

January 1, 2008
Volume 2, Issue 1

MS Program in Nursing Alumni Newsletter



HIGHLIGHTS:

- Meet our Director of Clinical Resources
- Precepting Opportunities
- Nursing Reunion
- Alumni Updates
- News from the PhD Program
- Meet the Faculty
- Other Faculty News

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

Best wishes for a healthy and happy year in 2008. Our second Alumni Newsletter brings you information about nursing faculty and the latest news about the graduates and activities of the MS Program in the Department of Nursing. As you all may know by now the University of Massachusetts has a new Chancellor, Marty Meehan and is currently undergoing a search for a new Provost. Here begins a new era in the life of UMass Lowell and we are feeling very positively about the potential for growth of the University, its programs, and the Department of Nursing.

We are saddened by the decision by Dr. Todd Hultman to return to practice as a palliative and end-of-life care nurse practitioner at MGH. He will be greatly missed at UML, but has agreed to continue teaching as an adjunct faculty member. We are presently undergoing a search to fill his position with someone who has psychiatric experience as well as a search for other full-time tenure track and clinical track positions for the BS, MS, PhD and proposed DNP programs. We are pleased at being awarded some new faculty positions which were severely needed with our growing programs. Certainly we would appreciate your spreading the word about these open positions in the Department. Please contact Karen_Melillo@uml.edu if you are interested in applying. Review of applications is presently underway.

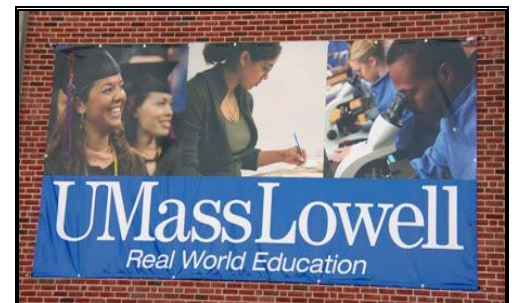
Many of you participated in our Anniversary Dinner celebration last May. It was wonderful to see so many of you there and I hope you enjoyed the evening as much as I did. To hear about your many accomplishments as graduates of the MS program is one of the greatest satisfactions of this position and of being a faculty

member at UML for so many years. Best wishes to you for continued success and personal satisfaction in your positions.

We continue to have many inquiries about our MS and Graduate certificate programs. We appreciate your referrals and efforts to inform other nurses about the UML programs. Our student body continues to grow with a noticeable increased interest in our adult psychiatric/mental health nursing MS and post MS certificate program. There is also a great deal of interest in the Palliative and End-of-Life Nursing certificate. The gerontological nurse practitioner specialty enrollments have climbed over the past 2 years and we are pleased that this specialty has resumed strong enrollment patterns. Thanks for your efforts to inform others about our programs. Your support has been instrumental in our continued success.

I would like to thank Erica Markey, MS student, and Pauline Beaulieu, Administrative Assistant, for their assistance in producing this newsletter. I hope you enjoy this second edition of the Alumni newsletter and reading about our faculty, program, and alumni.

Susan Crocker Houde, Director
MS and Certificate Programs in Nursing



Meet our Director of Clinical Resources



Pat DeAmicis

Director of Clinical Resources Patricia DeAmicis

Patricia DeAmicis has been the Director of Clinical Resources at the University of Massachusetts Lowell for the past 7 years. Pat is a native of Massachusetts and has a BS from Fitchburg State College and an MSN (teaching track) from Boston College. Pat's unique background as a former educator in both the classroom and clinical setting, has brought the wealth of knowledge and experience required to secure successful placements for students and faculty.

Pat's service area for sites extends from Newburyport in the north to Worcester and Boston. She negotiates contracts with over 200 agencies. On behalf of the University, she is part of a Centralized Clinical Placement task force in Massachusetts, which is comprised of hospitals and schools of nursing in the North Central Massachusetts area. This initiative is sponsored by the MA Board of Higher Education to promote easier access to placements in nursing.

Some of the challenges Pat has identified include finding appropriate clinical group placements and individual preceptor placements for the 60 to 70 graduating seniors. The specialty placements are also a challenge because of the small number available and the high competition for these sites. Pat feels that one of the most important aspects of her job is the relationship she has made with the various agencies over the years by maintaining effective communication between the university and agencies. She also feels that it is important to put a face to a contact and prioritizes attending annual agency meetings whenever possible. One of Pat's most important goals is to foster a good working relationship with the community that supports the students at UMass Lowell.



Weed Hall

Pat attributes the success of obtaining quality clinical placements to the outstanding reputation of the nursing department. She feels the students' performance, faculty expertise, stability and relationship with the site is instrumental in the success of the program.

In addition to the responsibilities of securing placement, Pat provides the agencies with health and professional documentation requirements for students and faculty prior to each clinical rotation. Pat also assists the Nursing Department with the preparation of a preceptor/agency report for the Board of Registration in Nursing.

When asked about the rewarding aspects of her job, Pat reveals she feels a great sense of accomplishment when she has successfully completed liaison between faculty, students and placement. This feeling is reinforced when students and faculty make a point to thank her for being instrumental in setting up a successful placement.

Pat DeAmicis balances her job responsibilities with careful planning and organizational skills along with an exercise routine and important family time. She has an admirable enthusiasm for her job, students and life in general. Pat has an amenable personality, is accessible to both students and faculty and works to facilitate a positive experience for all involved within the clinical placement process.

Precepting

Please consider precepting one of our MS level students. You may contact Patricia_DeAmicis@uml.edu if you are interested and either she or a faculty member will contact you with the details. We are always interested in having UML graduates serve as preceptors and with our growing numbers of students in practicum experiences, our need for additional preceptors is acute. Precepting hours can be counted toward recertification and a tuition voucher is awarded for those of you interested in taking further courses!

Nursing Alumni Reunion 35 Years of Nursing Excellence

On Friday May 18, 2007 more than 200 faculty, friends and alumni gathered at the Vesper Country Club to celebrate 35 years of nursing education at UML. Dr. Karen Melillo, current Chair of the Department, Dr. May Futrell, retired Chair of the Department, and Dr. Jan Stecchi, retired Dean of the College of Health Professions and past Chair of the Department of Nursing addressed the dinner audience and reminisced about the history of the Department of Nursing and discussed future directions of the Department. A slide show of the history of the program was ongoing throughout the evening and many alumni and faculty saw pictures of themselves through the years at UML. It was a wonderful evening for all...



Dr. May Futrell



*Dr. Jan Stecchi
Dr. Karen Devereaux Melillo*

MS Alumni Planning Group

A planning group has commenced meeting in January to plan for future events for nursing alumni of the MS and certificate programs at UML. If you are interested in participating on the Alumni Planning Group, please contact [Pauline Beaulieu](mailto:Pauline.Beaulieu@uml.edu).

[Pauline Beaulieu@uml.edu](mailto:Pauline.Beaulieu@uml.edu). If you have any ideas about future alumni activities and do not wish to join this group, please let Pauline know about your ideas. It is our goal to have regular alumni activities and we hope for your continued involvement.

Alumni Updates

Cassandra Cavanaugh is practicing at Southern NH Medical Center as a Pre-Admission/Anesthesia NP.

Peter Amari Jr. was asked to become adjunct faculty at Northern Essex Community College as a clinical instructor in the RN program after graduating from UMass Lowell in 2004. He has taught at Holy Family Hospital on the psychiatric units for the past 3 years and thoroughly enjoys the experience. In addition, Peter has worked as a prescriber at Amesbury Psychiatric Center for about a year and also conducts physical exams.

Lorraine Schwartz has worked as a GNP in the Gerontological Program at Fallon Clinic for the past 7 years. She has moved to Rhode Island and is entering her 2nd year as lead faculty, Assistant Clinical Professor at the University of RI, Gerontological NP Program.

Jane Cooper moved to her husbands' family home in Bryn Mawr, Pennsylvania. She is building their retirement home in South Carolina. She is working per diem in many agencies; the flexibility allows her the freedom to enjoy seeing her children and grandchildren more frequently.

Mary Ellen Smith currently works in her own private practice, in addition to working part time at Boston Medical Centers' psychiatric emergency services.

Danielle Mahoney (Carroll) Danielle is practicing as a Cosmetic Dermatology Nurse Practitioner. She has recently joined the Dermatology Nurses Association, New England Chapter. Danielle got married in June of 2006 and moved to North Chelmsford with her husband.

Elizabeth Moore has completed the Harvard Vanguard Fellowship which she found to be a wonderful experience. She has also worked at Tufts University as an alcohol and drug counselor.

Elizabeth had a private practice for Christian counseling services through New Life Ministries. She is currently working at Marlborough Hospital on an inpatient unit. Elizabeth got married in 2005 and has 3 children.

Jeanine E. Marrocco started a 40 hour a week position as NP in Harvard Vanguard's Complex Chronic Care Program (formerly CHF) Program. She has been married to Rick for 30 years and has 3 children; Ricky (21) who is working, Nicole (18) who is a freshman at Boston University studying anthropology, and Michelle (16) who is a sophomore at DHS.

Eileen Allosso is a Nurse Practitioner at Lahey Clinic in Burlington in the Neurology Department. She provides care for patients with neurological issues and is the coordinator of the stroke program.

Maribel Ortiz has published an article: Staying Alive: A Suicide Overview. In the December 2006 issue of the Journal of Psychosocial Nursing and Mental Health.

Sue Ramsley graduated from the Adult Psychiatric/Mental Health NP/CNS Program in 2006 and thoroughly enjoyed her fellowship experience at Harvard Vanguard, Wellesley. She has her own private practice (psychotherapy and pharmacotherapy) under her name in Natick; her professional motto is: Embracing New Health.

Jennifer Ciccore Smith works full time as NP at Northwestern, Chicago, IL in the division of Hematology and Oncology. Her primary focus is the treatment of breast cancer and HIV related malignancies.

Kristina (Colon) Gilardi has been a full time NP at Suffolk County House of Corrections for 3 ½ years. She recently started a new part time job at Sturdy Memorial Hospital in Attleboro, MA in the Emergency Care Center. She is a preceptor for UMass Worcester Graduate School of Nursing.

Joanna Peatfield is a CNE graduated, 2006 from Framingham State College, MSCIS, computer information systems 2006 University of Phoenix. Joanna is currently pursuing a Doctorate in Education from Walden University. She is Co-chair of the Maynard Medical Reserve Corps.

Jacqueline Cvinar has published an article: Do Suicide Survivors Suffer Social Stigma: A Review of the Literature in the January 2005 issue of Perspectives in Psychiatric Care.

Amy DeSilva in the past year, traveled with Partners in Development to San Antonio Guatemala to provide care to women in a village. The first week the team performed pelvic exams and screening, diabetic foot care, and family planning. The second week was devoted to Prenatal Screening. The first clinic had a mud floor with in a leaky house; the second clinic was deluxe with real exam rooms and will soon have running water. Amy states that it has been an experience of a lifetime, very rewarding and a great way to use her family skills.

Anne Duggan graduated from UML in 1999 and worked in family medicine for 6 years. More recently she has worked part time at UMass Dartmouth, teaching physical assessment in the Undergraduate and RN to BSN Program.

Angela M. Hurley is working as NP in a newly created position in Occupational Health at MGH, responsible for infectious disease issues.

Kevin Whitney was named the new Vice President of Patient Care Services and Chief Nursing Officer at Emerson Hospital in Concord, MA in June. He is a member of the UML Nursing Advisory Board.

Amy (Ranieri) McCarron is a 2005 graduate from the FNP Program. She married in August, is living in Andover, and is working in Wilmington at Rheumatology and Internal Medicine.

Laurie Kennedy-Malone graduated from the UMass Lowell GNP Program in 1982 and has since received her PhD. She works at the University of North Carolina at Greensboro as nurse educator and serves as the Program Director of the Adult/Gerontological NP Program. She has been successful in obtaining funding from the HRSA for the NP Program. She has recently been nominated by her peers and awarded the Geriatric Nursing Faculty Champion Award.

News from the PhD Program

The PhD program would like to congratulate Dr Catherine Yetter Read, a graduate of UMass 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.



Dr. Betty Morgan

Her interests include substance abuse & chemical dependency, HIV/AIDS, pain management, & end of life issues

Meet the Faculty of The MS Program in Nursing

Betty D. Morgan was born in Connecticut and received her diploma in nursing from the Grace-New Haven School of Nursing in New Haven, CT and her MSN in Psychiatric Mental Health Nursing from Yale University. In 2003, she obtained her PhD in nursing from the William F. Connell School of Nursing at Boston College. Betty's close relationship with her aunt, a Perinatal Nurse Specialist, was an influence for her nursing career; along with having been a patient herself in her twenties after a motor-vehicle accident.

A proud moment for Betty was when she was able to present her dissertation, *Knowing How to Play the Game: Hospitalized Substance Abusers' Strategies for Obtaining Pain Relief*, to her aunt and fellow co-workers.

She states that she received her MSN for "professional development" and her PhD for "personal stimulation and intellectual development". As a Psychiatric/Mental Health Clinical Nurse Specialist her areas of interest involve substance abuse and chemical dependency, HIV/AIDS, pain management, diagnostics and treatments, end-of-life care issues, and counseling. Her research interests include chronic illness (HIV and Hepatitis C), pain management, substance abuse and mental health issues, and support for nurses and other health care workers caring for "disenfranchised" patient populations. Betty's most recent publication as first author is a 2007 collaborative effort with Dr. Todd Hultman and Dr. Lin Zhan.

The articles' focus is on end-of-life care and provides a case analysis of an HIV patient. Betty's current research is case study focused on Palliative Care literature reviews and also on substance abuse patients; she is presently awaiting publication acceptance.

Betty is active in a variety of organizations, she feels that she is able to gain something from each one and through joining organizations it assists in "nurturing oneself".

Her memberships include the Graduate Policy and Affairs Committee (GPAC), faculty advisor for the Graduate Student Organization (GSO), American Society of Pain Management Nurses (ASPMN), Nurses United for Responsible Service (NURS), Association of Nurses in AIDS Care (ANAC), Hospice and Palliative Nurses Association (HPNA), Greater Lowell Mental Health Association, and advisor for the Eta Omega chapter of Sigma Theta Tau. Betty has been faculty at UMass Lowell since 2002 and also maintains a community-based practice providing care to HIV patients with substance and mental health issues.

She states that it is challenging as a Psychiatric CNS to "stay on top of information about my specialties of interest" but that she "loves the intersection of physical health and mental illness".

As Assistant Professor, Betty's challenges are time management and keeping students interested through modes of creative teaching such as literature review, movies, and music.

Betty has received many honors and awards. The award that has meant the most to her was from the Association of Nurses in AIDS Care, HIV Doctoral Fellowship in 1998. Her future plans include follow up studies on nursing difficulties in substance abusers with pain and collaborative research involving palliative care and terminal agitation. When asked what advice she could offer future advanced practice nurses, Betty enthusiastically replied "follow your passion and stay interested in learning more and remain open to new experiences".

Margaret M. Knight was born and raised in Massachusetts and received both her AS and BS in nursing from Northeastern University. She went on to obtain her MS from the William F. Connell School of Nursing at Boston College in 1980 and her PhD from the University of Rhode Island in 2000. Her influence to become a nurse came from the experiences of working in hospitals and nursing homes while in high school. Peggy's specialty is Psychiatric Mental Health Nursing and her dissertation work focused on cognitive function and food preparation ability in chronic schizophrenia. Peggy has an extensive background in teaching, having taught at MGH Institute of Health Professions, Worcester State College, UMass Worcester Medical Center Department of Psychiatry, UMass Worcester Graduate School of Nursing, Regis College, and currently here at UMass Lowell since September of 2006. She has recently presented two papers at the 21st Annual Conference of the American Psychiatric Nurses Association in Kissimmee, FL; "Identifying Patterns of Escalation: A Novel Approach to Care" and "Sensory Stimulation Interventions: Managing Psychiatric Symptoms". Peggy states that the purpose of the two papers is to "help people to think about psychiatric behaviors differently. Behavior is multidimensional and we need to understand where the behavior comes from and not just what it is". Both papers are to be submitted for publication.

In January, *Issues in Mental Health Nursing* (will publish Peggy's paper titled: "Depression in Homebound Elders".)

As a Clinical Nurse Specialist, Peggy feels that the best work experience she has endured was as part of a leadership team through UMass Worcester Medical School to improve and assure higher quality of care at Worcester State Hospital. From such work, she was able to assist in obtaining full accreditation for Worcester State Hospital and feels the experience was "very rewarding and I grew as a nurse". When working within the culture of psychiatry and psychiatric nursing Peggy believes, "You need to be flexible. What you do and what you practice are guidelines and you have to be open to alternatives of treatment and care".

Through Virginia Henderson's theoretical framework, Peggy feels that basic nursing is essential and that this can be done through a patient's self-determination in order to facilitate quality of life or wellness. As Assistant Professor, Peggy finds it difficult sometimes with larger class sizes to "meet the students where they are at, to identify what the students understand and what they are able to grasp". She always attempts to make the students feel enthusiastic about course material. Her suggestions for future advanced practice nurses are to "be open-minded and flexible with the knowledge you gain and problems you are confronted with. Consider the personal and life history of the people you meet. Try to get under their skin". Peggy is the Secretary of the New England Chapter of the American Psychiatric Nurse's Association (APNA), a member of the Eastern Nursing Research Society, and member of the Eta Omega Chapter of Sigma Theta Tau. In 2007, Peggy received the Nancy M. Valentine Excellence in Leadership Award which was presented by the APNA. In recognition of outstanding performance and commitment to excellence she has received the Partners in Excellence Award presented by Partners Healthcare Systems in both 2000 and 2006. Peggy is attracted to UMass Lowell because she wants to become a more experienced researcher. She wants to apply research and methodologies to practice problems. She also plans to work on intervention research in psychiatric populations.



Dr. Peggy Knight

Recipient of the Nancy M. Valentine Excellence in Leadership Award in 2007.



The Allen House

Katherine Rosa was born and raised in Massachusetts and received her BS in nursing from Northeastern University. She received her MS from the Family Nurse Practitioner Program at UMass Lowell in 1985 and went on to receive her PhD from the William F. Connell School of Nursing at Boston College in 2004. Katherine's interest in nursing initially came from and was encouraged by a biology teacher she had in high school whom she assisted with research on sickle cells. She was also able to explore helping people through illness by working as a nurse's aide in a nursing home. Her doctoral thesis is titled: Research as praxis: Health as expanding consciousness and persons living with lower extremity chronic skin wounds. Katherine states that "receiving my doctorate was transformational", she really wanted to be involved in creating knowledge and that "nursing science can make a difference in the lives of patients". Since 1987 Katherine worked as a part-time clinical instructor for UML until she became full-time faculty as an Assistant Professor four years ago. As Assistant Professor, she has been teaching Family NP courses, along with BSN Program practicum.

Katherine's most recent article she is writing explores pregnant Cambodian women living in the United States. Her current research project is attempting to fill a community need in Lowell to understand the experiences of pregnant Cambodian women from a day to day perspective through Margaret Newman's theoretical framework of health as expanding consciousness. Katherine seeks to speak with individual women about what is important to them and what has meaning to them in their lives with the hopes of increasing their willingness to obtain healthcare. As a Family NP she has enjoyed helping individual families with illness and/ or situations confronting them; along with the partnership of giving healthcare advice and seeing the patient use the advice or the need to change the plan of care if they do not follow through with the advice given. As Assistant Professor teaching adult primary care to FNP and GNP students as well as co-teaching Family Health I, Katherine feels it can be challenging due to the overwhelming quantity of course content.

Katherine's aim is to "take the tremendous amount of information and make it manageable so that the students are successful, and I feel privileged to be a part of that process". Katherine has many professional memberships including the International Association for Human Caring, Association for the Advancement of Wound Care (AAWC), Nurse Healers-Professional Associates International, and the Eta Omega Chapter of Sigma Theta Tau. In 2006 she received The Young Award from the AAWC, an international and multidisciplinary organization composed of podiatrists, vascular surgeons, and nurses, for her dissertation work on wound care. Katherine has been certified as a Therapeutic Touch Practitioner for twenty years. She first became intrigued by TT in 1980 when she read an article in the American Journal of Nursing written by Dr. Dolores Krieger a colleague of Dr. Dora Kunz the pioneers of Therapeutic Touch. She has studied personally with Dora and Dolores and found it "awe inspiring to have met and learned from those who had created it and to have heard their first hand experiences of TT". Katherine offers TT to ill individuals and their family members, teaches workshops, and mentors TT practitioners. When asked what her future career goals would be Katherine answered, "To have one more day of research, to have more time in the day to devote to research. Waiting to see what comes out of my research study, to see with pregnant Cambodian women what are their values, what is important to them, and what is going on in their lives".

Other Faculty News

Geoffrey Phillips McEnany has been busy with publications and presentations. Publications include: "Advances in the management of psychotic disorders: Optimizing patient outcomes". *Journal of the American Psychiatric Nurses Association*, 13(S5), 5. and "Pharmacologic strategies and associated challenges in the long term treatment of schizophrenia". *Journal of the American Psychiatric Nurses Association*, 13(S5), 6-15 both published in 2007. He has also been speaking widely in recent months on his specialty topic "Sleep", including the following presentations:



Dr. Katherine Rosa

Dr. Rosa is a certified Therapeutic Touch Practitioner who studied with Dr. Dora Kunz & Dr. Dolores Krieger.

"No Time to Slumber: An Online Learning Opportunity for Psychiatric Nurses in Sleep and Chronobiology". 39th Biennium, Sigma Theta Tau International, Baltimore MD, 4 November 2007.

"Trends in Excellence in Gerontological Nursing". Kennebunkport, ME. 13th Annual Conference for Gerontological Nurses, 21 September 2007.

"Sleep Dysregulation in Psychiatric Patients: Critical Concepts for Nursing". 21st Annual Meeting of the American Psychiatric Nurses Association.

Kissimmee, Florida, 3 October 2007.

"Sleep & Chronobiology for Psychiatric Nurses: Launching the Online Course for Psychiatric Nurses". 21st Annual Meeting of the American Psychiatric Nurses Association. Kissimmee, Florida, 5 October 2007.

"Sleep & Women's Health: Critical Review of Recent Research Findings". Annual meeting of the Nurse Practitioners in Women's Health. Philadelphia, PA, 10 October 2007.

"Sleep & Psychiatric Illness: Nursing at the Interface". Eastern Massachusetts Nursing Collaborative Nursing Symposium. Braintree, MA, 16 October 2007.

Betty Morgan has a recent publication titled: "Difficult to Manage HIV/AIDS Clients with psychiatric illness and substance abuse problems: A collaborative practice with psychiatric advanced practice nurses," *Journal of the Association of Nurses in AIDS Care*, 18 (6), 77-84.

Recent presentations include: "Managing Pain in the Chemically Addicted Patient." *Advocacy & Addictions Nursing: Influencing Policy and Practice*: 31st Annual Conference International Nurses Society on Addictions, Washington DC. October 13, 2007, and "Dilemmas in Care: Managing Difficult Patients with Co-morbid Psychiatric and Chemical Dependency Issues." Reflecting on Our Past, Envisioning our Future-20th Anniversary, Association of Nurses in AIDS Care, Orlando, FL. November 9, 2007.

Lisa Abdallah was the Keynote Speaker for the Eta Omega Chapter, Sigma Theta Tau International, Induction, November 5, 2007. Her presentation was entitled: "Making a Difference through Service"

Karen Melillo, (PI), **J. Dowling** (Co-PI), and **L. Abdallah**, **M. Findeisen**, **M. Knight** (Co-Investigators) and **L. Zhan** (Consultant), have received notice of funding from the Massachusetts Department of Public Health, Reduction in Racial and Ethnic Health Disparities: Workforce Development grant for the project entitled, "Bring Diversity to Nursing (BDN): Educational Opportunities for Minority Students," November 12, 2007 to June 30, 2010, in the amount of \$183,024.

Margaret Knight has had the following accepted for presentation:

Two papers accepted for presentation at the 21st American psychiatric Nurses Association Convention October 3-6, 2007 in Kissamee, Florida

"Identifying Patterns of Escalation: A Novel Approach to care"

"Sensory Stimulation Interventions: Managing Psychiatric Symptoms"

Lisa Abdallah, **Susan Houde**, **Karen Devereaux Melillo**, **Ruth Remington** and **Lin Zhan** presented a poster at the Gerontological Society of America's 60th Annual Scientific Meeting, San Francisco, CA, for November 17-20th, 2007, "Dehydration Reduction in the Community Dwelling Older Adult"

Susan Houde, and 2 alumni **Sharon LeFebvre**, and **Mary Ellen Powers**, and a PhD student from the University of Tokyo, Ramraj Gautam, presented the poster. "Effectiveness of Psychoeducational and Technological Interventions for Family Caregivers: A Gender Analysis", to the Gerontological Society of America 60th Annual Scientific Meeting.



Palliative Care: Part of Our Professional Heritage

By Todd Hultman

What makes palliative care nursing interesting is that it is a recent concept that represents a near timeless aspect of quality nursing care. The term palliative care nursing is arguably a little more than 25 years old, in its infancy relative to other nursing specialties. And while palliative care nursing has yet to be explicitly defined, palliative care has come to mean care that improves quality of life for patients and families in the context of advanced disease. The focus of palliative care is on prevention and relief of suffering. Perhaps this concept looks familiar.

The antiquity of this concept is evident in the formation of *hospitias*, traveler's rests founded in the Middle Ages where religious pilgrims could receive care of the body, mind and spirit. Over time, these religiously affiliated rest stops became centers for the care of the sick and dying. Caregivers in these settings continued the holistic practices established over the prior centuries. It is known that Florence Nightingale had communication with the Irish Sisters of Charity who operated a longstanding *hospitia* in Dublin. Readers of "Notes on Nursing" may recognize these early holistic care concepts in Nightingale's writing.

The terms *hospitia* and hospice share a common origin. In this case, it is *hospes*, a Latin term meaning both host and guest, conveying a sense of mutual caring. While *hospitias* served as hospices for centuries, the modern hospice movement emerged in the middle of the last century as a result of the determined advocacy of Dame Cicely Saunders, a woman who started in health care as a staff nurse in St George's Hospital, London. It was her dream to establish a system where patients could die with peace, dignity, and feel cared for on their terms. Saint Christopher's Hospice, founded by Saunders in the early 1960's, remains the benchmark of quality hospice care in both Europe and North America. Florence Wald, former Dean of Nursing at Yale University, can rightfully be given credit for bringing Saunders' concepts of care of the dying to this continent.

The term palliative care emerged in the early 1980's from this recent hospice movement. The holistic care concepts developed in hospices over the prior decades had significant application beyond care of people approaching end of life. Patients who were coping with both terminal and chronic diseases while still pursuing curative treatment were also able to benefit from this type of care. Nurses at this time recognized that palliative care conceptually represented the roots of nursing before the advent of modern medical technology.

The future of palliative care nursing appears quite interesting. It is possible that hospice nursing, the early backbone of palliative care nursing, may emerge as a minority within the specialty. Nurses in high tech environments such as ICU's and emergency departments are slowly incorporating this model of care into their nursing practice. Nurses in less acute settings are adding palliative care nursing credentials to their RN in increasing numbers.

What was old is now new, again. The Department of Nursing at UMass Lowell is proud to maintain the tradition of palliative care nursing with its graduate certificate in Palliative and End of Life Nursing Care. For further information please contact Susan Houde, Ph. D., APRN-BC, MS Program Director, at Susan_Houde@uml.edu.



35 Years of Nursing Excellence!