

School of Nursing Honored with AACN Award

The School of Nursing and practice partners Food Bank of Southeastern Virginia and the Sentara Ambulatory Care/Interprofessional Clinic, are recipients of the 2019 American Association of Colleges Nursing (AACN) Exemplary Academic-Practice Partnership Award.

The basis for this award was a re-envisioning of existing academic-practice-community partnerships to expand on assessment and referral services through a student-driven, interprofessional practice clinic (IPC). The IPC is housed within the Sentara Ambulatory Care Clinic that serves uninsured and under-insured individuals who live at 200% or below the poverty line. It is a no-stethoscope clinic aimed at addressing the social determinant of health that lead to health disparities.

The objectives of this model partnership were two-fold: 1) to build the capacity of undergraduate and graduate nursing students to collaborate in interprofessional care settings, and 2) to bridge education gaps to leverage existing community resources to address social determinants of



Featured above from left to right are: Dr. Deborah Trautman (AACN President and Chief Executive Officer), Beth Tremblay (ODU Faculty), Dr. Karen Karlowicz (School of Nursing Chair), Dr. Jamela Martin (ODU Faculty), and Dr. Ann Cary (Chair, AACN Board of Directors)

health and food insecurity. The goal of all practice partners was to improve the health of vulnerable populations through community collaborations and engagement, while familiarizing students with long-term, grassroots community and/or neighborhood efforts regarding health promotion and disease prevention.

The AACN Exemplary Academic-Practice Partnership Award is a wonderful honor for the School of Nursing and faculty members Beth Tremblay and Jamela Martin, who led the effort to create the learning hub. The national recognition is particularly sweet since ODU School of Nursing was in the company of two other nationally ranked nursing programs, University of Cincinnati and Emory University, who also received awards.

Debbie Gray: Fulbright Scholar

Dr. Debbie Gray recently completed a year in Botswana as a recipient of a Core Scholar Fulbright Award.

The Fulbright Program, which aims to increase mutual understanding between the people of the United States and the people of other countries, is the flagship international educational exchange program sponsored by the U.S. government. As a Fulbright recipient and a representative of the United States, Dr. Gray worked as a visiting professor at the University of Botswana in the Advanced Practice Nursing programs with the World Health Organization Center for Nursing and Midwifery to develop telehealth and web-based distance learning that increases outreach, access, and healthcare capacity in Botswana and throughout Africa.

Through an additional Fulbright Regional Grant, Dr. Gray was also able to work with Ministry of Health and Nursing officials, as well as educational leaders from numerous countries in Africa, including Ghana, South Africa, Eswatini, Nigeria, Benin, Tanzania, Kenya, and Zimbabwe, on how to create educational and regulatory foundations and plans to develop the Advanced Practice Nurse role to solve health care issues in their countries.

ODU Student Elected to VSNA Office

Meghan Phillips, senior nursing student, was recently elected as the 2nd Vice President of the Virginia Nursing Students' Association (VSNA) Board of Directors. Her primary role as 2nd Vice President will be to increase membership and participation in the state of Virginia.

Meghan is the ODU Student Nurses Association President (SNA) for 2019-2020. With her leadership, membership in the ODU SNA senior class has more than tripled this year. Nine students from ODU recently attended the VSNA Council of Leaders Leadership Summit at Longwood University and, several of these students are now planning to run for a state board position. This aligns with Meghan's vision to help develop new leaders by getting them involved in a variety of roles that will help develop their leadership skills.

Meghan has also worked with the 2020 VSNA Annual Convention planning committee to organize "Stop the Bleed" training for all attendees. Twelve students and two faculty from ODU will serve as trainers for the "Stop the

...continued



Above: Dr. Debbie Gray, Clinical Associate Professor and Fulbright Scholar



Meghan Phillips, pre-licensure student and VSNA officer



Nonprofit Org
U.S. Postage
PAID
Permit # 49
Norfolk, VA

ODU Nursing

FALL 2019

NEW LOCATION, NEW SPACES WITH ROOM TO GROW

BY MARY WESTBROOK

A landmark expansion in Virginia Beach has set the School of Nursing on track for a bright future.

Ten years ago, faculty members of Old Dominion University's School of Nursing had a series of riddles to solve.

How could they take high-performing programs filled with passionate students and instructors and position these at the center of regional health care partnerships, without losing the intimate community they'd spent decades cultivating? How should they best prepare students for lasting careers as compassionate health care providers in the face of unprecedented change and new technologies? What could they be doing to empower students to become resilient, lifelong learners and thought leaders?

And... how could they do all of that while maintaining educational excellence, increasing enrollments, encouraging faculty scholarship, and supporting a true research agenda to elevate the institutional and national profile of the School of Nursing?

"We were at a turning point," said Karen Karlowicz, chair of the School of Nursing. "Our programs were growing and curricular content was increasingly technology-focused. We wanted to be able to offer more resources and opportunities to our students and more support to our faculty, but we faced real challenges in terms of physical space limitations and the ability of our faculty to

teach across degree programs. We knew we needed to make some thoughtful — and pretty significant — changes to create the future we wanted."

Today, that bright future is unfolding, thanks to the support of President John Broderick and Provost Austin Agho who approved the 2,200 square foot School of Nursing expansion at ODU Virginia Beach Center in 2018 — an expansion that allowed enrollment in the pre-licensure program to increase from 64 to 80 students. The expanded space also situates the school's programs under one roof, allowing students and faculty to more closely collaborate and to leverage the latest technological advancements in health care education, including state-of-the-art simulation tools and assessment areas, lab space and telehealth training, shared common areas for study and community-building — and much more.

The expansion, which is part of a phase I University initiative to cluster degree and certificate programs with a health care focus in Virginia Beach, means the ODU's School of Nursing is better situated to build on relationships within the University and with key health care partners in the region, including the City of Virginia Beach, Sentara Princess Anne, Operation Smile and LifeNet, all of which are located within minutes of ODU Virginia Beach Center, said Karlowicz. Such partnerships give students more opportu-

...continued

IN MEMORIAM

Kerianne A. Barnes - BSN '83

Elaine Katherine Bush - BSN '86

Philip J. Duffy - BSN '77

Calvin C. Eckrote - BSN '82

Delphine Everhart - DNP '13

Lona H. Jeter - MSN '80

Amy L. Kohler - BSN '96

Bennie L. Montgomery - BSN '97

Eda B. Moreno - MSN '05; DNP '17

Marilyn Prosser Reeves - BSN '01

Dinah J. Saunders - BSN '78, MSN '82

Micah A. Scott - BSN, '90

Julie A. Tilson - BSN '98

Marsha B. Wright - BSN '83

News, continued

Bleed" training event. Another event spearheaded by Meghan is the annual SNA "Be the Match" bone marrow drive, which this year was extended across the entire ODU campus. The event added 130 new members to the bone marrow registry, more than triple the number added to the registry in previous years. Congratulations to Meghan, and her SNA colleagues at ODU for their exemplary leadership and service!

School of Nursing Receives \$1.4 Million HRSA Grant

The School of Nursing received funding for a Health Resources and Services (HRSA) grant for more than \$1.4 million that is designed to educate a veteran-focused, primary-care workforce. The three-year grant is titled "Veterans Education and Training as Primary Care Registered Nurses (VET-PRN)."

The goal of this project, started in fall 2019, is to recruit military veterans to the prelicensure BSN program and prepare them to work in primary care settings upon graduation. To that end, the project supports curricular modifications that will thread primary care content throughout the Bachelor of Science in Nursing (BSN) curriculum, as well as establish new academic-practice partnerships with primary care clinics to facilitate student clinical learning with veteran/underserved populations.

Lynn Wiles, associate professor, serves as the project's director and Jamela Martin, assistant professor, serves as co-director. Other faculty collaborators on the project include Janice Hawkins, senior lecturer and academic advisor; Karen Higgins, clinical assistant professor and primary care coordinator; and, Beth Tremblay, lecturer and community health coordinator.

Seated (left to right) are Lynn Wiles, Beth Tremblay, and Karen Higgins; Standing are Jamela Martin and Janice Hawkins.



Students practicing CPR in the Simulation Training Assessment Room (STAR-ICU)

nities to experience different career paths, strengthen the bond between ODU and leading health care providers and help to elevate the level of care provided by graduates of the school's programs.

"This expansion has been an all-around win, benefiting students, faculty, the university and our broader community," she explained.

A New Space — and New Opportunities

Expanding the School of Nursing programs at ODU Virginia Beach Center required some out-of-the box thinking — and some elbow grease.

Prior to the fall 2018 semester, the university converted 10 classrooms into instructional, assessment and office spaces, distinct areas that included a 10-bed general skills hospital ward, 13 physical assessment training rooms, two telehealth/teleconference rooms, two Simulation Training Assessment Rooms (STAR-ICU), one mother-baby room, and offices to accommodate 35 faculty members and associated staff. Other standout features include the fully furnished home health care suite, and a seven-station review center (where faculty can remotely evaluate students perform skills).

To make the expansion possible, ODU negotiated with Norfolk State University, another ODU partner, on a major space swap that allocated nearly an entire wing of the facility to the School of Nursing. The swap, which encompassed more than 3,800 square feet, including 21 classrooms and offices, allows for closer communication between the School of Nursing and Nurse Anesthesia Graduate Program — which are now located on the same floor at ODU Virginia Beach Center.

The result, say faculty and staff, is a new professional home that makes their own work more streamlined, efficient and, often, more enjoyable.

Linda Bennington, a maternal-child instructor who has worked at ODU for 18 years, said one of the biggest improvements offered by the expansion is the site's dedicated mother-baby space.

Before the shift to ODU Virginia Beach Center, accessing critical tools could be challenging logistically. Now, such resources have a permanent home — and that's a big deal for students, who benefit directly from such advanced simulations. A good example, she said, is Noelle, a simula-

tor that realistically represents a pregnant woman and her baby. Students can remove a top panel along the simulator's stomach to examine how the baby contorts itself in the womb.

"I remember working as a nurse and having a hard time imagining the position the baby might be," Bennington explained. "The simulation gives students the ability to see the different positions a baby can get into — positions that might complicate birth."

The experience of simulation "just gives them a better concept of what to expect," she added. "I love it when students come back to me after clinical and say, 'It happened just like you said it would.' Simulation helps make that outcome possible."

That's the kind of feedback that Renée Olander, associate vice president of regional higher education centers, finds so encouraging. "The university has made great gains in the quality of training health care professionals in the region



Above: Prelicensure student practices tracheotomy care with instructor Cheryl Honeycutt in the general skills lab.

because of the investment in this facility," said Olander. "We have a top-notch program, and now it really has more space to grow."

Pathways to Progress

Karen Higgins, the director of ODU's Family Nurse Practitioner Program, said the new site also offers advantages for graduate students.

"The big plus is having everything in one place," said

Higgins, a 1991 graduate of the ODU Nursing School, who began teaching at the university in 2006. "All of our lectures are here now in the same building, right alongside the lab space."

Other advantages include the site's assessment rooms, created to evoke the look and feel of a doctor's office (complete with furniture and artwork), which provide a place for undergraduates and graduate students to learn and practice. Instructors also can monitor students in real-time during assessments, an advancement that David Figgs, a health care simulation technology specialist, calls "outstanding."

"All of the technology we're utilizing brings more fidelity to the student experience," said Figgs, who has been at ODU for seven years. "This is as real as you can get before you go into the real world."



Above: A view of the new Simulation Training Assessment Room from the desk of the control room where mannequin function and responses are coordinated.

In addition, the expansion has allowed ODU to play a more central role in regional student training. Before the expansion, ODU nursing students traveled to EVMS to work with standardized patients. With the extra square footage at ODU Virginia Beach Center, ODU can now host those trainings, making it easier for ODU students to engage and solidifying ODU's position as a leader in regional health care training.

Like Higgins, Howard Goodwin, DNAP, CRNA, CHSA, director of Technology and Simulation, noted that having "everything under one roof makes it so much easier to be available to each other and support each other."

"Because of the expansion, we have much better resource utilization," Goodwin said. "It's a highly functional and specialized space, and one that truly allows for fully immersive learning opportunities."

Figgs agreed and noted that all of the advancements help underline a central goal of the School of Nursing: to prepare students for meaningful, in-demand careers in health care.

"People are so passionate here about what they do," he said. "It's inspiring. Making it easier for everyone to communicate and collaborate under one roof has been such a good thing."

A Place to Chart Futures

Nursing school students say the expansion has improved their overall experience and opened their eyes to new ways of thinking, learning and moving into their professional careers.

"The Virginia Beach facility allows the students of the nursing program to be fully immersed in the program," said Allison Whatley Tasso, a first-year student and 2003 graduate of the Naval Academy who worked as a nuclear engineer before applying to the School of Nursing. "The ODU Virginia Beach Center gives us access to our own Learning Commons, greater access to faculty and staff, and state-of-the-art simulation equipment. When I first visited the School, I was very excited to be in a new facility and grateful to be able to attend a university that obviously strongly values their nursing program."

Tasso also appreciates the hands-on lab space. "As a physical/kinesthetic learner, I find the lab really reinforces what is taught in the lecture and helps me learn by being able to put theory and lecture material into practice," she explained.

Amanda Stamenkovich, a senior who will graduate in May 2020, said she loves that the expanded space is "100 percent ours."

"We have so much more skills space, and I especially like the assessment labs," she explained. "The ability to go in there with a partner and practice is really important. Having the rooms look and feel like a real doctor's office just gets you in the right headspace and preps us to provide compassionate care in the real world."

MARK YOUR CALENDAR

The School of Nursing will be hosting a 2020 Year of the Nurse Celebration on **Wednesday, March 4, 2020** from **4:30-7:30 pm** to welcome home graduates to explore and experience the expanded space.

Experience our new clinical simulation and telehealth facilities including the escape room activity that teaches pharmacology concepts to undergraduate students.

Watch your email for more information on this event.

In Conversation with

Ingrid K. Mahoney, MSN, APRN, FNP-C, LCDR, NC, USNR

No one can ever accuse Ingrid Mahoney of not following her passions — or of resting on her laurels.

Mahoney earned a Bachelor of Science in Nursing with a minor in Military Leadership Studies from ODU in May 2006. At the time, she was also a member of ODU's Naval Reserve Officers Training Corps (NROTC). She received her commission as an ensign in the U.S. Navy upon graduation.

Since September 2019, Mahoney has worked in the School of Nursing as the Veterans Education and Training as Primary Care Registered Nurses (VET-PRN) partnership liaison. In that role, she recruits veteran students to the pre-licensure BSN program and serves as a liaison between students and clinical partners.

Her current position and her experience with ODU give her a unique perspective about the School's expansion at ODU Virginia Beach Center and her own drive to provide care and help to others:

What's your favorite feature of the expansion?

"The simulation lab and equipment are state of the art! These spaces allow students to begin honing their clinical skills and assessments prior to beginning their clinical rotations. I was most impressed by the home health simulation area, a novel idea that encourages students to think critically about how to deliver care in a setting where the typical hospital equipment and resources are not available."

How does the expansion at ODU Virginia Beach Center compare with facilities that you had access to while earning your undergraduate degree?

"When I graduated in 2006, we only had lectures held at ODU Virginia Beach Center, and the simulation center was still at the Norfolk campus. At the time, the building we used on the main campus was in need of renovation. In contrast, ODU Virginia Beach Center today now has a clear focus on the future of medicine, including telehealth. The space helps prepare nurses who are most likely digital natives to provide care in an ever-changing and advancing technology-focused health care system."

What keeps you motivated?

"Simply put, to help others. It is an honor to be with patients during some of their most difficult moments and to provide a sense of reassurance and compassion. Patients might not remember your name, but they will remember how you made them feel. Choosing to enter the nursing profession has been the best decision I have ever made. Nursing has allowed me continuous growth, both personally and professionally, and has instilled in me a love for lifelong learning."



Ingrid Mahoney

LEARNING ADVOCACY THROUGH SHOT@LIFE

As a Pediatric Nurse Practitioner, Lukia DeWitt Beverly, ODU Doctor of Nursing Practice student, has been an advocate of vaccinations for children for the past 20 years. While her expertise has focused primarily on protecting children in the United States (US), she has new awareness of the impact of vaccinating children globally that she hopes to incorporate into her DNP research project. Recently, she participated in the United Nations (UN) Foundation Shot@Life program, which has broadened her lens as a provider and nursing leader. Through a generous travel grant, Lukia was able to participate in an advocacy leadership program provided by the UN Foundation in Washington, D.C. There she gained the skills and knowledge to be an effective advocate to promote funding for global health.

One-and-a-half million children die each year from vaccine-preventable diseases. Unfortunately, disease does not discriminate. Eradicating vaccine preventable disease worldwide is a top priority to ensure national health safety and security. Unvaccinated children disproportionately live in fragile countries and one in five children around the world still lack access to basic childhood vaccines. Recent work as an advocate for Shot@Life has expanded Lukia's view on global vaccination outreach and engagement in new ways. By promoting access to existing vaccines within and beyond the U.S. borders, a child's life can be saved every 20 seconds. Such efforts can even have an impact on children in Virginia. For every \$1 spent on childhood immunizations, the world sees \$44 in economic benefits. Funding for global vaccine programs is significantly less than 1% of the total US federal budget.

"I have seen firsthand how nurse leaders can engage with community, national and global partners to improve the lives of children. I am grateful to my wonderful mentor, Dr. Janice Hawkins, for introducing me to this amazing program," said Lukia DeWitt Beverly. Faculty mentoring of students in population health programs, such as Shot@Life, is a stellar example of the School's efforts to engage with our global community and, educate students on how individual advocacy contributes to the power of the collective voice to effect change.



DNP student, Lukia Beverly in Washington

TOP NEW RESOURCES

There's so much to see at ODU Virginia Beach Center. Here are some of the highlights of the School of Nursing's 2,200-foot expansion:

- 10-bed hospital ward
- 13 physical assessment training rooms
- 2 Simulation Training Assessment Rooms (STAR-ICU)
- 1 mother-baby room (with a neonatal intensive care space)
- 1 fully furnished home care suite
- 1 seven-station computer review center
- Offices to accommodate 35 faculty members and associated staff