

SON ALUMNI ASSOCIATION

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ALUMNI CONNECTION

SPRING 2007

SCHOOL OF NURSING NEWSLETTER AND WEBSITE

Hopefully, your education at UAA has helped you realize the benefits of a nursing career and helped you be happy and successful. This newsletter and website (under construction) are for alumni to acknowledge common history and purpose as well as an avenue to continue strong networking relationships that started at UAA.

Have you ever wondered what happened to the student who studied with you for beginning med - surg or the instructor who helped you understand pediatrics? They may be wondering where you are. This alumni newsletter and website is intended to celebrate relationships and experiences in nursing that started at UAA. Everyday, many alumni of the UAA School of Nursing are providing for the health of Alaskans throughout the state, nation, and in other countries. Nurses work in a wide variety of settings and what nurses do is diverse. We all share our education at UAA.

"After retiring as Director of the School of Nursing in September 2004, I spent a few months catching up on long - neglected chores around my house and then began serving in a consultant role to the UAA Practical Nursing Program and have returned to teaching pathophysiology. In addition, I have been serving as a consultant to HRSA on Progress Reviews of grants related to nursing, doing NLNAC accreditation site visits, reviewing manuscripts for the *Journal of Nursing Education*, writing book reviews for *Choice*, and doing some independent research on nursing education issues.



Sammy, a Maine Coon Cat, was a retirement gift from the faculty and staff

But most exciting is that John and I welcomed our first grandchild last September. Born to Julia and Ben, Sam lives in Connecticut - we visit as often as possible and rely on lots of e - mailed photos to keep track of him and his parents."

-Tina DeLapp, Emeritus Professor of Nursing



<http://nursing.uaa.alaska.edu/alumni.cfm>

The Alumni Association is a voluntary organization comprised of graduates of the School of Nursing's AAS, BS, and MS programs. The purposes of the association are to promote the interests of The University of Alaska Anchorage School of Nursing and to foster the professional standards and educational advancement of nursing.



GRADUATE NURSE CREATES NEWSLETTER

I remember sitting in my undergraduate research class some years ago when the instructor quoted the number of registered nurses in the United States as less than 2 million. Currently, there are approximately 3 million nurses. You can view these statistics at the Bureau of Health Professions website's Occupational Outlook Handbook for 2006 - 2007 at www.bhpr.hrsa.gov/.

Three million nurses—that is a large number! I think about the impact and the voice that 3 million nurses have in an ever changing health care environment. While I was in the graduate nursing courses in health care administration at UAA, I was again reminded of the statistics on number of nurses, to include the 6,000 registered nurses who live in Alaska.

I thought about the continuing nursing shortage and the need for nurses to strengthen their communications with other nurses. I thought about networking as a way for nurses to share their voices. The University of Alaska Anchorage, School of Nursing Alumni Association at the same time was seeking to strengthen itself. As many of the nurses in Alaska are graduates of the UAA School of Nursing, I thought about the Alumni Association as a way to keep nurses connected. So, for my graduate degree project, I embarked on a project to help strengthen our sense of community through the UAA, School of Nursing Alumni Association.

My goal is to mail out this alumni newsletter to all of you to stimulate interest in the Alumni Association and to showcase what alumni are doing. I contacted as many recent graduates as I could through email addresses that the School still had. I didn't have everyone's email, so I hope that you will email information on your professional activities to Jessica Salas at anjes@uaa.alaska.edu for inclusion on the alumni website that is under construction. Hope to hear from you.

Soon, the Alumni website will be interactive so that you can post your own information directly on the website, and read about other alumni there. We had some very strong friendships in nursing school, didn't we? Let's stay connected.

Thanks for your interest. - **Dan Doyle, RN, BS**

DID YOU KNOW?

For the MS programs: Many of the graduate core courses are now online. The nurse education track is almost entirely online.



WHERE ARE ALUMNI NOW?

- Linda Masolini - AAS 2004 Alaska Heart Institute RN
- Nicole McCune - BS 2004, Fairbanks Memorial Hospital ICU
- Joshua Meals - AAS 2004 Providence 3W
- Aree Newkirk - AAS 2004 Critical Care in Virginia
- Chris Sanborn - BS 2004, Transitional Care Unit PECC
- Kathryn Sexson - MS, FNP 2004, BS 1996, and in process of achieving doctorate from Oregon Health & Science University.
- Kathryn E. Smith - AAS 2004 Providence ACC
- Tucker Spohr- AAS 2004 PAMC ED
- Jill Swope - Fletcher, RN, BS, CEN, BS 2004; Banner Desert Medical Center, Adult/Pediatrics Emergency Department in Arizona.
- Warren Adams - BS 2005, Employed in mental health, North Star, Anchorage.
- Slade Flitton - BS 2005, Southcentral Foundation, Case manager, home health.
- Sean Foreman - BS 2005, Providence Medical Center 4 - North - Surgery
- Jay Jacobsen - AAS 2005 Bethel 4K
- Brian Morris - BS 2005, Transitional Care Unit PECC
- Ray Stark - AAS 2005 Providence 3W
- Christie Winn - BS 2005, AAS 2001, Providence Adult Critical Care
- Victoria D. Ables - BS 2006, 2nd Lt in United States Air Force at Travis AFB, Fairfield, CA. Specialty: Adult - Pediatric Medical Oncology Unit.
- Angela Clark - BS 2006, VA Clinic, Orthopedic nurse, case management.
- Jessica Eanes AAS 2006, RN at clinic on Kodiak Island.
- Kayla Hoffman - BS 2006, Labor and Delivery, hopefully at Providence.
- Kirsten Larson - BS 2006, Med - Surg at Mat Su Regional Medical Center.
- Karen Loso (Bemben) - BS 2006, ICU at Alaska Native Medical Center.
- Amy Scharpf - BS 2006, now an RN.
- Maureen Silvan - BS 2006, PAMC (internship program on 5N, Medical Oncology unit.
- John Timmons - BS 2006, UAA SON, LPN program. Adjunct faculty.
- Lisa Wahl - Hermosillo - MS FNP 2006. ED at Providence, Anchorage.
- JoAnne Wyatt - AAS 2006 PAMC 5N
- Stephanie Birch - Almost done with MS, FNP . Chief of Women's, Children's and Family Health for State of Alaska, Public Health.

DID YOU KNOW?

- 1971 First Associate Degree Class started
- 1978 Bachelor's program accredited by NLN
- 1981 First Student admitted to UAA SON Master's Program
- 2007 Need for Nursing in Alaska continues to grow!

COMING SOON:

Our alumni webpage will have more information about all your friends and colleagues! <http://nursing.uaa.alaska.edu/alumni.cfm>



WHERE ARE ALUMNI NOW?

(BY DATE OF GRADUATION)

Stacy Allen - BS 1984 Employed as Business Agent with Union Laborers Local 341, transitioned from being a patient advocate to nurse advocate.

Yvette Reynolds - AAS 1982, BS 1985 UAA.

Cathy Cartee (Fedor) AAS 1989 Providence CV OBS

Penny Vasileff - AAS 1989 Former RRANN Director, Retired

Stephanie Friess—BS 1991, ANP 1996 Dept of Veterans Affairs.

Debra A. McAllester (Taurianen) - AAS 1991 Providence OR Clinical Nurse Educator

Mark T. Jonas - AAS 1992 Providence Life Guard

Dave Merwin - AAS 1994 ANMC OR

Rodger W. Lewerenz - AAS 1995 Providence Cath Lab

Cathy McVey - AAS 1996 Alaska Heart Institute Clinical Services Director

Bethany Buchanan - MS, FNP 1997. Employed as an FNP and has a full time busy independent practice.

Karen McClane (Lott) - BS 1998, FNP - Nome, Alaska. Working as a Community Health Aide Trainer in the outpatient clinic and in the Sexual Assault Response Team of the Bering Straits Region.

Bob Swope - BS 1998, Employed in Dillingham, Indian Health Service Hospital in Gerontology.

Mary Kutney (Hofbauer)- MS, FNP 2000, working in Primary care, VA

Ronda Nakoa - BS 2000. Has worked in Pediatrics since graduating. First job was at the outpatient Pediatric clinic at ANMC.

Deborah Hansen - MS, Health Care Administration, 2001. Employed at Alaska Native Medical Center. Director of Maternal Child Health Services.

Harvey Rasar - BS 2001, Employed in Bethel.

Carolyn Wohlers - BS 2002. Almost done with a MS Psych.

Peter Alward - BS 2003 Clinical Director of North Star Residential Center.

Rebecca Bolling - RN to BS 2003. Med/Surg Staff Nurse at Ketchikan General Hospital (KGH).

Joo Han - AAS 2003 Providence 3W

Donna Zeznock - MS, FNP 2003, Alaska Native Medical Center.

Christine Dittrich - BS 2004, AAS 2002 Providence ACC

Annette Burdette - AAS 2004 Alaska Heart Institute RN

Heidi Hurliman - MS, FNP 2004. FNP in women's health at Anchorage Women's Clinic at Providence Hospital.

Karen MacClain - MS, Health Care Administration, 2004; BS 1990, Employed at Alaska Native Medical Center in Risk Management.

If you'd like to be included on the Website, send information to Jessica Salas at anj@uaa.alaska.edu



DO YOU KNOW WHAT A DOULAS DOES?

BY KAYLA HOFFMAN BS, CERTIFIED DOULA (2006)

A doula, Greek for “woman’s servant”, is typically a female, who offers emotional and physical support to a laboring mother and her partner throughout the childbirth process and postpartum period. While she performs no medical interventions, she’s experienced with the physiological process and emotional progression of birth.

The doula goes where the couple has chosen to give birth; at home, a birthing center, or a hospital. A doula will never speak for the couple, but instead advocates for her clients and encourages the couple to take charge of their care while in the birth setting.

Clinical studies have shown a doula’s presence at birth decreased the need for intravenous pain medication, pitocin for labor augmentation, and epidural use. Mothers experienced shorter labors and reported greater satisfaction with the birth process itself and breastfeeding success (DONA, 2007).

DID YOU KNOW?

There are four graduate specialties in the MS Program?

- Psych/Mental Health Nurse Practitioner
- Family Nurse Practitioner
- Health Care Administration
- Education

A NOTE FROM THE DIRECTOR

Jean Ballantyne, Ph.D., RN
Director

Greetings! I am very pleased to have this opportunity to reach out to you through the newsletter of the School of Nursing chapter of the UAA Alumni Association. I speak for the faculty, too, when I say that we are very proud of you and your contributions to the health care of your communities. We hope to strengthen your connection to the School of Nursing, as we revitalize our Alumni Association. I would like 6 to 12 alumni to work with me as committee members. If you are interested, please contact me at 786-4555.





FATHER AND DAUGHTER ALUMNI

BOB SWOPE graduated in 1998 from the BS program at the age of 51. His youngest daughter, **JILL**, an experienced EMT fire medic in Alaska and Antarctica, followed her Dad into the BS nursing program at UAA. Bob and Jill became the first father and daughter graduates of the School of Nursing. Both are members of the honor society, Sigma Theta Tau.



Bob Swope (1998) and his Daughter Jill Fletcher - Swope (2004) in Dresden Germany

Bob's focus is gerontology and palliative care. He was invited to a university in New Zealand last year to guest lecture on the challenges of nursing and palliative care in rural Alaska. Of her Dad, Jill says this was "VERY cool."

Jill works at Banner Desert Medical Center Emergency Department in Arizona, the busiest ED in Arizona. She teaches Trauma Nursing Core Curriculum (TNCC), Advanced Cardiac Life Support (ACLS), and Emergency Nursing Pediatric Course (ENPC), as well as precepting other nurses and paramedic students.

DID YOU KNOW?

For the RN to BS completion: All nursing courses for RN's working on their BS in nursing are now offered in a web based format. All courses can be completed on line in your home community. Credit is given for associate degree and most diploma courses. Check the website and/or email Gail Holtzman, Coordinator at afgmh@uaa.alaska.edu or call the SON for more information at 907-786-4550.



SISTERS: TRAVELING NURSES AT BETHEL YUKON-KUSKOKWIN HOSPITAL

DID YOU KNOW?

There are now eleven associate degree nursing sites in the state of Alaska. Ten of the eleven are outside of Anchorage. So there are now more associate degree nursing students outside of Anchorage than in Anchorage!

PEGGY BYRD, graduated May 2002: internship at Stanford University Hospital in Palo Alto, California in NICU. Six months later, I became a traveler. I have traveled ever since. I have had rotations in NICU, CCU, OB, Pediatrics, MS, and Tele. I came to Bethel, Alaska in January with my sister, Sheila. This was to be a three month assignment. After being in Bethel and enjoying the adventure of this beautiful country, I have decided to go on staff at YKHC in the OB department. I am very thankful for the University of Alaska Anchorage and my nursing degree. UAA has provided the opportunity to travel and experience many avenues of nursing. Graduating from nursing school was one of wisest ventures ever!

SHEILA MEEKS graduated May 1999 with a BS. My husband and I left AK right after Graduation with our three children. I took my NCLEX in California and started my career in CCU at Sutter Memorial in Sacramento CA. I worked as a staff nurse for 3 yrs and than went to work for a travel company. I've been a travel nurse ever since and I love it. I work when I want to and vacation when I want to. My current assignment is in Bethel at YKHC. I'm on a three month contract with my sister Peggy. When I leave here I'm taking two months off. I have a trip planned with my husband to Hawaii and my youngest son is graduating from High School.



Sisters Sheila Meeks (left) and Peggy Bird in Bethel, AK March 2007.