

# MS Program in Nursing Alumni Newsletter



## HIGHLIGHTS:

- Publications Authored by Nursing Faculty
- News from the PhD Program
- Meet the Faculty
- Precepting Opportunities
- Meet our Alumni
- Other Faculty News

## Welcome to the first Alumni Newsletter of the Master's Program in Nursing

Greetings and best wishes for a peaceful, healthy, and satisfying year in 2007. We are pleased to be sending you our first attempt at an alumnae newsletter. We hope our future newsletters will contain information about our alumnae and look forward to hearing from you about information you would like to share with the graduates of our MS and certificate programs. I am pleased to be able to update you about our program offerings and the work of some of our faculty and students.

We are happy to announce a full 10 year accreditation of our MS and BS programs in Nursing by the CCNE (our nursing accrediting body) which was announced in October 2006. We are presently developing a proposal that must be approved by the Board of Higher Education in Nursing that will allow us to offer a bridge DNP program for nurse practitioners who would like to pursue the higher academic degree. More information will be shared with you as the program gets finalized and if the approval process goes smoothly we would like to begin accepting students for fall 2008. Having said this, we realize that it is infrequent that all moves smoothly so our date of admission may need to be changed. Many of you have contacted me about interest in a DNP program, and I will keep you informed of our progress and curriculum plan as more information is available.

We have also developed an 18 credit post Masters Adult Psychiatric/ Mental Health Nursing Certificate for nurse practitioners or clinical nurse specialists who would like to be certified as a psychiatric/ mental health nursing clinical nurse specialist or nurse practitioner. Admission for this certificate begins in January and our target for accepting students is for January 2008.

The proposal has been approved at several university levels and will be seeking final approval from the Faculty Senate in Feb 2007.

Interest in our MS programs is strong and we thank all of you for your efforts and referrals of potential students. It is our alumnae who are our best recruiters and your efforts allow us to maintain a quality nursing program with an excellent student body with diverse backgrounds and experiences.

We are looking forward to an anniversary dinner that will be held on May 18, 2007 to celebrate our 35<sup>th</sup> anniversary of the BS program and 30<sup>th</sup> anniversary of the MS program at the University. You will be receiving more information soon, but we hope to see all of you there and expect that it will be a wonderful social event.

Most importantly we want this newsletter to be your newsletter. Please keep us updated of events and news that will be of interest to other alumnae and graduate nursing students. We will also be sending you details of news related to faculty, the program, and students in the program. Please forward any news/suggestions to [Pauline\\_Beaulieu@uml.edu](mailto:Pauline_Beaulieu@uml.edu) for inclusion in future newsletters.

We are looking forward to involving you, as alumnae, in future Department activities, and to actively engage you in our future development. Please continue to maintain your contact with the Department by keeping your emails and addresses current. Please also forward any changes to [Pauline\\_Beaulieu@uml.edu](mailto:Pauline_Beaulieu@uml.edu). I hope you enjoy reading this first MS Program Alumnae Newsletter.

Susan Crocker Houde, Director  
MS and Certificate Programs in Nursing

## Publications Authored by Nursing Faculty



We would like to present a brief overview of recent publications by faculty members of the Department of Nursing. Please submit any publications or presentations you have been involved with so that they can be reviewed in our newsletter.

### Publications Authored by Nursing Faculty.

**Rosa, K. (2006). A process model of healing and personal transformation in persons with chronic skin wounds. *Nursing Science Quarterly*, 19(4), 349-358.**

Dr. Rosa joined the nursing faculty several years ago and teaches in the family and gerontological nursing programs. Using Newmans' theoretical framework Dr. Rosa explores the life patterns manifested by persons experiencing chronic skin wounds. This research included ten men and eight women who had suffered with chronic skin wounds for a year or more. Newmans' model is used to explore a deeper self awareness of the past, enabling understanding for future change. Participants were able to gain new insight and make new choices which resulted in improved outcomes in wound healing. This research has important implications for the advanced practice nurse-patient relationship.

**Reece, S. M. & Harkless, G. E. (2006). Perimenopausal health self-efficacy among Hispanic Caribbean and non-Hispanic white women. *Health Care for Women International*, 27, 223-237.**

Prof. Reece who teaches the Social, Cultural and Policy Issues in Health Care course, as well as family health content, co-authored an article with a colleague from the University of New Hampshire. This interesting cross-cultural research study examines perimenopausal health self-efficacy of Latinas and non-Hispanic white women. Professors Reece and Harkless explore the self-efficacy beliefs relative to the menopausal transition of 147 women ages 40-60 in the Northeast utilizing the PHS-ES, an instrument they

developed based on Albert Bandura's social learning theory. Although self-efficacy scores were similar for both groups, subtle differences in perimenopausal self-efficacy existed between them. This research highlights the need to address both access to health care and health promotion for Hispanic women. In summary, the need for more culturally sensitive community education is imperative to meet the health needs of different groups and to provide for a fair equitable distribution of health care.

**Futrell, M. & Melillo, K.D. (2005). Gerontological nurse practitioners: Implications for the future. *Journal of Gerontological Nursing*, 31(4), 19-24.**

This article is coauthored by the retired chairperson of the Nursing Department and pioneer in gerontological nursing, Dr. May Futrell and our current Chair Dr. Karen Devereaux Melillo. The article highlights the evolving role of the gerontological nurse practitioner, with particular reference to UML being the vanguard of the masters' degree granting programs.

**Remington, R. Abdallah, L. Melillo, K.D. , & Flanagan, J. (2006). Managing problem behaviors associated with dementia. *Rehabilitation Nursing*, 31(5), 186-191.**

Dr. Remington assists in the Advanced Health Assessment laboratory and Dr. Abdallah teaches Theoretical Foundations of Nursing in the MS program. Dr. Flanagan is a colleague who previously taught in the nursing program at UML. This article reviews the origin and underlying causes of problem behaviors associated with dementia. Valuable information is presented to assist the nurse in recognizing and managing these behaviors, thereby improving the quality of life of the older adult. An overview of several non-pharmacological modalities is presented as an alternative means to reduce the likelihood of physical and pharmacological restraints.



**Reece, S. (2006). The 3<sup>rd</sup> National Family History Initiative: Thanksgiving 2006. *The Nurse Practitioner*, 31(11), 57-59.**

Dr. Reece concisely reviews the critical role of the family history as a component of the health history. This short communication provides an overview of the family history including a schematic of a genogram. This article provides helpful information about conducting an effective family history for nurse practitioners.

**Houde, S., Gautam, R., & Kai, I. (2007). Long-term care insurance in Japan: Implications for US Long-term care policy. *Journal of Gerontological Nursing*, 33 (1), 7-13.**

This article was written by Dr. Houde with colleagues from the University of Tokyo. A review of kaigo hoken, the long term care insurance program for older adults in Japan, is described, as well as recent revisions to the program. A comparison to the long term care payer system in the US is presented, as well as a discussion of the implications for US policy based on what has been learned in Japan

**Several books have been edited by Department of Nursing faculty.**

**Houde, S.C. (Ed.) (2007). *Vision loss in older adults*. New York: Springer Publishing Company.**

This book provides easy reading and concise and scholarly information on age-related vision loss. It educates the professional nurse on age-related macular degeneration, cataracts, glaucoma, and diabetic retinopathy. Professor Houde has carefully edited the book and necessary information required for health promotion, disease prevention and recognition of the psychosocial impact of vision loss on patients and families is presented. This book furnishes the practitioner with a valuable foundation to successfully manage and mobilize the resources required to care for the older adult with vision problems.

**Melillo, K. D. & Houde, S.C. (Eds.) (2005). *Geropsychiatric and mental health nursing*. Sudbury, MA: Jones & Bartlett Publishers.**

Professors Melillo and Houde present a comprehensive guide to evaluation, diagnosis, psychopharmacology and behavioral strategies targeting the older adult with mental health problems. The book includes evidenced based practice for psychiatric conditions and incorporates social cultural and policy perspectives.

**Books Highlighting UML Alumnae in Gerontological Nursing**

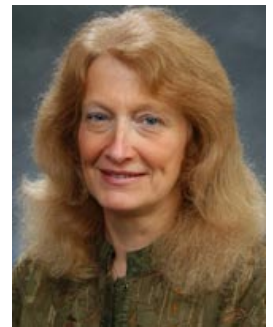
A book written by a pioneer in gerontological nursing, Priscilla Ebersole and her colleague, features four alumnae of the MS program in gerontological nursing as leaders in geriatric nursing today. The book also features Dr. May Futrell as a pioneer in gerontological nursing:

**Ebersole, P. & Touhy, T., A. (2006). *Geriatric Nursing: Growth of a specialty*. New York: Springer Publishing Company.**

The growth of gerontological nursing is described in this book and highlights several prominent leaders as instrumental in the growth of the specialty. These include:-

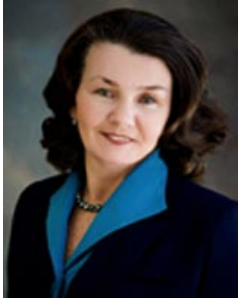
Dr. May Futrell, retired chairperson of the Department of Nursing at UML, describes her greatest contribution to the specialty as her role in planning, implementation and evaluation of the masters level gerontological nurse practitioner program at the University of Lowell. This was the first of its kind in the United States and became the template for numerous others.

Professor Susan Crocker Houde, Director of the Masters Program at UML, is recognized for her multiple publications, books and research enhancing the lives of the older adult. Professor Houde has also been instrumental in the development of legislation benefiting the role of the nurse practitioner in nursing homes.



Dr. Susan Crocker Houde

*Director of the MS  
Nursing Program at  
UMass Lowell*



Dr. Karen Devereaux Melillo

*Professor & Chair  
Dept. of Nursing  
at UML.*

Professor Karen Devereaux Melillo is the current chairperson of UML Nursing Department and author of more than 50 peer reviewed publications. Professor Melillo has received numerous awards for her outstanding contribution to the welfare of the older adult.

Dr Diane Feeney Mahoney is a graduate of UML gerontological nursing program and established her own managed health center that reaches out to medically underserved adults. Dr. Mahoney is recognized nationally and internationally as a pioneer in the emerging field of gerontechnology.

Dr. Marianne Matzo, also a graduate of the Gerontology MS program, has been a significant contributor to the specialty of palliative and end of life care. She has co- edited two text books on palliative care and has been named to occupy the first funded endowed chair in palliative care in the United States.

#### **News from the PhD Program**

The PhD program would like to congratulate Dr Catherine Yetter Read, a graduate of U.Mass Lowell PhD program. Dr. Yetter Read received a promotion to the position of Associate Dean of the undergraduate program, Connell School of Nursing at Boston College.

#### **Meet the Faculty**

This column will provide some information about faculty, especially newer faculty who you may not know as well.

**Professor Todd Hultman** was born in Pittsburg Pennsylvania into a family of many nurses. He obtained his undergraduate degree in 1984 in Psychology at the College of William and Mary, Williamsburg, VA and received an M.Ed and PhD in School Psychology from the University of North Carolina, Chapel Hill. Initially, Todd worked as a psychologist with handicapped children and their families. Todd always knew he would eventually go into nursing and in 2004 received his MSN in acute care advanced practice nursing at MGH Institute of Health Professions. Influenced by Virginia Henderson's writings on how to promote a peaceful death, Todd became

interested in end-of-life issues and palliative care. He later went on to become board certified in this area and was fortunate to meet Dame Cicely Saunders and receive training at St. Christopher Hospice in London. Todd has been working as a hospice nurse practitioner in the North Shore for the past few years and has worked as an adjunct faculty in psych for many years. He feels teaching at the University is a way to give back to the community and very much enjoys lecturing. Todd has brought the end-of- life/palliative care nursing graduate certificate into existence and is very excited about this new endeavor. In the course, Palliative and End-of-Life Nursing Care, he brings together both the art and science of nursing. His teaching methodology is grounded in a holistic perspective. In a recent editorial written by Erin Hardiman, student editorial assistant of ID news, Todd explains the value of poetry in aesthetic learning within end-of-life care which reaches beyond technical learning. This graduate certificate is currently the only masters' certificate of its kind in Massachusetts. Todd is the current president and founder member of the local chapter of the Hospice and Palliative Nurses Association and he was privileged to speak at the 2006 annual assembly of HPNA, which was held in Nashville, Tennessee. His future goals include the development of a summer institute for gerontology and end-of-life care at UML which would benefit the local nursing community. Current research includes symptom management in end- of- life for which he, along with three other professors, have been awarded a grant to collect objective data on end-of- life sleep disorders.

**Professor Geoffrey McEnany** was born in Boston, Massachusetts and lived in the area until graduating from MGH School of Nursing in 1979 as a diploma RN. Geoff lived in California for 20 years and obtained his BSN from the University of San Francisco in 1981. He received his MS in psychiatric nursing and PhD in nursing from the University of California, San Francisco. From 1995-1997 he pursued a post doctoral fellowship (NIH) with a focus on sleep.



Dr. Todd Hultman

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For many years Geoff worked in clinical practice in the only nurse run psychiatric practice in the city of San Francisco. He continues to work part-time in a private practice in Boston and feels this connection is an important piece, which has a significant impact on his professional life as an educator. He has an extensive background in teaching, having taught at the University of California, MGH Institute of Health Professions and currently here at UMass Lowell. Geoff has published well over 40 journal articles and has served on numerous editorial boards. Geoff has been the worthy recipient of many awards that include the 1995 Award for Excellence in Research (APNA) and the 2002 Diamond Award for Excellence in Practice and Service from Harvard Vanguard Medical Associates. He volunteers his time for the Milton Medical Brigade that responds to public health needs in the community. He credits his greatest accomplishment to his work and education of other disciplines around his specialty in sleep disorders. Future plans include the formation of a structured educational program on sleep disorders and chronobiology for psychiatric nurses and other interdisciplinary professionals to include educators. Geoff feels it is important for advanced practice clinicians to maintain a balance between the art and science of nursing. These unique qualities differentiate us from the medical model; the concern for the individual experience has far outreaching benefits that reflect within our practice to treat the person as a whole. Professor McEnany currently teaches undergraduates within the psychiatric specialty and Clinical Psychopharmacology on campus and online within the graduate program.

**Professor Lisa Abdallah** was born in Lawrence Massachusetts and attended Fitchburg State College, where she obtained a B.S. in nursing in 1982. In 1993 Lisa received an M.S in Nursing Administration/Gerontological Nursing from the University of Massachusetts, Boston and in 2003 received a PhD in Nursing. Her academic experience includes teaching health assessment and physical examination at the University of Massachusetts, Boston, where she was also the Coordinator of the Nursing

Learning Resource Center.

Lisa has taught at UMass Lowell since 2003 and teaches both in the undergraduate and graduate nursing programs. For over 6 years Lisa has volunteered on the Lawrence Branch Board of Directors for the Merrimack Valley YMCA, three years of which was in the Chair position. In this role she has helped to raise money to support Lawrence residents' participation in a variety of YMCA programs that they otherwise could not have afforded to participate in. While serving on this board she has witnessed the development of many after school support programs for the teens in Lawrence and the benefits that such programs offer. Together with the Lawrence Mayors' Health Task Force, the YMCA, YWCA and UMass Lowell faculty, Lisa helped to organize an assembly of teen programs this past October and plans for continued efforts relating to teen issues in Lawrence are being planned. Lisa will be working with the task force on health. In addition to this she is most excited about her upcoming collaboration with the new Lawrence High School initiative; this will involve a unique partnership with UMass Lowell's School of Health and Environment and the Lawrence High School for Health and Human Service. This opportunity for collaboration between UMass Lowell faculty and Lawrence High School teachers is just one of the innovative approaches to improving the quality of education in Lawrence.

Lisa has received numerous awards that include the John Hartford Institute for Geriatric Nursing Research Summer Scholar at New York University, N.Y. and the 2004 Excellence in Teaching Award from UMass Lowell Department of Nursing. Lisa has published many articles in peer reviewed journals. She has recently submitted a proposal along with other faculty "Bring Diversity to Nursing" grant which if funded would support initiatives for pre-entry activities in middle and high schools in Lawrence and Lowell; it would also support retention activities and provide scholarship funding in the Department of Nursing. Her research interests are quality of care for the elderly and systems of care delivery in long term care. Lisa's is also working on a study on dehydration in the community. Lisa feels one of her greatest



Dr. Geoff McEnany

*Future plans include forming an educational program on sleep disorders.*



Dr. Lisa Abdallah

*She has submitted a grant proposal along with other faculty "Bring Diversity to Nursing"*

accomplishments was obtaining her PhD, while working full time and raising a family. She has little time for hobbies; however she does love to sing and in earlier days belonged to a band. Her most enjoyable past time is her family and she appreciates any time she can spend with them.

**Thanks to Tracy Ramos**, MS Student in gerontological nursing for her book and article reviews and interviews with faculty.

### Meet our Alumnae?

Can we feature you in a future newsletter? Please contact [Susan\\_Houde@uml.edu](mailto:Susan_Houde@uml.edu) if you would like to be interviewed for a future newsletter. We would like to share with our alumnae, university, and nursing community the wonderful work and contributions of our alumnae. Please consider this. Interviews will be scheduled at a place and time convenient for you, including over the phone if preferred.

### Preceptoring Opportunity

Did you know that you can count preceptoring hours toward your reaccreditation? Did you realize that serving as a preceptor provides you with a voucher for tuition toward a course at the university? This can be used to update your knowledge related to Clinical Psychopharmacology, Geropsychiatric and Mental Health Nursing, Palliative and End of Life Nursing Care, or any doctoral course. We have recently developed courses in each of these areas that will be excellent courses for recertification hours as well. If you are considering PhD study, the voucher may be used to help defray costs of trying a PhD level course and can also be used toward a course in the DNP program. Presently the Evaluation Research course is offered some semesters and has its focus on Program Evaluation. This will be a required course in the DNP program. Please consider precepting for our MS level students. We want our students to have the best possible clinical experience and know that an experience with our own alumnae is as good as it can get! Please contact [Susan\\_Houde@uml.edu](mailto:Susan_Houde@uml.edu) or call 978- 934-4426 if you would like to talk to a faculty member about being a preceptor. We have

a newly published Preceptor Manual for first time preceptors and we would be happy to talk to you further about this opportunity.

### Other Faculty News

**Dr. Geoff McEnany** has been a recent co-editor of the October 2006 issue of the Journal of the American Psychiatric Nurses Association which focused on sleep and nursing science within the specialty of psychiatric nursing. He has also written the guest editorial and published an article within the issue. He has spoken at The Annual meeting of the American Psychiatric Nurses Association and the 12<sup>th</sup> Annual Midwest Regional Psychiatric Nurses Association conference in 2006.

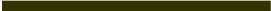
**Dr. Lin Zhan**, the Director of the PhD program, spent time in China during summer 2006 and provided lectures at the Shanghai 2<sup>nd</sup> Military Medical University School of Nursing, the Lu Hau Hospital, Southern Medical University, Jihing Medical Teaching Hospital, and Shandong Medical University. The Nursing Department was also well represented at the Annual American Public Health Association conference held in November.

**Drs. Melillo, Koren, Mawn** presented several papers based on their work with the PHASE study which was a funded 5-year study that examined health and safety issues in the health care workplace, and **Dr. Chalupka** presented her research from Project SHARRP. **Dr. Morgan**, who was on sabbatical fall 2006 semester, has been busy writing and submitting articles for publication. She has presented several papers related to chemical dependency and substance abuse at the International Nurses Society on Addictions, Sigma Theta Tau, and the American Psychiatric Nurses Association.

### Suggestions?

We would be happy to consider any suggestions for future newsletters and columns. Please send any suggestions to [Pauline\\_Beaulieu@uml.edu](mailto:Pauline_Beaulieu@uml.edu). Pauline is our new Administrative Assistant for the Department and who is responsible for the design of this newsletter. I would like to thank her for all her help making this first newsletter look like a newsletter.

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*See us at:*

**[http://www.uml.edu/college/she/Nursing/mas\\_deg.html](http://www.uml.edu/college/she/Nursing/mas_deg.html)**

