

marquette NURSE

THE MAGAZINE FOR MARQUETTE UNIVERSITY
COLLEGE OF NURSING | 2021



ABOVE AND BEYOND A CALL TO CARE

*A global pandemic highlights
the relevance and strength of
the Marquette Nurse.*

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MARQUETTE NURSE
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dean's message

Janet Wessel Krejci, Ph.D., RN, NEA-BC
Dean, Marquette University College of Nursing

2020 was designated the Year of the Nurse and Midwife, and what a year it has been! "Unprecedented" is certainly accurate — the global COVID-19 pandemic tested the mettle of our students, faculty and staff, just as it tested each of us to rise to the challenges of the day. We were all required to be different and do things differently. You, our alums, will be proud of how we did just that. As you will see in this edition, our alumni and students have been leaders on the front lines as they battle the pandemic.

Despite the challenges of the last year, we were able to stay focused and drive our strategic plan, which builds on our past successes so Marquette Nurses will Be The Difference in an even bigger way. We have brought a steely eyed focus on preparing students to advocate for vulnerable humans, be champions of social justice, live *cura personalis* and be recognized as leaders in whatever role they practice.

Our plan will deepen support for innovative teaching, so we will be known nationally as a leader, providing the strong theory, simulation and clinical instruction that positions our graduates to be in high demand. We have launched several efforts to advance equity, inclusion and diversity, including embedding a nurse faculty-in-residence in a neighborhood school and holding workshops for faculty and students on topics such as anti-racism and implicit bias. We have partnered with our Near West Side Partners to conduct community-engaged research that will benefit the community and provide research experiences for all students. You will read about a fabulous alumnus from Project BEYOND-2, our federally funded grant that has been supporting students from diverse backgrounds for more than 10 years.

In addition, we are planning strategic and careful growth of our undergraduate program to meet the societal need and increase access to a Marquette Nurse. We are looking forward to a future renovation of Straz Hall, which offers more than double the space of Clark Hall. A state-of-the-art facility, including wraparound academic support for students, will take us to the next level.

As you will read, we have been deeply blessed by a historic gift from Darren and Terry Jackson, who believe in our mission and have supported us to move to new heights with their time, talent and treasure. Our future is bright! Join us on this journey and share in the excitement of this new chapter in preparing the Marquette Nurse.

Students, faculty and staff are so thankful for your passionate support, which ensures that we will not just survive but thrive into the future!

Marquette Blessings!

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IGNATIANT MOMENT

Drawing on Chris Lowney's unique background as a former Jesuit seminarian who later served as a managing director at JP Morgan, *Heroic Leadership* paints a new vision of who leaders are and how they live. In his book, Lowney articulates four pillars of great leadership: Leaders are self-aware, heroic, ingenious and loving. That is, they know themselves deeply, live for "heroic" purposes greater than self, adapt confidently to a rapidly changing world, and respect the dignity and potential of those around them.



MARQUETTE NURSES ON THE FRONT LINE

Heroes — this is what they look like. Our Marquette Nurses continue to courageously serve during a global pandemic. Here are a few on-the-job moments of our alumni leading the way, submitted via social media. Thank you, Marquette Nurses, for being the difference for so many!

“2020 REALLY REMINDED US TO BE MEN AND WOMEN FOR OTHERS AS MU NURSES.”
Katie Kroll, Nurs '19

“I CALLED ON THE RESILIENCE I GAINED DURING MY TIME AS A MARQUETTE NURSING STUDENT TO HELP ME TAKE CARE OF MYSELF AND BE THERE FOR MY PEERS AS WE ALL STRUGGLED THROUGH THE UNKNOWN.”
Maddie Dineen, Nurs '18

“I AM SO GRATEFUL FOR MY TIME AT MARQUETTE (WHERE) I WAS INTRODUCED TO THE FAITH-BASED NURSING PRACTICE THAT I CONTINUE TO GROW WITH EVERY SHIFT I WORK.”
Kate O'Shea, Nurs '18

“MARQUETTE HAS TAUGHT ME TO BE COMFORTABLE WITH THE UNCOMFORTABLE, TRUST MY GUT, TAKE A LOOK AT THE FULL PICTURE, ANALYZE TRENDS, AND TO TREAT EVERY PATIENT AS THE INDIVIDUAL PERSON THEY ARE.”
Monica Kaminski, Nurs '19

1 Sara Diaz, Nurs '19, **2** Eilish Mulvey, Nurs '17 (left), **3** Ryan Schafer, Nurs '15, **4** Amanda Cady, Nurs '15, **5** Dr. Tamiah Wright, Nurs '14, **6** Erin Brauer, Nurs '15, **7** Justyna Przychocka, Grad '20, **8** Regina Rubio, Nurs '14; Nicole Obos, Nurs '17; Natasha Todd, Nurs '15; Cami Sculthorpe, Nurs '19, **9** Kaitlyn Kimball, Grad '19, **10** Matt Vatanatunyakum, Nurs '17, **11** Kristin Rafferty, Nurs '16, **12** Betsy Januskeski, Nurs '16, Grad '20, **13** Shannon Schooler, Nurs '17, **14** Sarah Gorczany, Nurs '18, **15** Allie Comes, Nurs '17; Monique Gray, Nurs '17, **16** Erika Weeden, Nurs '16, **17** Kristina Hagstrom, Nurs '15, **18** Emily Freundl, Nurs '17, **19** Erica Frazier, Grad '17, **20** Maddie Dineen, Nurs '18, **21** Hanna Coene, Nurs '19, **22** Monica Kaminski, Nurs '19

Inspiring Giving

Alumni couple support the college with a \$31 million gift to boost its bold plans for health care innovation, enrollment growth and diversification.

“We believe.”

That’s the faith-filled sentiment of alumni Darren and Terry Jackson who fortified the College of Nursing’s strategic vision for the future with a transformational \$31 million gift this February. The college’s largest gift ever received speaks to the Jacksons’ conviction in the college’s strategic plan, which includes significantly growing the number of Marquette Nurses around the world — an objective underscored by a global pandemic.

“We believe in the mission of Marquette. That mission of Marquette has touched all of us. That is what we are investing in,” says Darren Jackson, Bus Ad ’86, former Board of Trustees chair. “We are investing in leadership.”

Terry (Hall) Jackson, Nurs ’87, who leads the College of Nursing’s campaign committee, described how the Marquette Nurse embodies the Jesuit principle of *cura personalis*, demonstrates courageous leadership and answers a calling.

“Our country has been through a real challenge over the past year,”

she says. “Not only with the COVID crisis, but in the economic crisis and in the cries for social justice. Our goal is to help Marquette answer the call.”

The College of Nursing’s leadership team, working alongside the Jacksons over the past year, has shaped a strategic plan to meet the pressing need to develop future nurse leaders. (Details of the strategic plan’s six big ideas can be found on p. 18.)

“As we persist through the pandemic and work to address racial injustices to decrease health disparities, we see significant opportunity to increase the enrollment, retention and graduation rates for our underrepresented students and deepen all of our students’ understanding and competencies of how to support, empower and engage all patients,” says Dean Janet Wessel Krejci.

The Jacksons’ gift launches a strategic initiatives fund that will invest in emerging health care innovation, including telehealth education; provide enhanced

wraparound academic advising support; and form a new teaching academy to counter faculty shortages. It will also expand scholarship opportunities for students, with a focus on advancing diversity, equity and inclusion, as health care leaders have highlighted the need for nurses to mirror the patient population to strive for health equity. Beginning in fall 2021, the gift will support scholarships designated for nursing students from underrepresented backgrounds, eventually ramping up to a total of 80 scholarships awarded per year.

“Darren and Terry have not only given of their treasure,” Krejci says. “They’ve closely walked with us to map out our vision that will allow the College of Nursing to Be The Difference the world needs now.”

Below: Darren and Terry Jackson have supported the college’s strategic plan with their talents and treasure. The Jacksons are President’s Society members.

PHOTO BY MAGGIE BEAN



From the Hospital Room to the Courtroom and Beyond

A trio of Marquette nursing graduates discover their patient-care experiences unite them as attorneys practicing at the same firm.

BY LORA STRUM PHOTO BY CHRIS GUILLEN



Sarah Frazer had just started as a trial attorney at Hall Prangle and Schoonveld LLC when she walked into the office of now-managing partner Marilee (Wiesemes) Clausing and noticed something. On the wall was a diploma from the Marquette University College of Nursing.

Frazer had the same degree waiting to be hung in her new office.

Frazer, Nurs ’04, discovered that not only is Clausing an alumna and a nurse, but that their colleague Ann (Kettelson) Ford, Nurs ’83, also pursued nursing before becoming a partner at HPS.

“We’re always looking for nurse attorneys,” Clausing, Nurs ’78, says. A nursing background, she explains, brings a practicality to casework that tempers the “ivory tower view other lawyers may have about how things are done in a hospital.”

Clausing, a former obstetrical nurse, has spent more than three decades in law and concentrates her practice primarily in birth trauma defense. Frazer, after 11 years as a nurse in the intensive care unit and quality and patient care, is a fifth-year attorney

focusing on medical malpractice lawsuits. Ford, with nine years in high-risk obstetrics, pediatrics and neonatology nursing, 11 years in professional liability practice and over a decade in health care law and compliance, now advises clients on health care law, compliance and transactions.

While the path from nurse to attorney isn’t well-trodden, Frazer, Ford and Clausing know it’s their nursing backgrounds that help them better serve clients. “I’ve always said working as a nurse, you have to think on your feet. You have to improvise,” Ford says. “Those are skills ... that translated into my work as a lawyer.”

For Frazer, the lure of the law resided in the chance to deepen her knowledge of health care at and away from the bedside. At Marquette, she was taught to see the bigger picture, and the medical malpractice field relies on her ability to take that step back and assess a situation. “Medicine is not as black and white as TV shows make it appear to be. There’s a lot of balance that goes into caring for patients.”

“Working as a nurse, you have to think on your feet. You have to improvise. Those are skills ... that translated into my work as a lawyer.”

ANN (KETTELSON) FORD

Above: (left to right) Attorneys and nursing alumnae Sarah Frazer, Marilee Clausing and Ann Ford

Understanding that balance is what helps Clausing litigate cases grappling with traumatic events — from fetal brain damage to maternal death — from a place of kindness. When clinicians are second-guessing their care or parents are grieving, she tries to explain and empathize the same way she did as a nurse with a patient. This brand of professionalism is one she first discovered in herself at Marquette, and one that has served her throughout her 35-year career in law.

Ford agrees that, whether helping physicians navigate tricky telemedicine regulations during the coronavirus pandemic or counseling major hospitals on how to reduce risk to improve care, centering her practice on humanity is what makes clients trust her.

As a mentor to Marquette’s nursing program, Ford always tells students that being a Marquette Nurse will open doors to rooms they never thought they’d enter. “As a nurse you gain a lot of the soft skills to succeed in the boardroom, the courtroom — anywhere. The opportunities are endless.”



Total 2020–21 enrollment in the direct entry master’s degree program for non-nursing graduates at the College of Nursing’s satellite location in Pleasant Prairie, Wisconsin. The successful program, which includes an additional 166 students on the Milwaukee campus for the academic year, has allowed the college to creatively expand its enrollment at a time when nurses are in high demand. *U.S. News & World Report* ranked Marquette’s online graduate nursing program 47th in 2021.

Diversifying Student Body and Eldercare Workforce

Grants aim to increase the number of minority nurses in the workforce to better serve a diverse patient population.

BY JENNIFER ANDERSON

The U.S. Department of Health and Human Services (HHS) recently awarded more than \$3 million in scholarship funds to be dispersed over five years to full-time students in the College of Nursing. The grant will cover half-tuition for up to 20 students from educationally and/or environmentally disadvantaged backgrounds who have demonstrated need.

Recipients of the Project BEYOND-2 scholarships are primarily “low-income, first-generation college students or underrepresented minority students from underserved areas,” says Dr. Terrie Garcia, coordinator of Project BEYOND-2, a nursing workforce diversity program that supports nursing students from traditionally underrepresented backgrounds. Since the program’s inception in

2007, the college has secured nearly \$11 million in federal funding to implement programming and support scholarships and stipends for students from disadvantaged circumstances and has successfully graduated more than 100 students.

Garcia, Grad ‘18, calls the HHS grants “crucial” to creating a diverse student body and nursing workforce and points out that fewer than 6 percent of Wisconsin’s registered nurses are minorities, versus a national average of nearly 20 percent. “If we want to effectively serve our diverse population, we need nurses who reflect that diversity,” she says.

Another two-year \$975,000 HHS grant will support a Nursing Workforce Diversity-Eldercare Enhancement program, which

aims to diversify and boost the eldercare workforce in underserved rural and urban communities. This grant will provide scholarships to Marquette nursing students from underrepresented backgrounds who are seeking careers caring for older-adult populations and add additional eldercare content and resources to the Bachelor of Science curriculum to further promote the development of student expertise in eldercare.

“This grant is a valuable resource that will create new possibilities for nursing students, as well as a stronger eldercare workforce, which is much needed given the aging population,” says Dr. Stacy Barnes, Grad ‘15, associate professor of nursing and director of the Wisconsin Geriatric Education Center.



Above: Project BEYOND-2 students

Preparing Nurse Leaders

Graduate program focuses on filling the demand for strong nursing leadership.

Even before the coronavirus pandemic struck, the health care industry had a growing need for progressive nurse leaders. In light of that demand, the College of Nursing has revamped its Nursing Health Systems Leadership graduate program. Designed for working professionals, the 36-credit master’s degree program comprises online course work and three on-campus immersions that include communication learning labs and simulations, interprofessional leader panels and networking opportunities. Pathways to a post-master’s certificate and a Doctor of Nursing Practice degree are also available.

“In the midst of the pandemic and the chaos surrounding it, comes opportunity and, for some, clarity of goal. Pope Francis, in a *New York Times* op-ed, suggests the pandemic provides the moment to dream big, to rethink priorities and to create something new,” says Dr. Shelly Malin, Grad ‘83, director of the program. “I believe for many nurses it may be exactly the right time to earn a graduate degree in health systems leadership.”

The revised program will enable students to gain the knowledge, skills and competencies to navigate complex health care systems, manage relationships, promote evidence-based innovation, and create health systems committed to equity and inclusion. To build community among cohorts and program faculty, only 15 to 25 students will be admitted each fall and courses will be taught one at a time, over a total of six consecutive semesters. After graduation, students are academically eligible to take the AONL, ANA and ACH national certification exams.



HELP OUR STUDENTS RISE.

By opening doors through scholarship, you have the power to change lives for Marquette students. Your generosity allows talented young people to be driven more by what they can become than by what they owe.

Support scholarship at marquette.edu/giveonline or contact Travis Lamensky at 414.288.8484 or travis.lamensky@marquette.edu.

TIME TO RISE

THE MARQUETTE PROMISE TO BE THE DIFFERENCE



Called to Be The Difference

College sets goals to increase enrollment and meet growing need for well-educated nurses.

In the midst of so much health uncertainty, one point is clear: The impact of nursing has never been more important. Over the past decade, the College of Nursing has been addressing an increased demand for critical-thinking, mission-driven nurses by leading the university in both undergraduate and graduate enrollment growth, while consistently welcoming students with top academic qualifications. Yet the need for significantly more growth across the college’s student body is necessary to meet the serious societal need. This fall, the College of Nursing announced bold strategic enrollment plans to augment its 8,000-strong nursing alumni workforce to make an even greater difference around the globe. The Marquette Nurse consistently excels — 97 percent of Marquette’s 2020 undergraduates passed the National Council Licensure Examination (NCLEX), compared with the national average of 91 percent.

To educate more Marquette Nurses, the college’s primary goal is to increase its undergraduate numbers. As home to many of the highest-achieving scholars in the university, the College of Nursing boasts the highest four-year graduation rates within Marquette and is in high demand year in and year out, enrolling more than 150 new undergraduate nursing students annually. With continued faculty development, enhanced operational processes and a strong infrastructure, the college is aiming to enroll 200 freshmen annually beginning in fall 2022 and will plan on continued expansion in fall 2026, as clinical sites and faculty are acquired. Straz Hall, positioned in the center of campus, will undergo significant upgrades to provide the space needed for the anticipated increase in the undergraduate student body, and the college

will move into its new home in 2024. More growth is also expected within graduate enrollment. Long before the world turned to hybrid learning in the current pandemic, the college evolved to meet the needs of the community by launching a hybrid-learning graduate program in Pleasant Prairie, Wisconsin. Less than four years later, the program enrolls more than 300 direct entry M.S.N. students each year. Building off this success, the college plans to add more immersive hybrid components to all of its graduate programming, which will provide more flexibility for students. “Our strategic program growth is aligned to meet the needs of the populations we serve,” Dean Janet Wessel Krejci says. “As we prepare more Marquette Nurses for the workforce, our graduates, in turn, will Be The Difference throughout Milwaukee, the region and the world for years to come.”



Rendering by HGA

“Our strategic program growth is aligned to meet the needs of the populations we serve.”

DEAN JANET WESSEL KREJCI

Progress Starts With Listening

College reaches out to students to learn where it can build upon its diversity and inclusion efforts.

BY JENNIFER ANDERSON ILLUSTRATION BY JING JING TSONG

Creating an inclusive atmosphere where students of all backgrounds feel both accepted and well-prepared for success has long been a goal of the College of Nursing, but it is an objective that is constantly reevaluated. Today more than ever, the college is looking to its students for guidance in this effort, and these future professionals are making their voices heard. This year, Dean Janet Wessel Krejci, Associate Dean for Academic Affairs Jill Guttormson, and the college’s Committee on Equity and Inclusion held its first listening session to understand the student perspective of the college’s diversity statement through conversation with direct entry M.S.N. students. It was a session Dr. Terrie Garcia, chair of the Committee on Equity and Inclusion and project coordinator for Project BEYOND-2, called “eye-opening.”

“We wanted to know if we were meeting the goals we had set for ourselves in terms of being truly inclusive,” says Garcia, Grad ’18. “Generally speaking, students felt that we’ve made progress, but there are still those who feel isolated and who experience microaggressions. This gave them an opportunity to voice their opinions and for us to listen.” With a goal of “making sure there’s action behind our statements,” Garcia says the college has created eight faculty and staff groups to discuss anti-racism and how to take action. In addition, 10 faculty and staff members attended the powerful Unlearning Racism: Tools for Action program through the YWCA, a six-part workshop that “examines the history and impact of racism and what participants can do about it.”

The college is actively working to embed more diversity and inclusion content, discussions and experiences into all its programs.

In alignment with its strategic plan, the college is actively working to embed more diversity and inclusion content, discussions and experiences into all its programs. Surveyed about what other related programming they would like the college to offer, students suggested topics such as implicit bias, white privilege and equity in health care. The survey results will be used to develop programming this spring, and discussions are underway on how to integrate content into the curriculum. “We are committed as a college community to fostering an anti-racist, anti-oppressive, equitable and inclusive learning environment for all,” Krejci says. “This important work is vital not only for our college but also for an equitable, diverse and culturally responsive workforce that mirrors the communities we serve.”





A Change Agent at Heart

Young Alumnus of the Year recipient takes his passion for inclusivity into his professional crusade for health equity for all.

PHOTO BY CHRIS GUILLEN

Being Mexican American has always been an important part of Dr. Christian Villanueva's identity. "It's who I am. I accept that it has influenced and impacted my life," he says. "I'm very proud of my culture." As part of Project BEYOND-2, a program that encourages students from underrepresented backgrounds to pursue a career in nursing, Villanueva found an opportunity to share his culture with his predominantly white classmates. He regularly heard racist comments and wanted to change the narrative. "For me, it's always felt personal. I wanted to change the closed-mindedness," he says.

After learning that Marquette offered no Spanish Masses, Villanueva, Nurs '15, and his friends launched an annual Spanish Mass for the Feast of Our Lady of Guadalupe. His mother drove up from Chicago with homemade tamales and *champurrado* in tow to share with the students after Mass. In partnership with Campus Ministry, Villanueva also helped initiate Immigration Awareness Week on campus, bringing in speakers and giving a platform to undocumented students from around the globe.

When selected for Marquette's McNair Scholars Program, an undergraduate program to prepare students for graduate school and research careers, Villanueva chose to research lifetime trauma exposure for recently deported women. "He became very good at networking and taking advantage of opportunities to expand his knowledge about

nursing and social justice," recalls Dr. Terrie Garcia, Grad '18, Project BEYOND-2 coordinator.

Villanueva, the first in his family to attend a four-year university, credits Garcia with much of his success at Marquette. Garcia provided him with much-needed resources and was able to communicate with Villanueva's parents, who did not speak much English, answer his questions, and reassure him and his family. "If it wasn't for her reaching out to me, I probably wouldn't have gone to Marquette or even pursued nursing," he says.

After graduation, Villanueva continued to take Marquette's vision statement to heart — to "go and set the world on fire." With a passion for social justice and an inquisitive mind, he continues to impress and recently received the Marquette College of Nursing 2020–21 Young Alumnus of the Year award. "It validates everything I've been doing in my life and those Jesuit values that were constantly pushed on us. It makes me feel good, as I continue to move forward and try to be the best person I can be," he says.

Today, as a pediatric nurse in the neurology unit of University of Chicago Comer Children's Hospital, Villanueva continues to pursue the Marquette ideals of lifelong learning and a commitment to the greater good. He earned his Doctor of Nursing Practice degree in advanced population health from the University of Illinois at Chicago and embraces any opportunity to increase his understanding of how to advance health care policy.

"What impressed me the most was his passion for social

BY MARTINA IBÁÑEZ-BALDOR, COMM '15

“What impressed me the most was his passion for social issues impacting health. Villanueva's mission is to mitigate social issues of migration, race, class and education.”

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DR. MARTHA DEWEY BERGREN



issues impacting health," recalls Dr. Martha Dewey Bergren, Villanueva's graduate school adviser. "Villanueva's mission is to mitigate social issues of migration, race, class and education through upstream approaches of system and policy change." In 2017, Villanueva participated in Nurses Week Lobby Day in Washington, D.C., meeting with senators and House members to advocate for Medicare for All, to improve access for the millions without insurance.

Project BEYOND-2 gave Villanueva more than an opportunity to succeed in nursing; he also met his wife through the program, Dr. Elena Caro, Nurs '15 (below), who last year was honored as a 40 Under 40 Emerging Nurse Leader by the Illinois Nurses Foundation. The couple share a commitment to service through their volunteer work with people with phenylketonuria (PKU), a rare genetic disorder. Caro, who was born with the disorder, attended PKU Organization of Illinois' summer camp as a child and now they volunteer together at the camp. "PKU is ultimately what drove me to nursing, having an empathy for people who have something that makes them different," Caro says.

Caro and Villanueva also serve as mentors to current Project BEYOND-2 nursing students and are frequently invited to attend events to share their Marquette experiences.

"We're truly blessed," Villanueva says. "We feel we owe it to Marquette and to ourselves to always reach back out and support, because we know they're trying to do great things."

ABOVE AND BEYOND A CALL TO CARE

When COVID-19 first started spreading in the U.S. last spring, nurses found themselves navigating frighteningly uncharted waters as they treated patients infected with an unpredictable and deadly virus. Marquette closed campus and moved to a remote-learning model, abruptly shutting down classroom and clinical learning. Educating Marquette Nurses required nimble, innovative faculty leadership and resiliency from students — strengths also found in their practicing counterparts on the front line. Still today, Marquette Nurses, faculty and students continue to rise to the challenges of this unprecedented health crisis, guided by Ignatian values and the Marquette mission to Be The Difference.

BY LAUREN SIEBEN

STUDENTS HEED THE CALL TO SERVE AMID COVID-19

Nursing student Elizabeth Murillo thought she had her summer 2020 plans locked in: She would travel to Peru to study abroad and complete part of the clinical training for her nursing degree.

But the pandemic had other plans.

Instead of traveling to South America, the coronavirus pandemic grounded Murillo in Milwaukee. One silver lining was a new opportunity to begin a clinical placement with the Milwaukee Health Department. For six weeks, she worked alongside other Marquette nursing students on the COVID-19 hotline, performing outreach to educate the community about the virus, social distancing and mask wearing. After her clinical rotation, she was hired by the city and continues to work part time at the call center.

At first, Murillo admits she was disappointed that her study

abroad plans were thwarted.

"But I realized, who else is going to be able to say they worked and helped with the pandemic?" she says. "I felt really supported by the people who were at the Health Department. We were all learning together."

Murillo is bilingual in Spanish, and most of her calls were to Spanish-speaking patients. Many patients told her they were relieved to hear from someone in their native language.

"That's been the most rewarding, especially because these are communities that have been the most impacted by COVID-19," Murillo says. "They're essential workers in a lot of situations."

Murillo says working directly with patients and community members at the city call center has been invaluable as she prepares to graduate and enter the job market.

"It's given me a lot more confidence with the uncertainty there sometimes is in health care, especially right now during a pandemic," she says.

Nursing students are also gaining valuable clinical experience at the Marquette University Medical Clinic hotline, where they're helping the Marquette community reduce the spread of the virus. The Marquette call center opened in the wake of the pandemic and was modeled after the Milwaukee Health Department's call center.

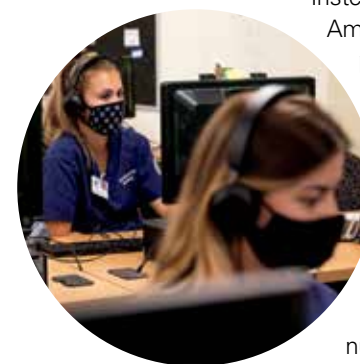
"The nursing students play a very pivotal role in mitigating the transmission of COVID within the Marquette community," says Dionne Young, Nurs '01, Grad '08, a clinical instructor who works with nursing students at Marquette's call center. "They exemplify *cura personalis*. Each of them displayed extraordinary commitment to the call center in spite of quarantine or isolation measures that were placed on them."

CONTINUED ON NEXT PAGE

*A long year
amid a global
pandemic puts an
exclamation mark
on the relevance
and strength of the
Marquette Nurse.*

PHOTO BY JOHN NIENHUIS

Nursing students volunteered to administer COVID-19 vaccines to fellow students and faculty this spring. Although nursing students were not providing direct care to COVID-19 patients in their clinicals, vaccinations were a welcome form of protection.



ALUMNI NETWORKING GOES VIRTUAL

For the past few years, speed networking events in the College of Nursing have been popular with both students and alumni. But this year, the pandemic took in-person networking events off the table.

“We didn’t want to give up on this process, so we shifted it to a virtual experience,” says Patricia Schroeder, Nurs ’75, Grad ’78, ’97, clinical assistant professor and director of strategic initiatives.

Instead of hosting events on campus, alumni and students came together in the fall on Microsoft Teams calls. Each call featured about 10 alumni, and students participated with their cameras off by asking questions live through a chat tool.

But can you really re-create the spark of an in-person

conversation virtually? Based on what she’s seen this semester, Schroeder says yes.

“I think it was much more interactive than in-person,” she says. Students can type into the chat to ask questions and address individual alumni, even as the group conversation continues. “This chat function really allowed students to engage in a way where being together in person might have presented barriers. Every student who had a specific question could just fire it out.”

Hosting networking events online also allows alumni from around the country to participate. Alumni have called in not just from Milwaukee but also from North Carolina, Missouri and Michigan.

Tapping into the college’s alumni network is especially important

“

They all left with new contact information and great insights.

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DEAN JANET WESSEL KREJCI

as students prepare to begin their nursing careers amid a pandemic.

“All the rules are changing in health care,” says Dean Janet Wessel Krejci, who participated in the sessions. “It’s a really unnerving time.” Students have reported that virtual mentoring and networking have been heartening amid the uncertainty.

“They all left with new contact information and great insights,” Krejci says. “A number of students responded that they had been anxious about the job market in a world of COVID and felt much more confident that things would work out.”



NURSING FACULTY LEAD THE LEARNING SHIFT

Moving a classroom online is no small feat, but for the College of Nursing, the transition to virtual learning last spring went smoothly with help from faculty including Drs. Kristina Thomas Dreifuerst and Amber Young-Brice.

Both Dreifuerst and Young-Brice bring a wealth of expertise in virtual learning to the college, and the two worked with faculty and staff to quickly move courses, simulations and clinicals online when the campus closed in March 2020.

Young-Brice was already teaching nursing education courses online before the pandemic. When the rest of the college started to move online, she put together a SharePoint team site with teaching resources. “I became that go-to person for the quick questions,” she says.

“My biggest advice at the beginning was to think about what the students must know

and what can go,” Young-Brice adds. “It’s not possible to take a face-to-face class and dump it all online and ask students to be successful.”

Teaching online requires intentionality, Young-Brice says, and Dreifuerst agrees — especially where clinical experiences are concerned. COVID-19 abruptly halted clinical rotations for students working in hospitals and clinics, and Marquette instructors switched to online simulations to re-create the experience of caring for patients.

The shift came with some benefits: Using online simulations, students can repeat a simulation multiple times to learn from mistakes and gain “brain muscle memory” around different procedures, Dreifuerst says.

“We were able to be really intentional and design experiences and clinical

situations that many students would never experience if they were in traditional settings,” Dreifuerst says. “We were able to add some breadth and depth to clinical learning.”

Young-Brice says faculty are also taking advantage of the virtual classroom to connect students with additional resources and provide more flexible office hours.

“A lot of students didn’t feel comfortable going to face-to-face office hours, so now we might be getting a different segment of students who are more comfortable via email or online,” Young-Brice says.

Ultimately, the move to online learning is another embodiment of Marquette’s commitment to *cura personalis*, or caring for the whole person, Dreifuerst says.

“Some people get the idea that when you’re not together physically, you lose that human connectedness, and I think we’ve shown otherwise,” Dreifuerst says.

“

My biggest advice at the beginning was to think about what the students must know and what can go. It’s not possible to take a face-to-face class and dump it online and ask students to be successful.”

”

DR. AMBER YOUNG-BRICE



Photo by John Nienhuis

(Left) Nursing faculty and students volunteer at a campus COVID-19 vaccination clinic. (Right) Students tour the Milwaukee Alternate Care Facility before it opened in fall 2020.



CLINICALS CHANGE IN COVID-19 ERA

Clinical experience is a core part of Marquette's nursing curriculum. But in the spring of 2020, students were quickly pulled out of placements in area hospitals.

"The hospitals didn't have enough personal protective equipment for both the students and the staff; it was a very unpredictable time, so the hospitals made the ethical decision to cancel clinicals until they felt they could protect all the health care workers and all our students," says Dr. Sandi Van Den Heuvel, Grad '18, assistant dean for undergraduate nursing studies.

As the PPE supply stabilized, nursing students started returning to clinical placements this past summer. Now, students are back in action and contributing on the front line of patient care.

In the fall, Marquette piloted a new approach to clinical placements in partnership with

Froedtert Hospital. Nursing students traditionally work closely with their instructors during clinical placements. With this new approach, students are paired with a Froedtert nurse for more one-on-one interaction as they help care for a single group of patients throughout the day.

"It's a win-win for both students and hospitals," Van Den Heuvel says. "It's helping to provide more care throughout the day, and a lot of these students are getting great experiences at the hospitals."

Students don't take care of COVID-19 patients; they work alongside nurses outside of the COVID-19 floors and ICUs.

"We're really helping out areas that don't have COVID patients but are still very busy," Van Den Heuvel says. "There's other things going on. There's still the

“Nursing students are learning at an unbelievable time in our history.”

DR. SANDI VAN DEN HEUVEL

flu, people with heart attacks and other urgent conditions."

More than 250 students were placed in fall semester clinicals, including 90 at Froedtert.

"The benefit for the nurses is they're going to have someone close to completing their schooling helping them throughout the day and able to do some things independently," Van Den Heuvel says.

As for students, Van Den Heuvel expects these experiences will affect them for the rest of their careers.

"Nursing students are learning at an unbelievable time in our history," she says. "It's important to not only help now and serve however we can, but also for their future knowledge, so they can be care leaders in the next pandemic that could happen in their career."

LEADING MILWAUKEE'S ALTERNATE CARE FACILITY

As COVID-19 spread through the U.S. in spring 2020, experts were already anticipating a "second wave" of the virus later in the year. Cities across the country, including Milwaukee, began constructing Alternate Care Facilities (ACF) to prepare. These facilities increase the number of beds available to patients and ease the strain on crowded hospitals.

Patricia Schroeder, Nurs '75, Grad '78, '97, clinical assistant professor and director of strategic initiatives,



was recruited as chief nursing officer for the Milwaukee ACF at Wisconsin State Fair Park. Construction on the 550-bed facility wrapped in April 2020, and the first patients arrived in October as COVID-19 hospitalizations surged around the state.

Moving COVID-19 patients from hospitals to the State Fair facility frees up hospital beds for the

most severe cases, Schroeder explains. "The ACF provides a space for transitioning patients who are low acuity on the healing side but still need oxygen treatment."

While preparing the ACF, Schroeder worked with the center's leadership team to create processes for admitting and assessing patients, training staff and meeting patient needs — everything from food service to basic comfort.

Day to day, she oversees a team of nurses and communicates with hospitals around the state as they consider transitioning patients to the ACF.

The work keeps Schroeder on her toes. Patient numbers and hospitalizations fluctuate, so the ACF retains a team of nurses who are trained and ready to work if the center needs to flex up its staffing.

"Pat's just an incredible leader," says Dr. Sandi Van Den Heuvel, Grad '18. "To run a facility like this and get it up and running as quickly and as organized as she did is a testament to the quality

of the faculty and staff we have at Marquette's College of Nursing."

Hopefully, Schroeder says, the ACF will start to wind down operations after a few months. But in the meantime, this crisis-level intervention offers a safe space for patients on the mend.

"We're very careful about who we transition over here because COVID is a very volatile illness," she says. "People can be fine and then take a turn. We want to be sure patients here are truly on the healing side of things."

Schroeder says it takes a special kind of person to work on the front lines of health care right now, given the immense pressure of the work.

"The stress it creates for everybody, for every role, is tremendous," she says.

When she asked an ACF staff member why he chooses to work at the facility, he told her, "This is a part of history, and I want to be a part of history."

"It was so inspiring to me," she says. "The call to serve is a really powerful thing."

“The call to serve is a really powerful thing.”

PATRICIA SCHROEDER

Editor's note: The Milwaukee Alternate Care Facility was de-commissioned in March.

the marquette nurse

WHAT THE WORLD NEEDS NOW

BY PAULA WHEELER

A robust strategic plan built on its proven pillars of strength has the College of Nursing striving to make an even greater impact on health care, when it's needed more than ever.

The College of Nursing has embarked on a holistic five-year strategic plan rooted in its greatest strengths and its steadfast mission to deliver what college leaders define as “The Marquette Nurse Difference.”

With six “big ideas” driving the initiative, the college aims to build on its signature attributes of teaching and learning excellence, leadership in practice, and research engagement, while also advancing diversity within its faculty and student body and engaging in more mutually beneficial initiatives with community partners. Plans to move to an expanded and enhanced space will also enable the college to gradually increase class sizes and provide more Jesuit-trained nurses to the marketplace (see “Called to Be The Difference” on p. 8).

Dean Janet Wessel Krejci says discussions of a strategic plan began in earnest in 2019. Significant planning support has come from Terry and Darren Jackson, longtime champions for both the broader university and the College of Nursing (see “Inspiring Giving” on p. 4). The Jacksons served on the College of Nursing Leadership Council when planning talks started. When Krejci convened a steering committee to engage university leadership early in the planning process and to leverage wisdom from faculty and

external stakeholders, the Jacksons joined that advisory group along with Peggy Troy, Nurs ’74, president and CEO of Children’s Wisconsin, and Susan Ela, Nurs ’77, Grad ’88, retired COO of Aurora Health Care.

“Now more than ever, we have a critical need for nurses in our community,” says Terry Jackson, Nurs ’87, who worked as a medical/surgical and emergency department nurse at Children’s Wisconsin. “The College of Nursing has long had an exceptional program grounded in Ignatian values and an outstanding faculty and staff who are committed to student success. Our nursing program continues to be blessed with a long line of highly qualified applicants. We have both an opportunity and a social responsibility to grow.”

The committee sought input from other industry thought leaders — from nursing alumni to community partners to health care system administrators — and arranged about 20 interviews, essentially asking people, “If we’re going to take the next step in the College of Nursing, what should we be thinking about? What do you need? What do you think about when you talk about the Marquette Nurse?” Their input, as well as expert data on projected nursing workforce needs and health care industry changes, informed the steering committee’s work to home in on the college’s strengths, identity and key differentiators, while seizing on opportunities to make a greater impact at a time of need.



SIX BIG IDEAS

The six ideas anchoring the strategic plan include areas in which the college already excels, such as developing outstanding educators for its students and pursuing research for the greater good. The college’s Teaching Excellence Academy, introduced in late 2019, and its opportunities for teacher-scholars to research nursing pedagogy exemplify the college’s commitment to continually develop faculty in a way that keeps Marquette at the forefront of the field.

External interviews reflected leadership as a strength of Marquette-educated nurses, according to both Krejci and Darren Jackson, Bus Ad ’86. Darren Jackson says interviewee Jeff Bahr, M.D.,* Arts ’94, chief medical group officer with Advocate Aurora

Health, commented, “A Jesuit-educated nurse is just different, in terms of their care by the bedside, their leadership in the hospital, their ability to make a difference on the floor.” An annual leadership development program for faculty, students and community partners has brought renowned leadership experts to campus, including Dr. Dan Weberg, head of clinical innovation at Trusted Health, who gave virtual presentations this fall on leading through crisis.

The interviews also made clear that more diversity among both faculty and the student body is necessary to reflect the community of patients served. “Better care and better outcomes require a health care workforce that understands and is trusted by the community it serves,” Krejci says. “We simply must have expanded diversity in order to mitigate known, longstanding inequities.”

Complementing its goals to advance diversity, equity and inclusion are plans to strengthen community engagement through more mutually beneficial partnerships as well as community-focused research. “We

THE FIVE CHARACTERISTICS OF A MARQUETTE NURSE

- Cura personalis (care for the whole person)
- Courageous leaders
- Passion for social justice
- Engaged, critical thinkers
- Advocates for the vulnerable

* Jeff Bahr is a President’s Society member.

are also working to place a nurse faculty-in-residence in one of our Near West Side schools,” says Krejci, “as well as creating a community-engaged research team that will work with our Near West Side constituents to impact health outcomes.”

Overall program growth includes increasing the undergraduate class by 50 students per year for at least the next four years, Krejci says. In the graduate arena, the college will introduce a new master’s program in health systems leadership (see “Preparing Nurse Leaders” on p. 7) and move aspects of the doctoral program online to make it more accessible to students from across the country. An effective plan to accommodate the college’s strong potential for enrollment growth will help Marquette adapt to the challenging headwinds facing higher education, while still ensuring “a well-rounded education grounded in Jesuit values,” notes Marquette President Michael R. Lovell.

As the college’s director of strategic initiatives, Patricia Schroeder, Nurs ’75, Grad ’78, ’97, leads the strategic plan’s implementation, monitoring and evaluation. She says she is pleased with the ongoing momentum behind the project even in the face of COVID-19-related logistical and economic challenges.

“Our strategic plan shows an awareness of a health care industry that is changing faster than anyone could have imagined. We are preparing nurse leaders — who bring the richness of the Marquette Nurse of the past and present — to create and contribute to the future world of health care,” says Schroeder. “The pandemic has reflected the incredible need for more Marquette Nurses. Nursing as a discipline needs growth, and Marquette is just the place to educate strong nurses, as we historically have always done.”

RESEARCH IN ACTION

FACULTY FOR THE FUTURE

"Advancing Healthcare Transformation: A New Era for Academic Nursing," an AACN-commissioned report released in 2016, laid out best practices for positioning nursing schools for the future. One of its key recommendations suggests "bringing nursing faculty more fully into the clinical practice of the health system and connecting the clinical service more closely to the academic mission" of nursing schools.

Joint clinical faculty members **Drs. Joan Totka** (right) and **Christine Schindler** do exactly that for the College of Nursing. Besides informing classroom learning with their practical clinical experience, joint faculty provide system leadership expertise, clinical research opportunities for graduate students and professional networking connections for students in their fields of interest.

Totka, who is a joint clinical assistant professor with Marquette and Children's Wisconsin, touts a 30-year career in nursing that includes a nurse scientist role in which she supports improved care outcomes for youth with chronic conditions.

"I actively work with nursing leadership to identify and support projects that align with Children's Wisconsin's goals and offer those ideas to students interested in pediatrics, evidence-based practice implementation, leadership or quality projects," Totka says. "This ensures access for and support of students working in the health care system."

Schindler, Nurs '97, Grad '11, clinical associate professor and option coordinator of Marquette's Acute Care Pediatric Nurse Practitioner program, is a pediatric nurse practitioner in Children's 72-bed pediatric intensive care unit. Her research on safety in critically ill and complex medically fragile children includes expertise around wound care, serious skin-injury prevention, and skin failure within the context of multi-organ dysfunction syndrome.

"My clinical practice allows me to continually refine my skills and keep up to date with the most cutting-edge therapies for children. I bring this real-world experience into the classroom as well as mentor my students at the bedside," Schindler says. "My practice informs my research, and my joint appointment with the Medical College of Wisconsin provides many opportunities for interprofessional collaboration in the service of improving the health outcomes for children in our region."

The College of Nursing's mission is to provide a transformational Catholic, Jesuit education that prepares nurses to promote health, healing and social justice for all people. To fulfill that mission, our faculty leaders are directing scholarly research in three areas: community engagement, nursing education and person-centered. Our professors, graduate students and programs are generating, evaluating and applying knowledge to improve health outcomes and inequities — all the while leading the way for the next generation of Marquette Nurses.

POSITIVE THINKING COULD BE A LIFESAVER

Suicide is the second-leading cause of death among college students. **Dr. Abir Bekhet**, associate professor, thinks positive thinking could help lower the risk among this population. In the *Archives of Psychiatric Nursing*, she and Dr. Denise Matel-Anderson, from Columbia College of Nursing, published the first study to measure the psychometric properties of the Positive Thinking Skills Scale (PTSS) among college students in the U.S. Bekhet is the owner and the developer of the PTSS. This eight-item questionnaire asks participants to respond to questions such as: How often do you transform negative thoughts into positive thoughts? Answers range from 0 (never) to 3 (always), and a higher total score indicates frequent use of positive thinking.

In the study, 131 students answered questions on both a PTSS as well as a Suicide Resilience Inventory-25 (SRI-25), an assessment for determining suicide risk. Using statistical analysis, Bekhet and her team found a strong positive correlation between the PTSS and SRI-25, indicating that higher positive thinking was associated with greater suicide resilience.

Bekhet says that because the PTSS takes five minutes to complete, it could be used regularly with college students to detect depressive symptoms. From there, clinicians could pinpoint interventions to build resilience and lower risk. As a nurse who has spent her career studying how positive thinking can help people deal with adversity to improve their health and quality of life, Bekhet says, "If we arrive at these outcomes, we will have better students, better nurses and a better world." — TRACY STAEDTER

Honor Roll

2019–2020 RESEARCH

8 INTERNAL GRANTS AWARDED TO 8 FACULTY SERVING AS PI OR CO-PI FOR A TOTAL OF \$39,500

4 FEDERAL GRANTS AWARDED FOR APPROXIMATELY \$5.8 MILLION

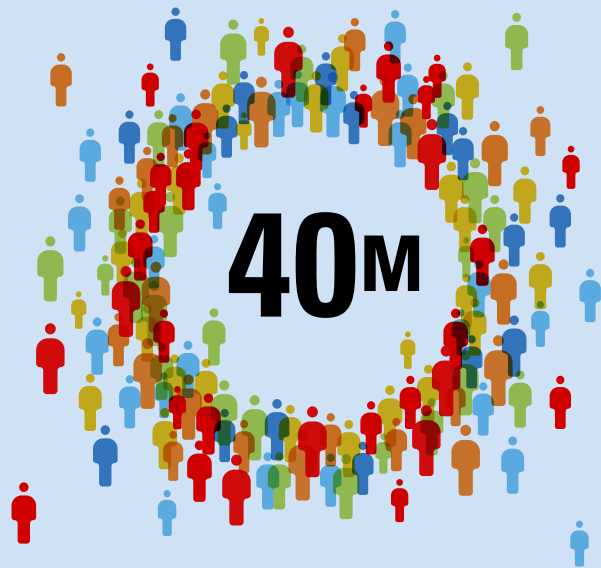
5 ADDITIONAL EXTERNAL GRANTS WITH FACULTY AS PI OR CO-PI FOR APPROXIMATELY \$45,000

46 SCHOLARLY PRESENTATIONS INCLUDING 41 REGIONAL, NATIONAL OR INTERNATIONAL CONFERENCES

37 JOURNAL ARTICLES, 4 BOOK CHAPTERS AND 2 PROCEEDINGS PUBLISHED BY FACULTY

Our dedicated faculty have expanded their research commitments, creating and implementing new knowledge to address the evolving delivery of health care. To view more faculty honors, grants, presentations and publications, visit marquette.edu/nursing/research.

RESEARCH IN ACTION



40 MILLION: The estimated number of people in need of palliative care each year, of which 78 percent live in low- and middle-income countries, according to the World Health Organization. **Dr. Susan Breakwell**, clinical professor, aims to change the status of palliative, serious illness, and end of life care and education as director of the College of Nursing's Institute for Palliative and End of Life Care. In 2020, Breakwell was named a Fellow in Palliative Care Nursing by the Hospice and Palliative Nurses Association. The designation is bestowed upon members who have made significant contributions to the association, while also impacting the field of palliative nursing.

AREA EMPLOYEES' WELL-BEING DURING COVID-19

About one-third of the more than 30,000 people working in Milwaukee's Near West Side neighborhoods are employed by the Near West Side Partners' anchor organizations — Marquette University, Advocate Aurora Health, Harley-Davidson, Molson Coors and Potawatomi Business Development Corp. Launched in 2018, the Patient-Centered Outcomes Research for Employees (PCORE) project, co-led by **Dr. Abiola Keller**, assistant professor, brings together a group of employees, wellness representatives and researchers from these organizations to explore how research can better address health and wellness challenges in employee populations.

As COVID-19 has critically disrupted workplaces across the country, the PCORE project investigators found the organizations they were already working with were looking for innovative ways to meet these challenges. With a \$150,000 Patient-Centered Outcomes Research COVID-19 Enhancement Award, PCORE is expanding its work to manage the uncertainty that has resulted from this public health and economic crisis — by continuing to dialogue with project members about changes in their work environment, institutional prioritization of employee health and delivery of workplace programming. One of the program's new focuses will be on building resilience, a need uncovered by a recent survey of



NWS employees. In that survey, managing stress and behavioral health was one of the top five health areas with which employees wanted their employers' support.

"The end users of our research are employees, and we are engaging them throughout the whole process, making it more likely that we will ask the right research questions and

produce results that will be useful and relevant for driving change," Keller, H Sci '01, says. "Specifically, through the COVID-19 enhancement award, we are adding to the NWS employers' capacity to engage in and meaningfully use emerging COVID-19 research to inform policies and practices aimed at promoting employees' health and wellness."

30%



Up to 30 percent of pregnant women are carriers of Group B Streptococcus (GBS) bacteria, according to the Centers for Disease Control and Prevention. GBS can be transmitted to newborns during the process of normal birth. This exposure can lead to early-onset GBS disease (EOGBSD), associated with serious illness in even healthy newborns. The current approach to prevent EOGBSD is to administer IV antibiotics to the GBS-positive women during labor. This is highly effective but alters normal labor and birth and exposes women and newborns to high doses of antibiotics — with serious consequences. **Dr. Lisa Hanson**, professor and associate director of Marquette's Nurse-Midwifery program, has spent the past decade investigating the use of probiotics to reduce antenatal GBS colonization in pregnant women. She has several clinical trials in process, one of which is funded by the National Institutes of Health. In spring 2020, Hanson was named the Ascension Wisconsin Sister Rosalie Klein Endowed Professor. This professorship expands a longtime partnership between Marquette, the Franciscan Sisters and Ascension SE Wisconsin Hospital—St. Joseph.



EVALUATING FAMILY ENGAGEMENT IN PEDIATRIC CARE

According to emerging evidence, children's health outcomes improve when families participate in their child's care while in the hospital, are involved in making decisions regarding their child's health care, and work in partnership with their health care providers. Such family engagement also leads to more positive ratings of the overall care experience.

With nurse researchers from Children's Wisconsin and the University of Wisconsin—Milwaukee, and in collaboration with Marquette research librarian Alissa Fial, **Dr. Teresa Jerofke-Owen**, Nurs '04, Grad '08, '13, assistant professor, is leading a research project for the Pediatric Nursing Research Consortium of Milwaukee to synthesize the existing professional literature on family engagement in pediatric care and provide direction for future research.

The team of researchers is conducting a broad search and scoping review of the professional literature to determine several factors: What are the essential components of family engagement; what do nurses do to promote family engagement; what challenges interfere with engaging families; and what outcomes can be achieved. The team has incorporated 250 articles from six continents in the review, indicating a global interest in the topic. The study's results will be used to identify research priorities and provide clinicians with recommendations for enhancing care of families during a child's hospitalization.

"Family engagement and family-centered care models emphasize the delivery of nursing care that is tailored to family preferences, all while respecting the autonomy and inherent dignity of the patient and family," Jerofke-Owen says. "Successful family engagement depends on the ability of the clinician to collaborate with the patient and family, and act as an equal partner during all components of care."

RESEARCH IN ACTION



PROVISION 5 OF THE CODE OF ETHICS FOR NURSES

“The nurse owes the same duties to self as to others, including the responsibility to promote health and safety, preserve wholeness of character and integrity, maintain competence, and continue personal and professional growth.”

When **Dr. Kathryn Schroeter**, clinical associate professor, began practicing as a registered nurse, she witnessed her colleagues’ moral distress whenever an ethically appropriate action was in conflict with an assigned task. The experience inspired her to pursue a master’s degree in bioethics, and she has spent her career teasing out ethical nuances of nursing through research, education and consultation. As a member of the American Nurses Association’s Ethics Advisory Board, Schroeter helped write a statement reminding nurses to practice self-care (Provision 5 of the Code of Ethics for Nurses) and devised guiding ethical principles for the distribution of a COVID-19 vaccine and other resources. Schroeter has been appointed to the Ethics Advisory Board from 2017 through 2024 and is currently serving in the role of chairperson through 2021.

DISCHARGE PREP FOR PARENTS OF PEDIATRIC PATIENTS



As health care systems prioritize the experiences of patients and their families, some focus has turned toward better preparing patients for the transition home after discharge. “Enhanced discharge preparation as a standard nursing practice has the potential to reduce emergency department visits, readmissions and ultimately costs,” says **Dr. Norah Johnson**, Grad ‘01, ‘09, associate professor.

Toward that end, Johnson and **Dr. Stacey Lerret**, Grad ‘02, ‘11, adjunct professor and pediatric nurse practitioner at the Medical College of Wisconsin and Children’s Wisconsin, collaborated on a study called “Engaging Parents in Education

for Discharge (ePED) iPad Application to Improve Parent Discharge Experience.” The ePED app, a theory-based structured conversation guide to engage parents in the discharge process, was developed to help nurses provide improved discharge education to parents of hospitalized children. An interactive teaching method, guided by the app, addresses the important information families need to manage their child’s care after discharge from the hospital. Nearly 400 participants from two inpatient units at Children’s Wisconsin participated in the implementation of the ePED app, and study results support the positive influence that the app had on quality of discharge teaching delivery and 30-day post-discharge outcomes. Parents

perceived the quality of the information delivered to be significantly higher when they received it through the app, measured by factors such as the teaching being in a language parents understood and at a time that was good for them.

“The project results may influence the use of this app as additional training for inpatient nurses via orientation or as it was used in the study with families at the time of hospital discharge,” Lerret says.

The research project received the 2020 Julie Lathrop Nursing Research Award, which recognizes research deemed impressive and innovative by the Department of Nursing Research and Evidence-Based Practice at Children’s Wisconsin.

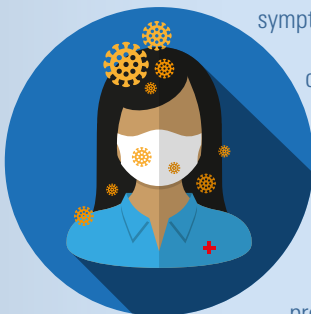
14 WEEKS

Regular exercise after breast cancer diagnosis and treatment improves cancer-related outcomes, although the mechanisms involved are not clear, according to a study co-conducted by **Dr. Linda Piacentine**, Grad ‘97, ‘11, associate professor. Researchers evaluated breast cancer survivors participating in a goal-oriented 14-week team triathlon exercise training program. Measurements included body composition, strength, endurance, quality of life, fatigue, and endocrine and inflammatory biomarkers. After training, exercisers had lower body mass indexes (BMI) and arm circumferences than non-exercisers. Exercisers also demonstrated better quality of life, less fatigue and improved self-efficacy, suggesting group triathlon exercise training may be beneficial to breast cancer survivors by significantly improving their psychosocial measures, endurance and BMI.

THE MENTAL EFFECTS OF COVID-19 ON NURSES

Under normal circumstances, intensive care unit

nurses report higher levels of moral distress, burnout and



symptoms of post-traumatic stress when compared to other health care workers.

In times of a pandemic, the mental health toll on nurses is likely heightened. **Dr. Kelly Calkins**, assistant

professor, and **Dr. Jill Guttormson**,

associate dean for academic affairs and associate professor, recently received \$5,000 in funding from the Wallace Research Award. The researchers are recruiting a national sample of ICU nurses for a survey to evaluate the experience and mental health impact of the COVID-19 pandemic on this critical care workforce. The results can inform future policies and interventions that support nurses working on the front lines of a global health crisis.

—TRACY STAEDTER

BARRIERS TO BREASTFEEDING FOR WOMEN OF COLOR

“I didn’t have a lot of women around me that breastfed,” says Roni, an African American woman from Milwaukee. Based on her own research, Roni decided to breastfeed her baby for a year, even though her mom and sister thought she should stop at six months. “If I wasn’t so confident in my abilities, that would have been a hindrance,” she says. Roni’s decision to breastfeed is an important one as breastfeeding provides protective properties including reducing the risk of Type 1 and Type 2 diabetes, leukemia and childhood obesity.



Roni’s experience is not uncommon, according to **Dr. Karen Robinson**, Nurs ‘97, Grad ‘01, ‘10, who examines breastfeeding disparities and inequities among African American mothers. Robinson’s earlier research found that African American women lacked role models and adequate support systems. According to the most recent data, 74 percent of African American mothers initiated breastfeeding, compared with 87 percent of white mothers. While breastfeeding rates are improving for African American women, barriers remain.

Racism, bias and discrimination perpetuate the scarcity of support, according to Robinson’s recent research. Her analysis, which reviewed several studies about providers’ racial biases around breastfeeding, found African American women were also less likely than white women to receive resources or referrals to lactation consultants. Furthermore, African American women reported having fewer conversations with their providers about infant feeding options.

Robinson, associate professor and director of the Nurse-Midwifery program, published her results in the November 2019 issue of *Journal of Midwifery and Women’s Health* and received the journal’s Mary Ann Shah New Author Award. Her research was highlighted in *MH Buzz*, a newsletter from the Maternal Health Task Force at the Harvard T.H. Chan School of Public Health.

—TRACY STAEDTER

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A MARQUETTE NURSE.



College of Nursing

In the Marquette University College of Nursing, we're preparing students to be highly skilled leaders in a rapidly changing health care industry. With innovative programs, expanding access for *all* students, and community-engaged research, we're pushing the boundaries of nursing education to meet — and make — the future of health care. And while we continue to innovate, what never wavers is the compassionate care and strong leadership of a Marquette Nurse.

marquette.edu/nursing