas City area and has been a program presenter at numerous national and international conventions. She has served as a hospice chaplain for 10 years and held a stress management consultant position at Kansas City Hospice. Goff has taught extensively about the use of complementary modalities in terminal illness as well as stress management.

Over the past 12 years, Goff has led The Light Center's Love Light program, which offers outreach in South Africa. The program provides leadership development camps for teens and focuses on youth empowerment. Goff and her team served the small town of Riviersonderend, South Africa, which experiences 60 percent unemployment as well as tuberculosis and HIV pandemics. The program has supported grandmothers in starting a quilting enterprise to raise funds to assist students to go on for university education. Currently, 13 young people attend major universities with mentorship and financial assistance from the program. Goff also forged a sister city agreement between her hometown, Baldwin City, Kansas, and Riviersonderend, expanding the reach of her projects.

Goff is a charter member of Healing Beyond Borders and has served as a certified healing touch instructor for 13 years, teaching in both Kansas and South Africa.

She received the 2012 Woodland Public Charity Humanitarian Award and the 2015 Community Woman of the Year Award from the Business and Professional Women of Kansas.

Goff earned a bachelor of science in nursing degree from Duke University School of Nursing and a master of arts in values from San Francisco Theological Seminary.



# Humanitarian



## Honorary Alumna

### **Brigitt Carter, PhD, MSN, RN, CCRN**

Brigitt Carter, PhD, MSN, RN, CCRN, is an associate professor and director of the Accelerated Bachelor of Science in Nursing (ABSN) Program at Duke University School of Nursing. She joined the School in 2010 and teaches pediatrics and complex conditions. Her research focuses on nursing care of premature infants with feeding intolerance, and she seeks to identify measurable methods for early detection of the phenomenon. Carter continues her clinical practice as a staff nurse in the Duke University Medical Center Intensive Care Nursery, where she has 16 years of experience.

Carter has increased nursing education opportunities for students from disadvantaged backgrounds, including underrepresented racial and ethnic minorities. She is the project director and academic coordinator of the Health Resources and Services Administration Nursing Workforce

Diversity grant at the School of Nursing—the Academy for Academic and Social Enrichment and Leadership Development for Health Equity. She also served as the academic coordinator for the Making a Difference in Nursing II program, a federally-funded program committed to increasing the number of underrepresented minorities in nursing, until the program ended in 2013.

Carter has 28 years of U.S. Navy service, including nine years on active duty, and is currently serving in the rank of Commander in the U.S. Navy Reserves. She is stationed at Naval Medical Center Portsmouth, Virginia, and serves in the Neonatal Intensive Care Unit.

Carter earned a bachelor of science degree from North Carolina Central University, a master of science degree in nursing education from the University of North Carolina at Greensboro and a PhD in nursing from the University of North Carolina at Chapel Hill.

## **Robert T. Dodge, PhD, MSN'96, RN, ANP, BC, CNS, AACRN**

**Robert T. Dodge, PhD, MSN'96, RN, ANP, BC, CNS, AACRN**, is a clinical associate professor of medicine at the University of North Carolina at Chapel Hill School of Medicine and a clinical director of the Infectious Diseases Clinic at Wake County Human Services in Raleigh, North Carolina.

Dodge has been working in the field of HIV/AIDS since 1992 through clinical care, education, research and administration. His clinical experiences range from public health to private institutions. He has participated in the educational training of nurses, physicians and pharmacists and has guided clinical trials that have created new ways of practice.

Dodge has been active on both local and national chapters of the Association of Nurses in AIDS Care (ANAC) and co-founded the North Carolina Triangle Chapter of ANAC in 1996. He participated in the President's Emergency Plan for AIDS Relief program through Georgetown University School of Nursing and ANAC. He traveled to Africa to teach health care providers about treating HIV patients and to further develop their HIV and infectious disease programs.

Dodge developed the Bridge Counselor Program for Wake County Human Services to educate and provide short-term case management for newly diagnosed HIV patients in the community. The program tracks patients who have not been seen by a medical provider for the past nine months. The bridge counselor position has become a standard of care for all clinics in North Carolina funded by the Ryan White Comprehensive AIDS Resources Emergency (CARE) Act.

Dodge has received numerous accolades, honors and awards for his commitment in the field of HIV/AIDS, including the St. Joseph College of Nursing's Alumni Awards Excellence in Nursing—Clinical Setting (2015) and the UNC School of Nursing's Distinguished Alumnus of the Year Award (2013).

Dodge earned a diploma in nursing from St. Joseph's College of Nursing in Syracuse, New York, a bachelor of nursing science from the University of North Carolina at Chapel Hill, a master of science in nursing from Duke University School of Nursing and a PhD from the Catholic University of America in Washington, D.C. ■



## Distinguished Alumnus

# 2017 Class Reunion

This year more than 100 DUSON alumni returned to Duke to participate in the 2017 Reunion activities. Old friendships were renewed, and some of our current students learned from alumni what it means to be a Duke Nurse as they prepare for their futures. Here are just a few photos from this year's very successful event.

Half-Century Club



Class of 1982



Class of 1962

Class of 1967



Class of 1972



Class of 1977



# 2017 Class Reunion







One Family,



## Three Duke Nurses

From left to right: Callie, Allison and Hannah take a moment to relax with their dogs Nyx, Jake and Abbey and share their thoughts about what it means to be family of Duke Nurses.

The month of May is turning out to be a big month for the Dimsdale family.

In May 2012, **Allison Dimsdale, DNP '12, MSN '07, BFA**, earned her doctorate from Duke University School of Nursing (DUSON) on the same day that her elder daughter, **Callie Dimsdale, MSN '12, DNP, BSN**, earned her DUSON master's. In May of this year, Allison's younger daughter, **Hannah Dimsdale Johnson, MSN '17, BSN**, became the third Dimsdale to earn her MSN from DUSON.

Today, all three Dimsdales work at Duke. Allison is a cardiovascular nurse practitioner, clinical associate at DUSON and director of PDC Advanced Practice, while both daughters work at Duke University Hospital: Callie as a cardiothoracic ICU nurse practitioner and Hannah in the Duke Cardiac ICU.

"We're very pro all things Duke nursing," Allison said. "That's just part of the fabric of our family."

Unlike her daughters, Allison didn't have any medical professionals in her family to look to for guidance or inspiration. In fact, nursing was a second career for her. When Callie was just ten years old, Allison enrolled in Watts School of Nursing; Hannah was six. As Allison navigated her nursing education and began her first nursing positions, both girls were watching her, absorbing the passion and enthusiasm she showed toward her developing career. Into a family with no nursing or medical lineage, the seeds were planted.

"When my mom was in nursing school, she took me to her classes," Callie remembered. "I have pieces of art I created when I was waiting for her to finish anatomy class one day." A classic, she said, is one that says, "There are 206 bones in the body," noting her six-year-old spelling of "bones."

Hannah can't deny the impact of watching her mother and then later her older sister pursue nursing. "My mom used to tell

## Class Notes

us stories all the time at the kitchen table about patients that she saw and how sick they were and how she helped them,” she said. “From a young age, both Callie and I just wanted to make a difference like that and care for people in their most vulnerable state.”

While Allison said she has always enjoyed caring for people, growing up in Boston, she wanted nothing more than to be a classical musician. She studied flute at Northwestern University, studied with musicians from the Boston and Chicago Symphonies and followed a Norwegian flute instructor to the University of Texas at Austin, where she graduated with her Bachelor of Fine Arts.

Allison was a professional musician for years, but the desire to help others was always there. “When I was a little kid, my sister had her tonsils taken out, and I got to wait on her hand and foot, and I just loved it,” she said. “I think I always knew I wanted to care for people in that way.”

Allison remembers the day she decided to make the career change. “I was sitting in the concert hall for concert after concert,” she said. “I got to one really big performance, and I looked at my watch, and I thought, ‘I wonder if they have our paychecks tonight?’ And I thought, ‘Oh wow. What has happened to me? I’ve lost my passion for this.’”

As she began her nursing studies, Allison was drawn to cardiology. When she was 15, her father suffered a massive heart attack and was hospitalized for a year. After earning her diploma at Watts, Allison took a position at Duke and spent eight years in the Cardiac ICU. “Still to this day, that is the favorite job I’ve ever had,” she said.

For Allison, caring for people who are in complex heart failure and facing ultimate decisions is difficult but rewarding. “When it’s an end-of-life situation, you



Allison



Callie



Hannah

as the care nurse can be sure that there are no regrets for that family,” she said. “That is such an honor. As a nurse practitioner, I provide care for them as a member of their provider team, and it’s equally rewarding.”

She also felt personally connected to those critically ill patients. “I know what it felt like to be in the waiting room of the ICU when kids weren’t allowed back, and I didn’t know what was going on,” she said, noting that her father survived but died years later of heart disease. “When I had the opportunity as an ICU nurse to get down on my knees on the floor and talk to a 10 year old whose dad had just been Life Flighted in, because I knew what he needed to hear, that was full circle for me.”

For Callie, a career in health care was always on the table. She debated becoming a physical therapist but decided nursing offered more options and opportunities for growth. Then, her freshman year in college, she had her own health scare.

“One day I got into an argument with my roommate, and I had chest pains.” She was taken to student health and was given an EKG. Callie had Long QT syndrome, a potentially fatal arrhythmia. At 18 years old, she had a pacemaker/defibrillator implanted at Duke. “All my health care has been there (at Duke),”

she said. “So I had a lot of exposure to the multi-disciplinary team — to nurses, to nurse clinicians, to providers, to educators, everybody. I became really interested in knowing more about the heart and about patients who were not unlike me.”

Hannah’s route was a little different. “I tried to rebel,” she said. She chose to study marine biology at the University of North Carolina at Wilmington. “I thought I just wanted to live on a boat and perform maritime research.” By the second semester of her freshman year, she couldn’t deny the calling: she started taking nursing courses, and she transferred the next year to Eastern Carolina University (ECU). “I didn’t want to go to ECU because that’s where Callie went,” Hannah said, joking about following in her older sister’s footsteps. “Then I opened my eyes wider and realized that nursing is an incredible profession that offers endless rewarding opportunities.”

A cardiac patient moving through the Duke health system might cross paths with multiple Dimdsales, starting with Allison, who works in the cardiology clinic and frequently admits patients to the hospital. It’s happened before with Callie. “I would admit a patient, she would take care of them, then the patient would come back to see me and say, ‘You took care of me at the hospital!’” Allison said, noting that they all

look very much alike. “I would say, ‘No — but I bet I know who that was.’”

While Allison has the first contact with the patient in the outpatient setting, Hannah might work with a patient who is getting ready for surgery in the ICU. Post-surgery, in the Critical Care Unit, Callie would then help that patient recover.

“We all work in different areas of cardiology,” Callie said. “So we like to discuss how a patient moves through the system, from seeing my mom in outpatient, to having chest pain and going to Hannah’s unit, to needing surgery and coming to me.”

The three women often talk about their patients who are in different stages of cardiac care and encourage each other to check in on them. “My mom will text me, ‘This is my favorite patient’ — because every patient is her favorite — ‘can you drop by and say hi?’ And I will totally do that,” Callie said. “It’s such a big place that sometimes a patient who sees a friendly

face (and we all have kind of the same face) will find that comforting.”

“We have a pretty special relationship,” Hannah said. “I really like my sister and my mom. It’s nice that we have the same profession, but we bring different things to the table.” Hannah notes they are all laid-back “people people.” She describes her mother as nurturing and loving. Her sister is the go-getter who likes the frenetic and fast-paced Cardiothoracic ICU, and Hannah sees herself as one who can expertly manage the nursing role but also has intuition about what patients need emotionally as well as physically. “I like to look at the situation and find out what is going on and how people are feeling about it, which is why I am considering going into palliative care in order to focus on respectful end-of-life care for patients and their families.”

Callie said she and her sister try to see each other during their shifts. “If we’re

working on the same day, we’ll try to sneak away and have a coffee break together,” she said. “We always sit at a window on the seventh floor that looks out over the Life Flight helicopters. That’s our little spot.”

“After all is said and done, it’s very personally fulfilling, and it makes us all very happy to serve people, especially at Duke where we have the resources to give people everything they need.”

When they’re not working, the three Dimsdale nurses like to sit on the deck at Allison and husband Todd’s lake house and talk. While Todd works in IT at Quintiles, his daughters say he’s basically an honorary nurse because he has heard so much shop talk over the years. No matter what, he’s always going to be in good hands, Allison said. “We joke that Todd is going to be very well cared for in his old age.”

Just like all of the patients of the Dimsdale Duke nursing family. ■





## Thanks to Our 2017 Reunion Class Representatives

### *For Making This Year's Event Such a Success*

#### **Half-Century Class Representatives**

Jo Ann Dalton, BSN '57 and MSN '60  
Rusti Greenlaw, BSN '57  
Virginia Neelon, BSN '57  
Patricia Underwood, BSN '66

#### **Class of 1967**

Nancy Davenport  
Gretchen DeCou  
Virginia Lang  
Maureen Moffatt  
Judith Rogers  
Diane Snow  
Martha Urbaniak

#### **Class of 1977**

Susan Beck Davis  
Kim Hug  
Judith Thorpe

#### **Class of 1982**

Ashley Hase  
Elizabeth Lee

#### **Class of 1997**

Crystal Tillman

#### **Class of 2002**

Carrie Lewis  
Stacey Merritt-Baker  
Katherine Pereira

#### **Class of 2007 ABSN**

Shannon Castoe  
Lisa Vance

#### **Class of 2007 MSN**

Jessica Vandett

#### **Class of 2012 ABSN**

Courtney Neville  
Emily Cervantes

#### **Class of 2012 MSN**

Angela Good  
Mary Johnson

#### **Class of 2012 DNP**

Connie Bishop



## 1940s

**Evelyn D. Morgan, BSN'47, MSN'72**, has been retired since 1988. She spent the last seven to 10 years of her career working in cancer research as a clinical nurse specialist. She remained in Durham until 2013, when she moved to Lilburn, Georgia, to be near family. She now lives in an assisted living facility and remains active.

## 1960s

**Betty S. Shackelford, BSN'61**, was named one of 12 Nurses of Distinction by the *News & Record* and *Winston-Salem Journal*. The award recognizes her dedication to nursing or her care for a patient last year. Each of the 12 Nurses of Distinction were featured in *Celebrating Nurses*, a special section published in the *News & Record* on May 7. They also were honored at a luncheon on May 10. Shackelford lives in King, North Carolina.

**Betsy Talbot Stites, BSN'63**, of Woodbury, Minnesota, has a life coach consulting practice helping people do “strategic dreaming” to figure out what is next on their journey. She has two sons and eight grandchildren, who all live in the Twin Cities in Minnesota. Stites married Jim Luadtke this year and writes that “life is full and exciting!”

**Diane McGovern Billings, BSN'64**, has received the *American Journal of Nursing* Book of the Year Award for her book, “Teaching in Nursing: A Guide for Faculty,” which she co-edited with Judith Halstead. She lives in Brownsburg, Indiana.

## 1970s

**Janice Rosser Allen, MSN'77**, has published her first book, “God in the Crossroads: Signs of Hope,” which details her experience as CEO of International Cooperating Ministries (ICM), an international nonprofit founded in 1986 by her father, Dois Rosser. ICM aids Christians in developing nations by enabling them to build permanent churches, schools and orphanages and supplying them with Bible study materials in their language. An oncology clinical specialist and nursing educator, Janice initially had no plans to take an executive role at ICM, but when her husband of 27 years passed away from ocular melanoma in 2005, her life changed direction. In 2006, she accepted the position of

CEO and executive chair of the board at ICM. *God in the Crossroads* outlines Allen’s personal journey to ICM, along with the struggles and triumphs of Christian believers in the field. Co-authored by *New York Times* bestselling author Ellen Vaughn, the book is available on the ICM website ([icm.org](http://icm.org)). Allen lives in Fort Monroe, Virginia.

**Nancy J. Davenport, BSN'67, MSN'69**, and her family gathered for her daughter’s wedding in October. Pictured here are her mother, her five children and their families. She writes: “Five Duke degrees here and the potential for so much more.” Davenport and her husband are double Dukies, and one of her sons holds a law degree from Duke.



*The Davenport family gathers for a wedding. The family has earned five Duke degrees.*

## 2000s

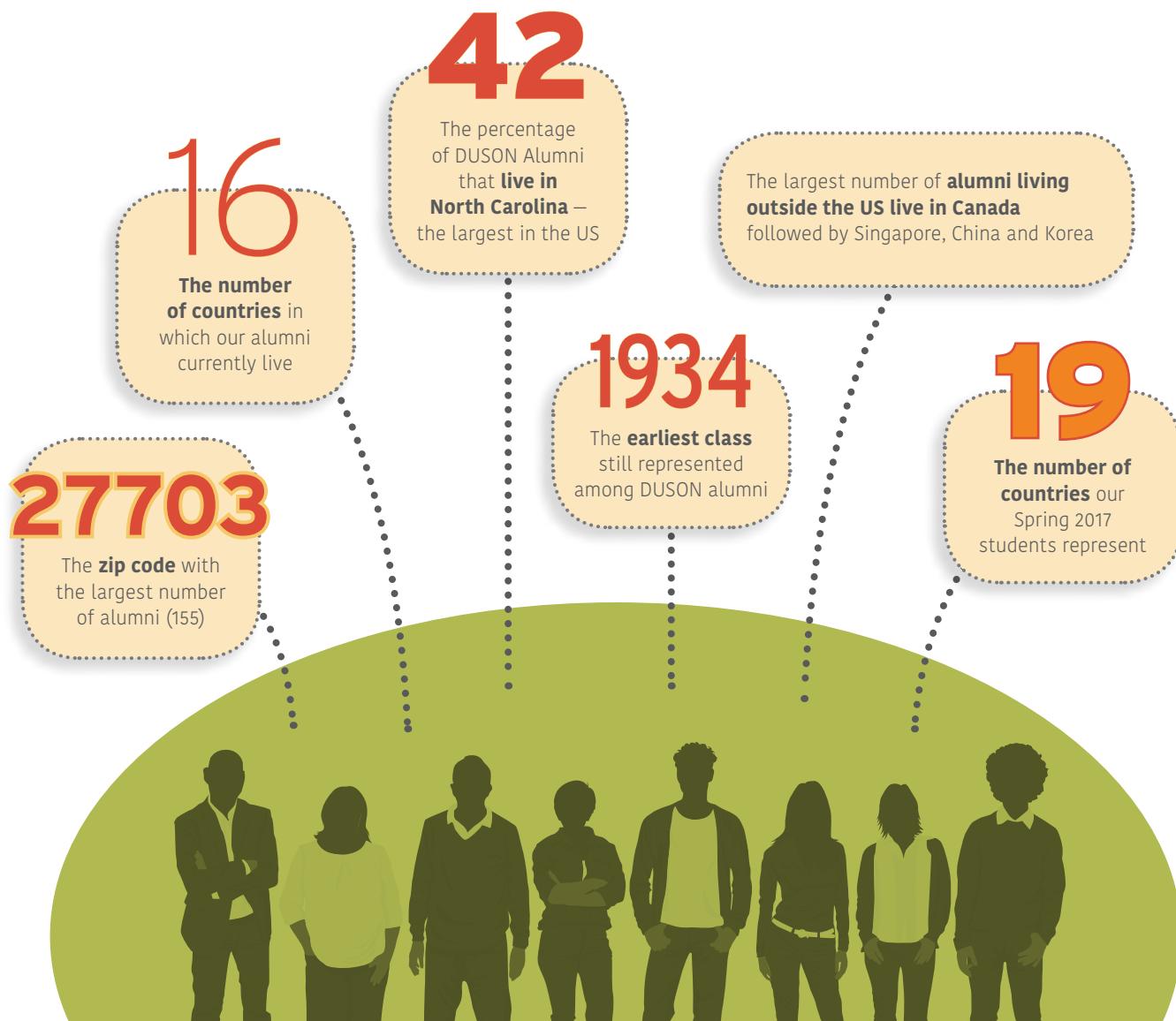
**Caryn Bowden, MSN'03**, of Atkinson, North Carolina, was recently recognized as the Wilmington Health Provider of the Year, making her the first mid-level provider to receive the honor. Bowden has been working as a nurse practitioner with Wilmington Health Pediatrics for the last 11 years and was appointed department chief in 2015. She also serves as a preceptor for

multiple nurse practitioner programs throughout the mid-Atlantic and Southeast. Outside of work, she enjoys playing the organ for her church and working with area youth in various sports activities. The youngest of her three children plays soccer, basketball and softball, which keeps her busy.

## 2010s

**Sara Hubbell, DNP'16**, has consistently worked to advance advanced practice registered nurse (APRN) legislative issues through leadership in the Nurse Practitioner Council of the North Carolina Nurses Association. She is also working on grassroots efforts to reduce barriers to care provided to North Carolinians by nurse practitioners. Hubbell works to build coalitions among

APRN groups to put forward a united strategic plan to help all APRNs advance in the legislative arena. As a result of this work, she will receive the 2017 American Association of Nurse Practitioners (AANP) State Advocate Award at the national AANP conference in Philadelphia in June. She is currently an assistant professor at the University of North Carolina at Chapel Hill and resides with her husband, Brent, and two children in Cary, North Carolina.



# Graduation



CLASS OF 2017





SCHOOL OF NURSING

## School Mourns Loss of Respected Faculty Member

**S**haron Hawks, DNP'10, CRNA, Duke University School of Nursing associate professor and director of the Nurse Anesthesia Program, passed away earlier this year following an extended illness.

Sharon joined the Duke University School of Nursing (DUSON) faculty in 2006 as assistant program director of the Nurse Anesthesia Program (NAP) and was named program director in 2011. Prior to this, she served as a clinical instructor for DUSON and a certified registered nurse anesthetist at



Duke University Medical Center and multiple other hospitals across North Carolina.

Under Sharon's leadership, the Duke NAP rose to #3 in the national rankings in 2017. The Duke program maintained its #3 *U.S. News & World Report* ranking in March of this year with the release of the 2018 rankings. Leading a national trend to move nurse anesthesia preparation from a master's degree to the doctoral level, Sharon also directed that transition in the Duke NAP, one of the first to make this change.

Sharon received her bachelor of science in nursing degree from Radford University, a master of science in nursing degree from the University of North Carolina at Greensboro, certification in nurse anesthesia from the Durham County Hospital of Anesthesia and her doctor of nursing practice (DNP) degree from Duke University School of Nursing. She was recognized both nationally and locally as an expert in teaching and published several peer-reviewed articles as a preeminent educator and clinician.

She was an active member of Sigma Theta Tau, the American Association of Nurse Anesthetists and the North Carolina Association of Nurse



Anesthetists, serving in numerous leadership roles in both of the latter two organizations. Sharon was a gifted teacher, mentor and preceptor. She was devoted to teaching excellence in practice and professionalism to her students.

The entire DUSON community lost a friend and colleague with Sharon's passing. Her strength, courage and dedication will be an inspiration to everyone who had the pleasure of knowing her.

In lieu of flowers, Sharon's family requests that donations in Sharon's name be made to either the American Society for the Prevention of Cruelty to Animals (ASPCA) or the Sharon Hawks and Frank Titch Endowed Scholarship Fund.

Donors to the scholarship fund can make gifts by writing a check to Duke University and noting Hawks/Titch Fund on the memo line. Mail to:

Duke University School of Nursing  
Alumni and Development Records  
Box 90581  
Durham, NC 27708

and the Durham Chapter of the ASCPA.

Donors may also make a credit card gift online at:

<https://www.gifts.duke.edu/dukehealth/?designation=6182621>

## 1940s

Margaret Mallory Merryman, N'41  
Genevieve Sewell Nichols, BSN'43  
Alice Ford Pratt, N'47  
Cora Belle Schumn Sullivan, N'47  
Dorothy Harris Watson, N'47  
Julia Rainwater Logue, BSN'48  
Newlin Ashmore Nevis, BSN'49

## 1950s

Ann Hooker Cherny, N'53  
Wilhelmina Ann Forbes, BSN'56  
Betty Baker Green, N'55  
Julia Glenn Hester, BSN'59, PhD'79  
Eileen Sullivan Lowenbach, N'57, BSN'59  
Corinna Thomas Walker, BSN'50  
Jean Parker West, N'57

## 1960s

Anita Swensen McLeod, BSN'61  
Lois A. Kirkwood, BSN'64  
Jean Evans Gorsuch, BSN'66

## 1970s

Elizabeth Inman Jordan, MSN'77

## 1990s

Lynda Fonte Cunningham, MSN'96

## 2010s

Sharon J. Hawks, DNP'10



### **A Place of Reflection, Community and Honor**

The Champagne Courtyard is named for Dr. Mary Champagne, dean of the School of Nursing from 1991 to 2004. Under her leadership, the School created a number of innovative graduate programs, established an accelerated bachelor's degree program and expanded its interdisciplinary research activities.

The Champagne Courtyard has become a natural gathering place for faculty, staff, students and visitors who want to enjoy a few minutes of relaxation and the beauty of the School and its grounds.

A special feature of the Champagne Courtyard is the engraved stone tiles comprising the patio area. Family and friends can honor alumni both past and present by sponsoring a tile. For more information about honoring a DUSON alumnus with a special courtyard tile, please contact [DUSONalumni@duke.edu](mailto:DUSONalumni@duke.edu).

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DUMC 3322  
307 Trent Drive  
Durham, NC 27710

151-7051



*Congratulations, Class of 2017!*