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Loma Linda Nurse - Vol. 24, No. 01

Loma Linda University School of Nursing

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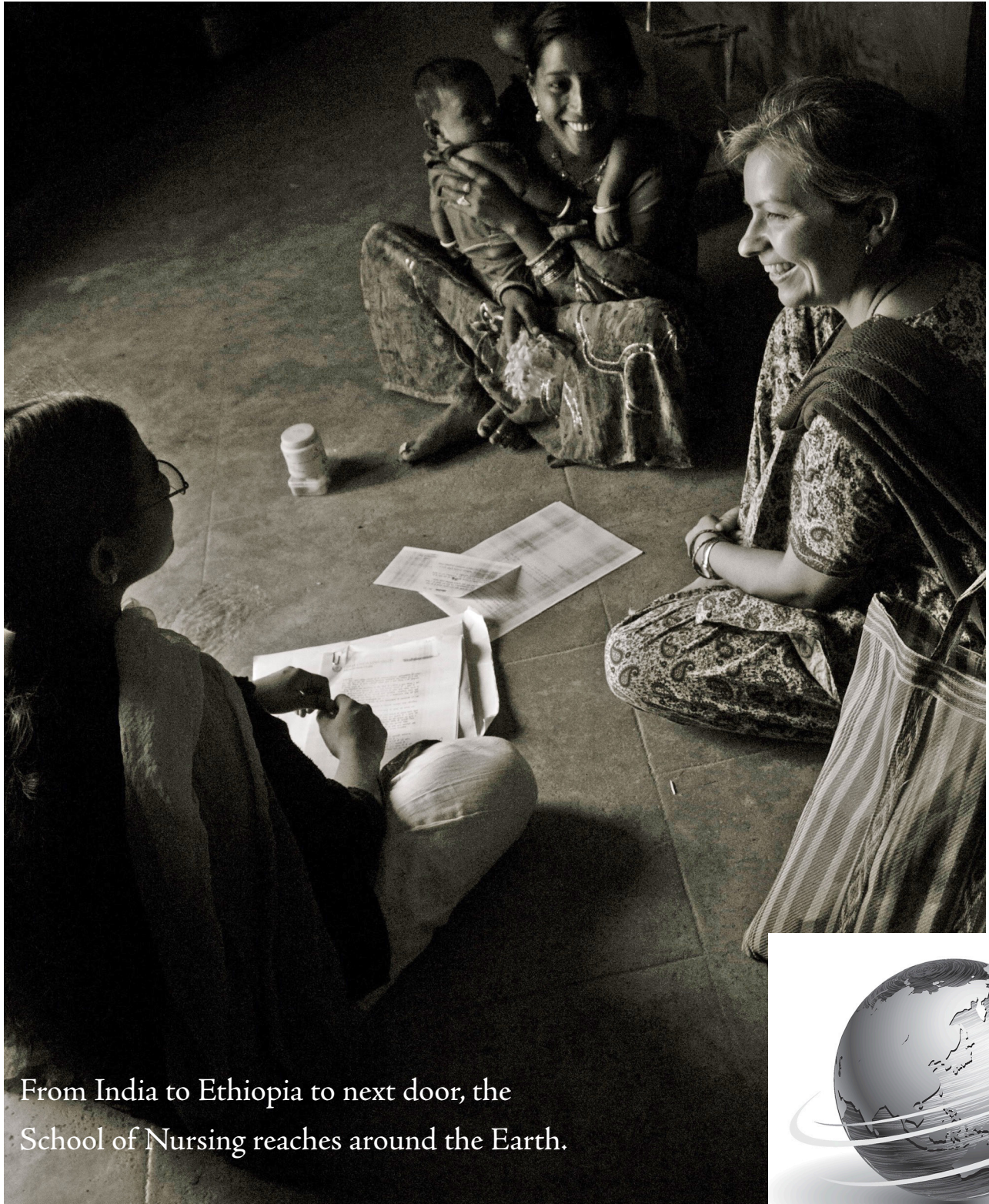


LOMA LINDA
UNIVERSITY

School of Nursing

Loma Linda NURSE

FALL 2016



From India to Ethiopia to next door, the
School of Nursing reaches around the Earth.



Dear Nursing Alumni,

Greetings to the School of Nursing Alumni! We are in the 111th year of nursing at Loma Linda University. A recent count indicated that we have a total of 9,458 alumni — 8,114 from the undergraduate program and 1,344 from the graduate programs. You are part of a very distinctive group, and the school is proud of each of you!



We are preparing for the coming 2016-2017 academic year by again doing some remodeling in West Hall to enhance our ability to provide cutting-edge learning opportunities for the students — an enlarged advanced assessment lab for the clinical nurse specialist, nurse practitioner and nurse anesthesia students; upgraded simulation learning opportunities for all students; added lockers for the students' backpacks; and a new and larger home for the Academic Center for Excellence (formerly the Learning Assistance Program).

Less tangible, but of great significance, is a change in the statement of the Mission of the School of Nursing. During the transition between Marilyn Herrmann's deanship and the beginning of mine, we talked about the mission and agreed it was time for a review and possible revision. During the past year, faculty reviewed the former Mission and gave input on concepts they believed were foundational. From this, the Deans and Directors Council developed a revised Mission statement and added a Vision statement. The faculty reviewed these, and with minor revision they were accepted. These statements build on the Vision and Mission of the University:

School of Nursing Vision:

Transforming lives through nursing education, professional practice and research.

School of Nursing Mission:

The education of nurses dedicated to professional excellence and compassion in clinical practice, education and research. Loma Linda University educated nurses will further the teaching and healing ministry of Jesus Christ through commitment to whole person care and Christian values.

This revision provides a clear statement of the Vision and Mission for the next decade as we move forward to accomplish God's purpose for His School of Nursing. Please keep the school, students, faculty, staff and administration in your thoughts and prayers.

Sincerely,

Elizabeth (Becky) Bossert, PhD, RN
Dean, School of Nursing

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Cover photo: Dr. Lisa Roberts works in India. See story on page 10.
Photo credit: Marcee Minner



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Saving mothers' lives

Midwifery instructors from Malamulo College of Health Sciences, Malawi

Changing midwifery education in Africa

The School of Nursing is collaborating to improve midwifery education in the southern portion of the vast African continent as part of a \$1 million grant to the World Health Organization (WHO) for a project in partnership with the Seventh-day Adventist Church and Loma Linda University.

Competently trained midwives can help reduce maternal mortality, positively impacting all levels of society. Daily, about 830 women die from preventable causes in pregnancy and childbirth, according to WHO — 99 percent of whom are in developing countries. The United Nations and WHO have a goal to reduce the global maternal mortality ratio to fewer than 70 per 100,000 live births by 2030.

At three sites in southern Africa —

Adventist nursing schools in Malawi, Lesotho and Botswana — Loma Linda University School of Nursing has launched the program after baseline testing of the knowledge and skills of midwifery educators at those schools in July 2015. There possibly will be a fourth site in Cameroon.

The program, officially called “Upscaling Midwifery Education,” will create laboratories of change at each of the sites as part of the process of enhancing midwifery educator core competencies in keeping with WHO standards.

“This project has the potential to give a most important gift — that of life and improved health to the mothers and babies in these areas of Africa,” says Dean Elizabeth Bossert, PhD, RN. “The involvement of LLU School of Nursing in

this project is significant.”

Patricia Jones, PhD, RN, professor and director of global nursing at the School of Nursing, and associate director of Health Ministries at the General Conference of Seventh-day Adventists, is leading out with the help of taskforce members from Loma Linda University, Brazil and Croatia. The project is coordinated at WHO headquarters by Mwansa Annette Nkowane, MA, RN, with support from the WHO regional office and WHO country offices in the project sites.

Jones points out that the Adventist Church has nursing schools in all but two of its 13 world divisions, and Loma Linda University School of Nursing consistently works with the church’s departments of health ministries and education to assist



Catherine Nkhoma, a midwifery instructor and site coordinator at Malamulo College of Health Sciences, smiles during the program’s initial meetings in Bloemfontein, South Africa, held July 28 through Aug. 1, 2015.



Mwansa Annette Nkowane gives concluding remarks at the workshop that launched “Upscaling Midwifery Education.” She is WHO coordinator for the project.

“This project has the potential to give a most important gift — life and improved health for mothers and babies.”

these schools in whatever way possible.

“WHO saw our faith-based global network of schools of nursing and midwifery and said, ‘Look at the difference you could make in maternal mortality. Let’s do it together,’” she explains. “We pray that God will lead and that we will demonstrate what faith-based education can do in changing values as well as knowledge and, ultimately, in bringing about change in midwifery practice.”

Peter Landless, MD, director of Adventist Health Ministries, confirmed that “it is a wonderful privilege and honor for the General Conference Health Ministries to coordinate the efforts and collaboration of the Seventh-day Adventist Church’s flagship health care and educational institution, Loma Linda University, with the WHO, in this exciting and needed project.

“Our goal is that lives will be saved, and quality of life enhanced, for both mothers and children through this valuable initiative. We affirm and applaud the LLU School of Nursing for the outstanding leadership and organizational skills it has brought to this and many other such endeavors.”

WHO’s plan is that one of the nursing schools involved in the study — which are Malamulo College of Health Sciences (Malawi), Maluti Hospital School of Nursing (Lesotho), Kanye Adventist College of Nursing (Botswana) and, possibly, Adventist University of Cosendai (Cameroon) — will become a center of ex-

cellence for midwifery education, serving as a beacon in the region for best practices in midwifery education and, ultimately, success in reducing maternal mortality.

The School of Nursing is leading this project, coordinated by Adventist Health Ministries, in a collaborative model with the local WHO country offices, nursing and midwifery councils, and WHO collaborating centers at four universities (University of Malawi, University of Botswana, University of South Africa and University of KwaZulu-Natal).

Funding for the WHO grant is provided by the OPEC Fund for International Development.

By the #s

Loma Linda University School of Nursing



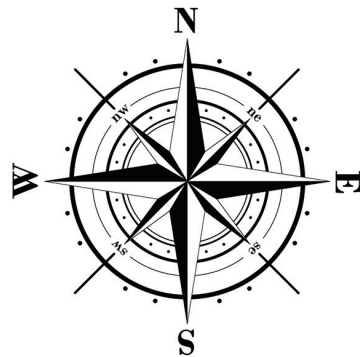
Number of full-time faculty members:

81.7



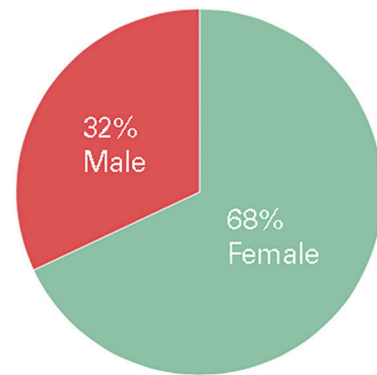
Percentage of students who are Seventh-day Adventist:

41%



Countries represented in student body:

41



Percentage of female and male students

School of Nursing receives \$2 million HRSA grant

The grant will prepare nurse practitioner students to work with diverse, medically underserved populations.

The U.S. Health Resources and Services Administration has awarded Loma Linda University School of Nursing a \$2.05 million, three-year grant to expand and diversify its nurse practitioner education program to better prepare graduates to work in medically underserved areas such as many that are found in San Bernardino County.

San Bernardino County has lower than average educational attainment and higher than average unemployment and poverty rates, as well as high Medi-Cal enrollment, according to project director Lisa Roberts, DrPH, RN, associate professor at the School of Nursing.

At the same time, the population is served by fewer than average primary care physicians and nurse practitioners per person, intensifying known health disparities, found Roberts and Gloria Huerta, DNP, RN, assistant professor, and Andrea Champlin, MPH, faculty instructor.

“Nurse practitioners can help solve the shortage,” Roberts explains. Therefore, students need clinical experiences that prepare them to meet the needs of culturally diverse, medically underserved populations.

The grant will allow the School of Nursing to achieve this objective by steps including:

- Hiring additional faculty for the nurse practitioner program, with priority given to underrepresented minorities who meet requisite qualifications



- Creating and expanding academic-practice partnerships in order to provide more clinical training opportunities in medically underserved populations

- Increasing students' clinical hours in training with inter-professional teams in medically underserved areas

- Increasing minority enrollment in the nurse practitioner program, and

- Augmenting the curriculum and training for both preceptors and students.

The project team believes these steps will increase the likelihood of Loma Linda University's nurse practitioner students working in medically underserved areas after graduation.

Dean Elizabeth Bossert, PhD, RN, says, “This grant will help nurse practitioner students understand the great health needs of the population in the Inland Empire and will increase the likelihood that the graduates of the LLU

School of Nursing program will choose to continue working in this region.”

Competition for the grant was intense, according to Betty Winslow, PhD, RN, professor and research director, School of Nursing.

“We are very pleased that the project team has received this grant for the School of Nursing graduate program,” she says.

This news shortly follows another grant that was recently received for the nurse practitioner program from the state of California's Song-Brown grant program.

The \$80,000 Song-Brown grant will also allow the School of Nursing to increase efforts to prepare nurse practitioner students to work with diverse patient populations. At the same time, it will work to increase diversity within the profession through mentoring potential future nurse practitioners.

Changes in DNP program provide greater flexibility & speed

The doctor of nursing practice degree trains students who will be tomorrow's clinical nurse leaders, armed to improve health outcomes at the system and population level — the future chief nursing officers of the world, for example.

The School of Nursing has worked to make this key degree more accessible for full-time employees with a bachelor's or master's degree who wish to attain the highest level of education available for clinical nurses. Both the BS-to-DNP and MS-to-DNP programs are now a hybrid format, meaning that students complete a majority of courses online, spending less time in face-to-face classes. The result is greater flexibility for going to school while working.



The first cohort of BS-to-DNP students, pictured here, started in fall 2015.

"Most students are very happy that they have the flexibility, given their life schedules," says Shirley Bristol, DNP, JD, RN, program director. "I am very pleased to be a part of this program, because we are not only meeting the needs of the students and complying with national trends, but our graduates are making health care organizations more aware of the necessity of doctoral education for nurse leaders."

The school has also rewritten the courses to shorten the BS-to-DNP program by a number of units compared to completing a master's degree first. The students still receive their advanced practice training for becoming a nurse practitioner or clinical nurse specialist along the way, in addition to attaining their doctoral degree. The time to do so? As short as four years.

Catering to working nurses, the RN-to-BS program goes completely online

Research shows that registered nurses with a bachelor's degree provide better patient care than those with an associate's degree, and there is a shortage of RNs in the workforce who have earned that desired BS.

In the past year, the School of Nursing has rolled out a revamped RN-to-BS program that is completely online, making the degree more accessible to working registered nurses with their associate's degree.

The School of Nursing is authorized to offer the program to residents of states

that have been approved through the distance education department of Loma Linda University.

The online RN-to-BS program offers the same curriculum as the traditional bachelor's degree program, but it is tailored in tone toward adult learners with working experience.

A bachelor's degree in nursing rounds out a registered nurse's education with an expanded range of exposure to various facets of the profession, such as public health nursing, management and research.

Proving the value for this program,

hospitals are making agreements with the School of Nursing to enroll their registered nurse employees.

"LLU School of Nursing is committed to partnering with students, health care organizations and communities to create a comprehensive nursing education program that will provide the knowledge and skills needed for lifelong service in the profession of nursing," says Nancie Parmenter, EdD, MSN, RN, program director and assistant professor. "Making the RN-to-BS program available online is one way we're doing this."

Students experience poverty through simulation

What is it like pay with public assistance at the grocery store? How does a property manager treat cash-strapped tenants? How does it feel to pawn family treasures to stay financially afloat?

A four-hour simulation at the School of Nursing held fall and winter terms put students in a public health nursing course through mock experiences such as these to expose them to the realities of life for people in poverty. Why?

Because poverty is the most powerful social determinant of health there is, according to a review of literature done by faculty members Jakki Paik, MS, RN, and Dolores Wright, PhD, RN, who organized the simulation.

"People living in poverty often feel that health care providers are insensitive to their needs and concerns," says Paik.

"We want our students to be aware of the demands and hardships in their future patients' lives," adds Wright. "It's important that our students are able to work with sensitivity with all populations."

The linkage of poverty and health has been recorded for centuries, according to Braveman and Gottlieb.* The World Health Organization website states that "the conditions in which people are born, grow, live, work and age" are fundamental drivers of health.

The simulation experience makes that connection more real to nursing students.

*Braveman, P. and Gottlieb, L. (2014). "The social determinants of health: It's time to consider the causes of the causes." Public Health Reports. 219(2). 19-31

During a verbal debriefing after the simulation, students expressed lessons learned, such as:

- ♦ Poverty creates a snowball effect in the family.
- ♦ Poverty isn't about being lazy.
- ♦ Good people may be driven by circumstance to do desperate things.



Students contemplate their limited options.



Pool of nurse scientists to grow as BS-to-PhD program launches in 2017

The School of Nursing will start a new degree in fall 2017 that will allow students with a bachelor's degree in nursing to earn a PhD in just two years of coursework, if going full time, plus dissertation.

Nurses who earn their PhD become part of the grand tradition of nursing science, serving as advancers of knowledge on how to provide the best, whole person care to patients.

"We have a beautiful body of science to what we do," says program director Ellen D'Errico, PhD, RN.

"PhD graduates are the keepers of the science," she adds. "We often work in academic settings on research and preparing the next generation of scholars."

D'Errico notes that nursing research focuses on holistic care. "People aren't just a body with parts. They're part of a family, part of a community. They're spiritual, emotional beings, and all of these things impact health. Those are the kinds of things that we study, and they're very complex."

Increasingly, nurses with PhDs are collaborating with clinical nurses who have their DNP, or doctorate in nursing practice, to create best practices in patient care. "We need what each other brings to the table," says D'Errico.

The program will be a hybrid format, meaning students can complete most of the coursework online with just brief

periods in residency at the school. This makes it easier for full-time nurse employees to earn a PhD while working.

The beauty of this program is that it can allow nurses to pursue their PhDs earlier in their careers.

"To have a good program of research, we really need, as a profession, to get younger people in the pipeline much earlier than we have in the past so that one can have 20-plus years to work on one's research passions," D'Errico says.

"I can't emphasize enough the importance of preparing students to be keepers and developers of the nursing body of knowledge."

Easing grief in India

Dr. Lisa Roberts pilots intervention to help mothers of stillborn babies

In Chhattisgarh, India, stillbirth remains a significant problem affecting far too many women and families. The medical causes thereof are under investigation by groups such as nonprofits, the Indian government and local hospitals.

Associate Professor Lisa Roberts, DrPH, RN, is investigating this tragedy through a different lens: that of maternal coping after a stillbirth. She piloted a successful intervention in the area that relies upon mindfulness training to ease grief.

Mindfulness? The concept is defined by Psychology Today as a state of "active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience."

After a standardized group intervention at a central location proved too difficult for the women to attend, Roberts piloted a modified intervention in which there were only five sessions, three of which took place individually in each

woman's home. Twenty-six women completed the five weeks, with 24 participating in a follow-up assessment six weeks later, and 22 at one year.

"Their grief, depression and anxiety were decreased, and the number actively

"By partnering with local nurses, we hope to make a sustainable difference."

using mindfulness skills increased," Roberts explains.

She is now applying for a grant to continue studying the issue.

"The mechanisms of how mindfulness improves well-being are not well understood, so that's something we want to ex-

plore further, as well as the possibility of scaling up to meet the need."

Roberts explains that in rural Chhattisgarh, mental health services are unavailable, and the issue is highly stigmatized. "But using a mindfulness intervention is a good fit because traditional Indian medicine incorporates the mind-body connection, as does mindfulness," she says.

Before piloting the intervention, Roberts studied the factors that influence maternal coping after stillbirth; key informant interviews revealed a high level of grief.

"Social and cultural factors were found to predict perinatal grief among these women," she says. "Higher grief was associated with lack of support, maternal agreement with social norms and younger maternal age. Greater despair and acute grief increased the strain of coping.

"By partnering with local nurses, we hope to make a sustainable difference."

Photo: Lisa Roberts gathers with study participants and helpers in Chhattisgarh.



Faculty publications, 2015–2016

Faculty at the School of Nursing share their expertise with the world through publishing articles in journals, book chapters and books.

This list reveals faculty publications for the calendar years 2015 and 2016 (through June). Many articles have several co-authors, including some from other LLU schools or other institutions; LLU School of Nursing faculty names are highlighted in boldface.

2015 articles

Brown, W., **D’Errico, E.** & Morrell, H. “The Youth Alternative Solutions Program: Evaluating a Hospital-Based Intervention for Adolescent Substance Use.” *Journal of Addictions Nursing* 26(1).

Cataldo, J.K., Hunter, M., **Petersen, A.B.** & Sheon, N. “Positive and Instructive Anti-Smoking Messages Speak to Older Smokers: A Focus Group Study.” *Tobacco Induced Diseases* 13(1).

Cataldo, J.K., **Petersen, A.B.**, Hunter, M., Wang, J. & Sheon, N. “E-cigarette

Marketing and Older Smokers: Road to Renormalization.” *American Journal of Health Behavior* 39(3).

Chung, G.Y., **Brown, G.** & Gibson, D. “Increasing Melanoma Screening Among Hispanic/Latino Americans: A Community-Based Educational Intervention.” *Health Education and Behavior* (42)5.

Codier, E., **Kofoed, N.** & **Petersen, J.** “Graduate-Entry Non-Nursing Students: Is Emotional Intelligence the Difference?” *Nursing Education Perspectives* 1.

Davis, L.I., **Wright, D.J.**, Gutierrez, M.S., Nam, J.J., Nguyen, J. & Waite, A.T. “Interprofessional Global Service Learning: A Pharmacy and Nursing Practice Experience in Botswana.” *Currents in Pharmacy Teaching and Learning* 7(2).

Fry-Bowers, E. & Duderstadt, K. “Vaccine Exemption and the Pediatric Health Care Provider.” *Journal of Pediatric Health Care* 29(4).

Mamier, I. & **Taylor, E.J.** “Psychomet-

ric Evaluation of the Nurse Spiritual Care Therapeutics Scale.” *Western Journal of Nursing Research* 37.

Nick, J.M. & **Llaguno, M.** “Dealing with Academic Dishonesty: A Redemptive Approach.” *Journal of Christian Nursing* 32(1).

Nick, J.M. “Globalizing Nursing Science: Analysis of Nursing’s Participation in the Open Access Movement from 1993 to 2014.” *International Journal of Advanced Nursing Studies* 4(2).

Roberts, L.R. & Neece, C. “Feasibility of Mindfulness-based Stress Reduction Intervention for Parents of Children with Developmental Delays.” *Issues in Mental Health Nursing* 36(8).

Roberts, L.R., Jadalla, A., **Jones-Oyefeso, V.**, **Winslow, B.** & **Taylor, E.J.** “Researching in Collectivist Cultures: Reflections and Recommendations.” *Journal of Transcultural Nursing*. (E-Pub ahead of print.)

Roberts, L.R., Mann, S.K. & Montgomery, S.B. “Mental Health and Socio-cultural Determinants in an Asian-Indian Community.” *Family and Community Health: The Journal of Health Promotion & Maintenance* 39(1).

Roberts, L.R. & Montgomery, S.B. “Mindfulness-based Intervention for Perinatal Grief after Stillbirth in Rural India.” *Issues in Mental Health Nursing* 36.

Roberts, L., Schuh, H., Sherzai, D., Belliard, J. & Montgomery, S. “Exploring Experiences and Perceptions of Aging and Cognitive Decline Across Diverse Racial and Ethnic Groups.” *Gerontology and Geriatric Medicine* 1.

Taylor, E.J., Peterson, C. & Haase, J. “Spirituality and Religiosity Among

Continued on page 35

Preventing a new tobacco epidemic before it starts

As smoking wanes in industrialized countries, Big Tobacco has set its sights on entrapping people of the developing world in tobacco addiction.

“By 2030, sub-Saharan Africa is projected to be the next epicenter of the tobacco epidemic,” notes School of Nursing Assistant Professor Anne Berit Petersen, PhD, MPH, RN, who is researching tobacco use and knowledge among women in the Aleta Wondo district of Ethiopia.

If smoking climbs in this country, it will exacerbate the already high disease burden. “We have a chance to seize the window of opportunity — to get it right — and do true primary prevention so that sub-Saharan Africans can avoid the pain and suffering associated with generations of people being addicted to tobacco,” Petersen says.

Currently, smoking rates are low among women in Ethiopia but rising in young females, and the prevalence of male smoking (11 to 27 percent, depending on region) means women and children are already at increased risk of secondhand smoke exposure, Petersen notes.

“Furthermore,” she adds, “up to 90 percent of the population is already at high risk of household smoke exposure from cooking fires that burn biomass fuels — wood, charcoal, dung or crop waste.

“This is currently the ubiquitous smoke in their home environments, while tobacco represents a looming smoke threatening to compound their risk of disease.”

Her study involved interviewing 353 women (18 to 55 years old) in their homes, asking questions such as whether they smoke, whether they are exposed



Anne Berit Petersen (above) speaks to community members (below) during a feast in Aleta Wondo to educate about the twin dangers of tobacco smoke and cooking fire smoke, as well as to thank participants for being in the study. “It was an extremely gratifying experience that affirmed the value of addressing risks associated with these two types of smoke in tandem,” she says.

to secondhand smoke at home, how they cook and whether they have been exposed to tobacco advertising.

The research provides baseline data to support the development of interventions focused on the promotion of smoke-free homes — from both types of smoke.

“Ethiopia has an opportunity to avert the projected increase in tobacco-induced disease,” Petersen sums up.

She is currently completing a postdoctoral fellowship at the University of California, San Francisco, Center for Tobacco Control Research and Education.

She has done or is currently doing research on tobacco control in San Diego and San Francisco, nationally, and internationally in Ethiopia, the Czech Republic, Hungary, Romania, Slovenia and Slovakia.



Palliative care

Shaunna Siler's research makes life easier for cancer patients and their families

Both cancer and its treatments cause all-too-well-known distress to patients and their loved ones. Shaunna Siler, MSN, RN, wants to make the journey of cancer treatment easier on the whole family.

"It's really important that palliative care is initiated early in the diagnosis of cancer," she says, noting that palliative care is not just for end-of-life treatment but should be integrated throughout a cancer patient's illness.

As such, the assistant professor at Loma Linda University School of Nursing is doing research on palliative care for lung cancer patients funded by a National Institute of Nursing Research Diversity Supplements Grant. The grant is to City of Hope, a comprehensive cancer center in Duarte, California, about 50 miles northwest of Loma Linda. The grant is intended to promote diversity in health-related research.

Siler's contribution through City of Hope is to help refine a new palliative care intervention to be disseminated at three Kaiser Permanente hospitals where she is conducting her dissertation research.

The approach is interdisciplinary, involving various palliative care and oncology clinicians seeking the best way to help patients and family caregivers, overcoming perceived barriers to optimal care. To Siler, the research is more than academic.

"Making palliative care more accessible

and practical for all patients and families, regardless of background, is really important to me," she says.

Anchoring a dissertation research project in an ongoing intervention study involving renowned nurse researchers who practice allows Siler to pioneer an innovative and promising way of conducting dissertation research at Loma Linda University School of Nursing.

Siler is mentored by her dissertation

committee, which comprises Iris Mamier, PhD, RN, associate professor, School of Nursing; Betty Winslow, PhD, RN, professor, School of Nursing; and Betty Ferrell, PhD, RN, director and professor, division of nursing research and education, department of population sciences, City of Hope. Besides her committee, Huong Q. Nguyen, PhD, RN, research scientist at Kaiser Permanente, is instrumental in the success of this project.



Shaunna Siler



Dr. Dee Hart helps chart the future for students of San Manuel Gateway College

What entices one out of retirement? For Dynnette (Dee) Hart, DrPH, RN, associate dean emerita, it was the chance to work with an underserved and under-represented student and patient population at Loma Linda University Health's new San Manuel Gateway College in neighboring San Bernardino.

The School of Nursing asked Hart, who retired from her role at the School of Nursing as associate dean for undergraduate programs in January 2016, to help develop and set up the curricula for two programs at the new college — the medical assistant program and certified nursing assistant program.

San Manuel Gateway College is part of the new Loma Linda University Health –

San Bernardino, which is home to three programs — the college (opening in September 2016), a vegetarian restaurant proving that a whole, healthy diet can be tasty, and SAC Health System, which provides affordable health care to low-income populations in the San Bernardino area. The clinic opened July 18, 2016, and the restaurant is scheduled to open in mid-September.

Hart has served with SAC Health System before at its Norton location in San Bernardino and says, "Working with that population — both the clinic staff and the patients — has always been such a blessing to me and a valuable learning experience.

"It was exciting to think I may be able

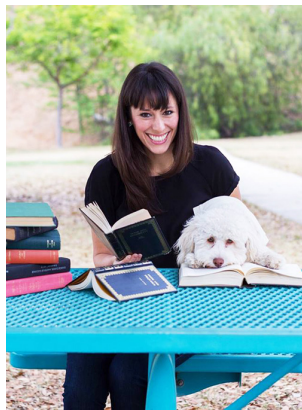
to help develop a new venture in San Bernardino and continue working with the staff, student and patient population there."



Dynnette (Dee) Hart

New faculty bring their talent to the School of Nursing

During the past year, the School of Nursing has been enriched by several new faculty members who have brought their expertise to Loma Linda University. Meet them here.



Chelsea Bartlett, RN

Bartlett has served as assistant clinical instructor at the School of Nursing since September 2015 and also works as a nurse at Kaiser Permanente Moreno Valley (California) Medical Center. She previously worked as a medical/surgical nurse at Loma Linda University Medical Center. She is an alumna, having earned her BS

at LLU School of Nursing. Currently, Bartlett is pursuing a master's degree and certification as a family nurse practitioner from Georgetown University in Washington, D.C.



Nancy Brashear, MS, RN

Brashear is both a student and faculty member at Loma Linda University School of Nursing. She became an instructor in July 2015 and is concurrently studying for her MS in nursing administration from the school. The fluent Spanish speaker also earned her bachelor's degree at the school and has

since worked as a patient care supervisor, shift coordinator, staff nurse and community health nurse in locations such as Loma Linda University Children's Hospital, Kaiser Permanente Fontana (California) Medical Center and an elementary school-based health center in Medford, Oregon.



Erin Heim, MSN, RN

Heim became an assistant professor at LLU School of Nursing in September 2015. She also still works as a medical/surgical nurse at Loma Linda University Medical Center, where she has served since 2009. She previously served as instructor at the School of Nursing from 2011 to 2013.

She joined the school again in January 2015 as assistant clinical instructor. She is a graduate of the school, where she earned her bachelor's degree, and also holds a master's degree in nursing from Grand Canyon University in Phoenix, Arizona.



Gloria Huerta, DNP, RN

In August 2015, Huerta joined the faculty at LLU School of Nursing as an assistant professor. She has previously taught and held administrative positions at West Coast University in Ontario, California, and Riverside Community College, as well as LLU School of Nursing from 1981 to 1982. Her other work

experience includes many years as a nurse practitioner, emergency department nurse and coordinator of emergency medical services for a county fire department. Huerta earned a doctorate in nursing practice from Western University of Health Sciences in Pomona, California; completed a family nurse practitioner post-master's program from Azusa Pacific University in Azusa, California; and her master of science in nursing from Loma Linda University.

Continued next page

Faculty members complete doctoral degrees

Several faculty members from the School of Nursing have recently completed their doctorates. Included in this list are Barbara Ninan and Fayette Truax. Their dissertations are described here. Congratulations for their hard work and achievement.



Barbara Ninan, EdD, RN

Ninan earned her doctor of education degree from Walden University in August 2015. She wrote her dissertation about the success of Hispanic nursing students who persisted and graduated after initial academic failure. She discovered that the students who were able to do so achieved success in a process of three distinctive stages — de-

spond, self-reflection and change. Ninan explains, "These findings led me to design a professional development workshop to acquaint educators with the stages of the success journey and to equip educators with knowledge and skills to intervene to support students through the stages of the success journey."



Fayette Truax, PhD, RN

Truax earned her PhD in nursing from the University of California at Los Angeles in June 2016. For her mixed method dissertation study, she examined predictors including the decision-making process affecting medication adherence among Vietnamese immigrants living in the U.S. who had latent tuberculosis infection.

Such adherence is important to prevent reactivation of TB. There has been only limited previous data on this topic among Vietnamese immigrants. In her study, three categories emerged directly related to the decision to accept treatment: beliefs, TB awareness and trust in health care. Barriers to health care scheduling were also important. "Lastly, the decision to maintain adherence and complete treatment was strongly influenced by self-determination, medication side effects and family support," Truax says.

New faculty continued ...

Selam Stephanos, MPH, RN

Stephanos brings experience including cardiac care, emergency/trauma nursing, intensive care, home health and medical/surgical nursing. Before joining the school in July 2015 as assistant professor, she was community health nurse educator at Arrowhead Regional Medical Center in nearby Colton, a role in which she utilized the master's of public health she earned from LLU. Stephanos previously taught nursing at California State University, San Bernardino, and Oakwood University in Alabama.



D. Renee Winkfield, PhD, RN

As an associate professor at the school since August 2015, Winkfield teaches in the doctor of nursing practice degree program and provides course coordination. She holds a PhD in human services with an emphasis on spirituality and health from Capella University in Minneapolis, Minnesota, and a master's of science in nursing from the University of California at Los Angeles. She is also an LLU School of Nursing alumna, where she earned her bachelor's degree. Winkfield is on campus part time, also working on an as-needed basis as a family nurse practitioner at Unity Health Care in Washington, D.C. She has taught at various colleges since 2001 and has worked as a family nurse practitioner since 1995.



3rd-generation alumna finds inspiration in mother's and grandmother's nursing careers

New bachelor's degree alumna Annie Mack, class of 2016, followed her mother and paternal grandmother into studying at Loma Linda University School of Nursing.

"It was not a difficult decision to go to LLU," Mack says. "I did not want to pass up either the esteemed program or the level of hospital experience I would gain at Loma Linda."

Not only did she find the program amazing, she says, "It also reflected values that I want to implement into my nursing career. Being Seventh-day Adventist, I also wanted to stay in an area that would help me learn and grow spiritually."

Mack's mother, Lisa Batch Mack, bachelor's class of 1981, says, "I am very

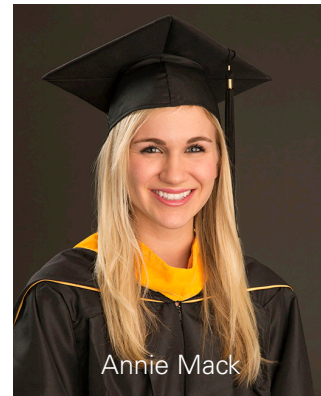
happy that she chose nursing because I think that it is the best profession."

Lisa Mack is a labor and delivery/postpartum nurse at Kaiser Permanente in Roseville, California. She also has traveled on a number of overseas mission trips in her capacity as a nurse.

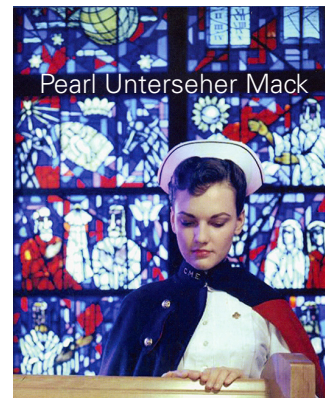
She values the education she received at Loma Linda University School of Nursing because it exposed her to a tertiary care environment where a higher level of care is required.

"That's why I love Loma Linda University — but not only for that. It really trains a nurse for worldwide service if he or she chooses. I feel it is really important to contribute back to the world."

Continued on page 26



Annie Mack



Pearl Unterseher Mack

2nd generation grad pinned by alumna mother

"Having my mother pin me was very special and an appropriate culminating act for both of us," says David Ermshar, BS class of 2016, School of Nursing.

His mother, Caryl Ann Powell Ermshar, class of 1961, says, "It was one of the highlights of my life!"

It was David Ermshar's childhood dream to graduate with a health care degree from Loma Linda University, but a dream he had long since given up on. However, God hadn't abandoned the idea.

"In spite of the seemingly insurmountable obstacles of life (financial, family, the future needs of our children) we trusted God and moved to Loma Linda," he says.

In addition to mother Caryl Ann being a graduate of the School of Nursing, the Ermshar family has a larger history with Loma Linda University. David's father, Edwin Lawrence Ermshar, graduated in

Continued on page 30



David and Caryl Ann Ermshar

President's awardee sets her sights on ICU

The new graduate's experience with childhood leukemia inspired her to become a compassionate nurse.

At 4 years old, Kara Jeffries learned what it means to be a good nurse. The leukemia survivor's experience as a patient led her to become the compassionate professional that she is today — the kind of student who wins the President's Award for the School of Nursing.

The new bachelor's degree holder has earned a job in the medical intensive care unit at Loma Linda University Medical Center. Jeffries did not originally plan to work in ICU, but her clinical education at Loma Linda University Medical Center convinced her it was the right path for her.

"If I had not come to Loma Linda University, I don't think I would have the confidence to go straight into working in the ICU setting," the Bakersfield, California, native says. "My teachers and clinical instructors have been amazing."

Jeffries has wanted to work in a medical field ever since her successful battle as a pediatric cancer patient. "I am so thankful to be where I am today. God has richly blessed," she says.

Her experience with leukemia fuels her passion to help others, as she remembers that some of her nurses were amazing — and some were not.

She told herself, "I want to be one of the good ones."

The ICU, she explains, will allow her to care for patients and families at their most vulnerable state. "Nurses' kind words and explanations of difficult situations can make a world of difference during these scary times," she says. "I am blessed to be able to be that person to those patients and families."

"Furthermore, the teamwork that takes place in the ICU is like nothing I have seen before," she adds. "It is amazing and I love being a part of it."

Jeffries has already been active in service to others during her studies at the School of Nursing. She has mentored other students in study groups and the nursing simulation laboratory, and she has been an active participant in school and community service events. She also served as treasurer for the school's Association of Student Nurses and is a member of Sigma Theta Tau International, the nursing honor society.

"Kara is a student who cares about other students," says Zelne Zamora, DNP, RN, assistant professor, noting that Kara volunteered, without asking anything in



Kara Jeffries

return, to help classmates and underclassmen as a study group leader, tutor and mentor. Zamora adds that Jeffries lives out the mission of Loma Linda University and is "humble, smart and appreciative of her learning at the School of Nursing."

Jeffries affirms her appreciation for the school. "My time here at LLU has given me a great foundation to start my nursing career," she says. Post-graduation, in addition to working in the ICU, Jeffries is looking forward to time to relax and focus on hobbies such as hiking and traveling. As demonstrated by her President's Award, people would agree that she has earned it.

Commencement awardees

Dean's Award, Undergraduate:
Kelsey Trujillo
Dean's Award, Graduate,
Master's: *Cameron Harvey*

Dean's Award, Graduate, DNP:
Jennifer Newcombe
Dean's Award, Graduate, PhD:
Julia Pusztai

President's Award:
Kara Jeffries
School Distinguished Service
Award:
*Dynnette (Dee) Hart, DrPH,
RN, associate dean emerita*

Scholarship

A boon to bachelor's degree students: Merit scholarship begins this fall

For the first time, starting in fall 2016, all bachelor's students at LLU School of Nursing who meet certain academic requirements will receive a scholarship each quarter lasting through graduation.

The award will range from \$100 to \$550 quarterly for the duration of the eight-quarter program, as long as eligible students keep up a minimum GPA of 3.50. Full-time students who enter the

program meeting a pre-LLU grade point average of 3.50 or a TEAS exam score of 70 will be eligible.*

The program was the brainchild of JoAnn Shaul, assistant dean for finance and administration.

"Many of our scholarships are primarily need-based," she explains, "and I felt the need to recognize merit to encourage students to study hard and keep up their

GPA. We don't want to lose highly qualified students to lower-cost programs."

Shaul hopes to eventually grow the quarterly award amount to a range of \$500 to \$3,000.

The scholarships will be funded out of a combination of school operations and endowments.

** Other restrictions may apply.*

Inspired by values:

Neish family establishes new student scholarship

Fidelity to high ideals at Loma Linda University impressed Associate Professor Emeritus Christine Neish, PhD, and her husband, Ronald, to establish a student scholarship in the School of Nursing. Two to four undergraduate nursing students per year will be given the award, having demonstrated financial need and a personal commitment to a spiritual life.

"Our little scholarship, along with those established by others, is intended to give students the freedom to focus on their personal and academic values," Neish says.

She taught at the School of Nursing from 2006 to 2015, finding a rare atmosphere that she appreciated, surrounded by people from all over the world who are "dedicated, caring and articulate," she says. "The School of Nursing is a safe place to talk openly about God and to

grow in His grace," Neish says.

The Neishes chose to designate their scholarship toward students who demonstrate a spiritual commitment because they believe spirituality comes from a person's very core, driving him or her to be better. "Spirituality provides insights that raise aspirations and foster a love for others," Christine Neish says.

That is essential, because to Neish, "Nursing is a demonstration of love for others."

"Dr. Neish and Mr. Neish are very passionate about a Christ-centered education," says Nikki Gaitan, senior development officer for the School of Nursing.

"We are so grateful they have chosen to assist our students who are passionate about spirituality."



Ronald and Christine Neish

Report

In the past school year, 386 scholarships were awarded totaling \$566,816 — an average of \$1,468 each. Thank you to the donors who make this possible.

The impact on a scholarship recipient: Hilary Escamilla's story

Why are these scholarships so important? Take Hilary Escamilla's story as an example. As a recipient of the Lucile Lewis scholarship, she was saved from possibly having to drop out of the School of Nursing due to financial hardship caused by a recent family crisis. The award is given to senior students in financial need who demonstrate clinical excellence.

"This scholarship reminds me that no matter what struggles I may be going through with life, God never leaves me nor forsakes me," Escamilla, senior class president, says.

Now, she can focus on her schooling without worrying about finances.

"My hopes and dreams are to be the best RN I can be and demonstrate to my family the importance of having a degree that you are proud of and a career that you will enjoy for the rest of your life," she says.

Escamilla grew up in a dangerous, poor area of Long Beach, California, with both her mother and stepfather working two jobs to support the family.

Her mother encouraged her to earn



Hilary Escamilla snuggles up with her four children. "My dreams and hopes are to be the best RN I can be," she says, "and demonstrate to my family the importance of having a degree and career."

the degree she herself never had.

"Although my mom does not have a college degree, she has taught me the valuable lesson of hard work," Escamilla says. The message stuck, as Escamilla struggled over 10 years to finish her prerequisites at a community college while caring for her children, who today are 13, 10, 5 and 4. Her journey at LLU School of Nursing has continued to reflect her hard work.

"This scholarship has been a blessing in so many ways," she says. "It's encouraging to know that I have been recognized in such a manner for striving so hard to be the best student that I can be."

"I never gave up and I won't until I walk across the graduation stage, have my bachelor's degree in my hand and pass my NCLEX so that I can be the best registered nurse out there," she says.



Administrative assistant Joy Krause visited classrooms dressed as nurse pioneer Florence Nightingale in October 2015 in order to encourage students to apply for scholarships.



Above: Junior nursing students enjoy their Feb. 6, 2016, dedication ceremony, during which they received symbolic nursing caps and lit lamps in honor of nurse pioneer Florence Nightingale.

Below: At the faculty and staff Christmas party Dec. 18, 2015, assistant professors Shaunna Siler, MSN, RN (left), and Lisa Highton, MS, RN, pause for a moment from the merriment to capture the moment for posterity.



Senior nursing students in the public health nursing course present a poster about their participation in an LLU street medicine project in San Bernardino. Professor Dolores Wright, PhD, RN, asks students to do a poster conference in order to prepare them for professional nursing meetings and make them aware of their classmates' work with vulnerable populations. From left to right are David Lee, Sarah Puma, Brittany Pick and Kelsey Zuppan.



Budding nurse anesthetist students attended the mid-year assembly of the American Association of Nurse Anesthetists in Washington, D.C., in April 2016. In front of the White House are, from left to right, Assistant Professor Eric Molina, DNAP, RN, and students Jay Reyes, Darcy Lee, Rachel Reidinger and Johnny Garcia.



Alumni from 1954A Lorraine Thompson Johanson and Arlene Morse Calvert Hoppe donated their class's memory book to the school on Aug. 25, 2015. Accepting the donation is Elizabeth Bossert, PhD, RN (center), dean. Class members Evelyn (Dolly) Morse Wasli and Ione Pluhovoy (not pictured) edited the memory book.



Free mega-clinic in Los Angeles puts nurse practitioner students in touch with vulnerable patient population

Twenty nurse practitioner students received a different type of education when they volunteered at Your Best Pathway to Health, a free, three-day health clinic held at the Los Angeles Convention Center from April 27–29.

A total of 8,538 individuals were treated throughout the event, with care valued at \$38.4 million.

“The event provided students the opportunity to care for very vulnerable people who often do not have access to any type of health care,” says Gloria Mattson Huerta, DNP, RN, assistant professor.

“I wanted the students to see the results of health care neglect and plan ways they can serve this population, both as students and as nurse practitioners when they graduate.”

The students focused both on treating illness and preventive health services.

“I worked in the primary care department,” says student Sandra Edpao, “and we placed emphasis on education regarding diabetes, hypertension, dyslipidemia and healthful eating. It was definitely rewarding to see patients’ faces light up as they learned new tips and information that will benefit their health and ultimately enhance their quality of life.”

One man presented with extremely high blood pressure and a hernia. Edpao says this patient broke down explaining all the stress in his life. “We prayed together and this brightened his spirits, motivating him to seek social services and counseling to help his overall well-being.”

Huerta says, “I was pleased that stu-

dents were able to integrate physical care with empathy and sympathy as we always do; but additionally provide spiritual care and comfort through the use of prayer. The nurse practitioner students who participated were able to provide this holistic (and holy) care that the patients we encountered needed.”

Another student who worked at the event, Jessica Bates, says she felt God’s presence throughout the event working things out for ultimate good. She is now inspired for future service. “Many of the patients were so appreciative and grateful for our help. I was humbled; I realized how much I take for granted,” she says. “I plan to participate in more events like this one, and I am even considering going on a medical mission trip in the future.”

Surviving the Ebola outbreak ... Studying the Ebola outbreak

New 2016 School of Nursing graduate Erhuvwukorotu Kollie, PhD, RN, lived through the terror that was the 2014–2015 Ebola epidemic in Liberia.

All residents in the country were told to stay home as much as possible. Schools and public facilities shut down. Flights were grounded. Going to the market to buy food created fear that other shoppers were carrying the virus.

“The spread of the disease was beyond comprehension and control,” Kollie says.

She teaches at Adventist University of West Africa and helped found the nursing bachelor’s degree program along with other programs offered in its College of Health and Sciences.

During the outbreak, Kollie elected to do her dissertation on Ebola: a qualitative study of why some nurses and midwives continued to work in hospitals despite the devastating risk, and why others chose to stay home.

“There was an alarming death rate

among health care workers,” Kollie says, “especially nurses.”

She interviewed nurses and midwives from each of three hospitals in the capital of Monrovia from October 2015 to March 2016. A total of 30 nurses and midwives participated in the study. The majority of them — 27 — continued to work during the outbreak despite great personal risk.

“The results of the study showed that the nurses and midwives felt obligated professionally and knew that if they didn’t do anything, Ebola would wipe out the population,” Kollie explains.

“They mostly depended on God for safety. The family was the central influence for the nurses’ and midwives’ decisions whether to work or not.”

A distinguishing factor about her research is that unlike similar studies, it captures the spiritual component of the nurses’ decision-making and survival strategies.

Each person interviewed had a profound impact on Kollie.

“They expressed themselves with deep emotions,” she says. “Others declined to be part of the study because they couldn’t handle it emotionally.”

Kollie extrapolated applications of her research for nursing practice, nursing education, and policy and theory development. Ebola and future outbreaks of it, or other infectious diseases, necessitate improved safety adherence and more protection in clinical settings, lessons that should also be included in the curriculum for nursing students. Additionally, health care administrators are advised to be more considerate of the emotional and spiritual experiences of nurses in creating policies.

“Nurses were living in fear and terror during the outbreak, and it is important for everyone involved to pay attention to nurses’ emotional needs and provide spiritual support in future outbreaks of Ebola or other infectious diseases,” Kollie says.



“I wanted the students to see the results of health care neglect and plan ways they can serve this population, both as students and as nurse practitioners when they graduate.”



24 Nurse practitioner student Ashley Bruton spoke on camera while working at Your Best Pathway to Health.

Kollie is pictured with her children in Liberia. 25

Missionary dreams come true

“I am Julie, I come from Alabama, and I want to be a medical missionary nurse.” So announced one student in the School of Nursing during orientation in fall 2010.

Julie — Julie Satterfield — was thusly inspired through short-term mission trips. But when she looked for a long-term mission appointment, she couldn’t find one. “God opened the doors and showed me to come Loma Linda University, so I did,” she says.

While studying for her BS degree from the School of Nursing, Satterfield learned of the Global Service Award program at LLU, in which students receive help paying their loans while serving as overseas missionaries. “Yes! Finally!” was her reaction to the news that her missionary dreams could come true.

Satterfield spent two years and four months working in the pediatric ward at Blantyre Adventist Hospital in Malawi.

“Working with the families and the children was beautiful,” she remembers. “It was very beautiful.”

Now Satterfield is back at the School of Nursing studying for her doctor of nursing practice degree and working in the



While serving in Botswana on a mission trip, Satterfield paused from a well-baby checkup with this young patient.

neonatal ICU at Loma Linda University Medical Center. And then?

“Perhaps once you become a missionary, you never get it out of your system until Christ comes,” she says. “Who knows where God will lead me in my future? Perhaps He will lead me back into the missionary field so I will have something more to offer.”

More to offer? Not only will she be a nurse practitioner by then, but Satterfield

explains that in developing countries there is the opportunity to introduce the role of advanced practice nurses. In addition to caring for patients, she wants to be an example of how an advanced practice nurse can make a difference. “I just feel our role is crucial, and it would be great to use my knowledge to inspire other nurses,” she says, “and even hopefully inspire new nurses from the U.S. to come and help out. They are needed!”

mother’s passion for patient care and her ability to brighten a sad situation, calm fears and find joy in others’ happiness.

Of her grandmother, Annie values her contributions to evidence-based practice.

“I hope to emulate them both in so many ways,” Annie says, “and to also find my own unique way to make a mark in people’s lives.”

She went on to earn a master’s degree from California State University at San Bernardino, and her career included working as a school nurse and doing research, including working with Leonard Bailey, MD, Loma Linda’s pioneer on infant heart transplantation.

“My mother led a very full life,” says her son David Mack, Annie’s father.

Annie Mack finds inspiration in her

3rd-generation alumna finds inspiration ...

Continued from page 18

While still a teen, Annie Mack’s paternal grandmother, Pearl Unterseher Mack, rode the train by herself from South Dakota to Loma Linda to study at the School of Nursing, graduating in 1957.

Homecoming 2016 honored class photos



Class of 1956B



Class of 1966



Class of 1976



Class of 1991



Class of 2006

Class members:

1956B: *Front:* Edna L. Mason (Tresenriten), Janet Miyashiro Matsuda, Nancy Nielson Page, Tilkens Littlefield *Middle/back:* Verna Lee Nordin Kiesz, C. Darlene Parrett Everett, Marylou Anderson Gillespie, Christine Kindsuater Manzel, Hildegard Koch Landschoot

1966: *Front:* Ann Jensen White, Rita Babcock Cripe, Lendra Bolton Follett, Judy Dietrich Whitehouse, Vivien Dee, Audrey Kim, Eleanor Ngo *Middle:* Donna Stevens Lorenz, Lois Clark Codington, Dee Hart, Carol Peterlin, Donna Phillips Steudel, Loann MacDougall, Diane Wagner Wells, Carol Finney, Lynda Fenderson, Murleen Robertson *Back:* Earlia Wood Sans, Janet Banks Hart, Ann Ekroth Yukl, Nancy Risinger Vogt, Sharon Gibson Ogdan Burke

1976: Marilyn Jackson Truitt

1991: *Front:* Angela Kelly Jones, Jessie D’Agostino, Linda Griffith *Back:* Brit Ghelfi Stickle, Nancy McHan Wolfe, Allison Brooks

2006: *Front:* Beverly Barlongo, Myrna Reyes Trippon *Back:* Yemina Alcayde Lukens, Abigail Ignacio, Noemi Lopez Moreno

Class of '66 triples endowment gift for 50th anniversary

The class of 1966 grew its scholarship donation to \$150,000 during homecoming 2016. The 53 class members began the endowment at their 25th anniversary in 1991 in appreciation for the Christian values and nursing skills instilled in them by their nursing instructors; it was their desire to have a perpetual impact and influence on nursing education.

Their criteria for the award is unique; it rewards student volunteers who are outstanding mentors to other students in the school's learning assistance program. By engaging students in the mentoring process, they gain confidence in teaching skills while helping other students to excel. Additionally, the experience can possibly lead them to consider nursing education as a promising career. Through the years, the scholarship has been given to 24 recipients. Two students are awarded each year.

"The scholarship you gave me for being a study group leader was an enormous blessing," wrote one recipient in a thank-you note. "The money was incredibly needed, and I never thought I would be remembered in such a kind way."

As of July 2015, the class gift was valued at \$50,743, plus interest earned through the years. The members wanted to increase that amount for their 50th anniversary in 2016 to allow even more students to receive the scholarship. By the homecoming banquet April 9, the class had risen to the occasion and increased their gifts-to-date to about \$147,000. That night, a classmate offered \$3,000 to reach the \$150,000 goal. And through accrued interest over the years, the endowment is worth much more.

Another thank-you note, written by a student who hoped to teach one day, praised faculty role modeling at the school: "I was so pleased to be able to say that the instructors at our school 'walk the walk' and are living examples of what they teach to the students, which is an exemplary standard of compassion and competence. I would love to hear the same thing said about me."

"This enduring legacy is what we are passionate about," says class member Eleanor Ching Ngo. The class of 1966 bears testimony to that passion for nursing

education. Among the class are at least eight academic nurse educators. Three of them have served or still serve at LLU School of Nursing — Dynnette Hart, DrPH, RN, associate dean emerita; Judith Peters, EdD, RN, associate professor; and Ann Ekroth Yukl, MS, RN, assistant professor. Other class members represent a broad spectrum of health care roles. At least eight have served in international settings, as well.

"We are a group of 53 classmates bonded through our three years as students, plus almost yearly class letters since graduation, along with reunions every five years until our 40th — and now our 50th. We have shared our joys, trials and triumphs," Ngo says. "We owe much to the School of Nursing and LLU for the positive influence it has had in our lives."

Faculty and students of the school offer gratitude in return. "By tripling their gift, the members of the class of 1966 will make an impact on student mentors and the nursing profession for generations to come," says Nikki Gaitan, senior development officer.



Judy Whitehouse

Alumna of the Year is just the latest role for Judy Whitehouse

Postpartum nurse. Grandmother. Missionary, loving friend and teacher. Arabic speaker. Lifesaver.

Having lived a rich existence, Judy Whitehouse can be described in many ways. The class of 1966 chose to recognize her this year with one more description: Alumna of the Year.

Currently caring for patients on the postpartum unit at Loma Linda University Children's Hospital, Whitehouse has had a varied nursing career since growing up in Washington State and attending the School of Nursing.

She has changed lives as a medical/surgical nurse, home health nurse, respiratory intensive care nurse and primary care nurse.

Likewise, where she has practiced has been equally adventurous. Early in their lives, Judy and her husband, Jerald, served at Benghazi Adventist Hospital in Libya before the Gaddafi government took it over. They also did mission work in Tanzania, Lebanon, South Sudan and Bangladesh, and worked in Northern California and Washington, D.C.

Family life, too, has been adventuresome. The Whitehouses' first two daughters were born in Libya. The third joined her sisters while they lived in Lebanon. The fourth and fifth daughters were adopted in South Sudan after being orphaned, making the family complete.

All five daughters now work as health professionals, and between them they have expanded the family to include four granddaughters and one grandson.

According to her classmates, "Judy's daily life has exhibited generous love, hospitality and a warm friendliness experienced by all who come in contact with her. Judy has consistently carried out the mission of Loma Linda University to continue the teaching and healing ministry of Jesus Christ."

Finding Adventist faith at the School of Nursing

When Joanna Shedd, MS, RN, visited Loma Linda University to explore becoming a nursing student, the warm reception was unlike anything she had experienced at other schools in the area.

A faculty member offered to pray with her. "That was the moment that changed my life, because I realized school and prayer could go hand and hand," Shedd remembers.

Later, after graduating and beginning her career, Shedd, who was Greek Or-

thodox, realized that she missed the Seventh-day Adventist culture and faith. She and her husband began attending Adventist churches, and about four years ago she was baptized.

Shedd has now returned to Loma Linda University to teach in the School of Nursing as an assistant professor, and she also works at Loma Linda University Medical Center.

"I am now that instructor who prays with my students," Shedd says.

Shedd also volunteers at a local shelter, teaching parenting classes to pregnant teens who are seeking a better life for their babies, and some who are escaping gang life.

"You would be surprised," she says. "Mainly they ask about Loma Linda University Health and my Adventist faith. They want me to teach them about our lifestyle, and it has become my passion."

She sums up, "To be the best nurse you can be, you need to have a heart, and that is what Loma Linda gives its nurses."



Joanna Shedd



Numerous members of the class of 1966 united for a campus tour earlier this year.

New graduates eligible for loan repayment through employment at Loma Linda University Health hospitals

New and future graduates of Loma Linda University School of Nursing (within the last 12 months and forward) have an excellent employment opportunity awaiting them. Those who are hired to work at one of Loma Linda University Health's hospitals in a difficult-to-fill position will receive \$500 a month toward repaying their school loans, up to a maximum of \$70,000 over the course of their full-time employment.

The new program, which began in July, also applies to new graduates of LLU's seven other schools who take hard-to-fill positions. "We want to keep the folks who come out of our schools," says Jamie DeView, MS, executive director of talent acquisitions

and engagement, Loma Linda University Health.

"They are a part of our culture and connected to our mission. We have grown, mentored and fostered them, and we certainly want to keep them within our organization and culture."

Elizabeth Bossert, PhD, RN, dean of the School of Nursing, says, "We are grateful for Loma Linda University Health's confidence in our alumni and this wonderful opportunity being afforded to them. I believe that these alumni will make a strong contribution to the Loma Linda University Health care system."

New graduates interested in the program can submit job applications at careers.llu.edu or call 909-651-4072.

2nd generation grad pinned by alumna mother ...

Continued from page 18

1961 with a bachelor's degree from the then School of Medical Technology. David's maternal grandfather earned an MD degree from the School of Medicine, as did four of his great uncles. Additionally, David's brother, Jon, is also a School of Medicine graduate.

"I count it a privilege and honor to join so many others of my family in graduating from Loma Linda University," David says.

But it turned out studying at Loma Linda University was more important than a dream and family legacy.

"Halfway through the program," David recounts, "a fellow student lightheartedly felt impressed to put his stethoscope over my heart and discovered what would force me to take a leave of absence and place me in the hospital for open heart surgery."

David feared his dream might come to an end. "But God had a plan. My condi-



David Ermshar (center) with his parents, Edwin and Caryl Ann Ermshar

tion needed the expertise that Loma Linda has been perfecting for more than half a century; I was in just the right place at just the right time."

After a full recovery, David returned to school and completed his lifelong dream, graduating June 12, 2016, four days after the dedicatory pinning ceremony that brought mother and son together in the moment of a lifetime.

"How thankful David's father and I are that the Lord has spared us so we could see this day, and even have a little part in it. What a blessing," says Caryl Ann.

Healthy and happy, David says, "Here I am today, and an LLU graduate at that. It is amazing how God cares for us and understands our wants and desires in such remarkable detail and brings it all together in ways we would never imagine."

Clela Fuller remembers — 'Our motto was service'

Ninety-one-year-old alumna reflects on 72 years with her classmates, who found a special way to stay in touch with each other.

By Clela Fuller

One afternoon in August of 1944, 31 young ladies from across the United States moved into the third floor of Kate Lindsay Hall in Loma Linda to register as student nurses. There were also three local women, and in February of 1945, seven other freshmen joined the class directly from college, making a total of 41 in our freshman nursing class.

In nursing classes, we had to give and take all nursing procedures — hypodermic injections, enemas, bed baths and even gastric tubes. During patient care, we learned about bedpans and urinals, repaired rubber gloves and washed syringes that made our hands smell of the new antibiotic penicillin.

In spite of that, I wrote to my parents, "I never expected to have such a good time. There is always something exciting

white starched aprons and bibs for the capping ceremony where our "sister" student nurse placed on our head the crowning glory, the stiff, starched nursing cap.

Our class had a friendly rivalry with the freshmen medical students. After lunch one day, we found our books in the rafters above the cafeteria entrance, rather than on the floor near the door where we left them. It was rumored that water balloons accidentally fell from the third floor of the nurses' dormitory on freshmen medical students hurrying to the cafeteria. That didn't stop some of us from later accepting proposals of marriage from these same young men.

World War II influenced our lives in many ways. Most medical students whom we became acquainted with wore either Army or Navy uniforms. We also heard junior and senior nursing students worrying about the nurse draft.



Clela Fuller

unusual places and wedding plans announced in clever ways. We learned that Elaine Fink would marry Gordon Thompson, and Reatha Venden planned to marry Clarence Ekvall. Both would transfer to the White Memorial Hospital when their husbands went into Los Angeles to complete medical school. When I asked permission to do the same, Mrs. Graf, the director of nurses, told me, "Since the war is winding down, the directors from the three Adventist nursing schools will probably change back to the pre-war rules — if you marry, you will have to stay out of nursing school a year before continuing."

That didn't deter me from marrying Burton Ammuundsen on Thanksgiving

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"World War II influenced our lives in many ways."

going on. I didn't think there could be so many nice fellows in one spot, as there are in the medical school. I guess they are the cream of the Seventh-day Adventist crop. And you wouldn't believe how many nice girls there are in our class."

After three months, we put on our

President Franklin D. Roosevelt died during our freshmen year, and the first atomic bomb was dropped. One classmate lost a fiancé, and another lost a boyfriend in the conflict.

As our freshmen year came to a close, there were engagement parties held in



“At first, the class letters had been about marriages, babies, homes and jobs. Now, we are all in our 90s, and they are about great-grandchildren, broken hips, cancer treatments, walkers, widowhood and retirement homes.”

Clela Fuller remembers ...

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Day, 1945. Little did my classmates and I realize how our marriage decisions would affect our careers and our lives. Several would be living in foreign lands when their medical student husbands finished their education and chose to become Seventh-day Adventist missionaries.

Of the original 41 who started in our nursing class in 1944, 26 graduated together in the Loma Linda Bowl in 1947, and two of us graduated a year later from the White Memorial Hospital School of Nursing.

At the end came California State Board examinations in Los Angeles. The Loma Linda graduates had a meal together at Clifton's Cafeteria the evening before, when they spoke of the happiness and sorrow they were experiencing — happiness to finish three years of preparation for their RN, and sadness that the close-knit classmates would be going their separate ways. They did not want to lose contact, so the idea of a “class letter” was launched.

At first, editors were appointed from names of the classmates in alphabetical

order. At the 25th-year class reunion, Rae Anna Brown — “Brownie” — was chosen to be permanent editor. She had been considered a “class mother” to all of us, and had now returned from mission service.

By this time, “the class” consisted not only of those who graduated from Loma Linda in 1947, but also those who started with that class in 1944 or had ever been a part of it.

Rae Anna copied our letters and any enclosed pictures and distributed them to every classmate. It was important for helping to keep us in touch as we traveled and lived in various U.S. states and foreign countries, and settled into retirement.

At first, the class letters had been about marriages, babies, homes and jobs. Now, we are all in our 90s, and they are about great-grandchildren, broken hips, cancer treatments, walkers, widowhood and retirement homes.

In the fall of 2014, after more than 40 years, faithful Rae Anna passed the job of editor to me for the December letter. Of the 15 surviving classmates, 13 responded to my requests for letters. The class letter had kept the surviving class-

mates in touch during the 67 years since graduation. We expected Christ to return before this. We don't know why the delay. We are all looking forward to the Grand Reunion at Christ's second coming. After that, there will be no need to communicate with class letters. Let us all be faithful so we can be there.

Editor's note:

Clela Fuller lives in Tracy, California. She has four children, 12 grandchildren and numerous great-grandchildren. Throughout her career, she and her husband served in Kenya, Tanzania, Somalia, the Caribbean and then back home in San Diego. She is just one of many alumna among the class of 1947 who, in her words, contributed “remarkable service ... both foreign and domestic, either with their husbands or on their own.”

From mission service in Palau to Libya, from working with Native Americans in Alaska and Oklahoma, from raising a severely handicapped foster child at home, to serving as an academy girls' dean, running a food distribution center and teaching English as a second language, members of the class of 1947 have lived with service as their motto.

School of Nursing accelerates through Vision 2020 goals

With a \$5 million fundraising goal for “Vision 2020: The Campaign for a Whole Tomorrow,” the School of Nursing has a large task to achieve by the end of 2019. However, with passionate donors, the school is doing well, having currently raised more than \$3.7 million.

“With the School of Nursing being the oldest school at Loma Linda University, it is exciting to see such loyal alumni giving back and inspiring the younger generation to become involved,” says Rachelle Bussell, CFRE, senior vice president for advancement, Loma Linda University Health.

Why are School of Nursing alumni and donors so generous? “Supporters have often told me that they believe in the power of higher education, and they want to be part of helping a student obtain a nursing degree at Loma Linda University,”

says Nikki Gaitan, senior development officer. “We've been able to successfully align donors' philanthropic passions with current needs at the School of Nursing.”

Vision 2020 is an organization-wide \$360 million campaign to foster education, clinical care, research and wholeness outreach at Loma Linda University

Health for the benefit of the surrounding communities and the world. To learn more about this bold and comprehensive vision, visit llu.vision2020.org.

If interested in contributing to the work and ministry of the School of Nursing, contact Gaitan at ngaitan@llu.edu or 909-558-3153.



“With the School of Nursing being the oldest school at Loma Linda University, it is exciting to see such loyal alumni giving back and inspiring the younger generation to become involved.”



Campus transformation

A new hospital rises

More changes to come

A changed landscape meets the eye when looking at the front of Loma Linda University Medical Center and Children's Hospital. No longer is there a busy parking lot; the space is now a pit of dirt filled with cranes, trucks and other machinery.

Little by little, a new hospital will rise at this site, towering over the local area as a beacon of whole person health care for all. The hospital will have two towers, one to serve as the new adult Medical Center, and one which will expand upon the Children's Hospital.

Why? As the only Level 1 trauma center in the Inland Empire and the only dedicated Children's Hospital, Loma Linda University Health is growing to meet the needs of the community. The new hospital complex will also be compliant with the most stringent earthquake requirements that the state of California is mandating.

Groundbreaking for the new facility took place May 22 in an afternoon event for the whole community that included children's activities, food trucks and a

four-plane flyover by the Tiger Squadron.

More than 3,000 people attended the event and heard these words of Richard Hart, MD, DrPH, president of Loma Linda University Health:

"The new Loma Linda University Medical Center and expanded Children's Hospital will be an immediately recognizable icon for our region," he said. "More importantly, it will exemplify the best in medical expertise and compassionate whole person care as we transform lives in this region, and around the world, toward a healthier tomorrow."

The hospital will open in 2020, featuring the cutting edge in healing architectural design and medical practice.

Of special interest to nurses will be the open-core floor plan in the adult tower. It will position nurses' stations throughout the floor rather than at a centralized station. The facility is expected to be the first hospital in California to implement this OSHPOD-approved innovative approach to facility design and patient care,

which will improve staff collaboration, reduce noise and streamline traffic. (OSHPOD is the California Office of Statewide Health Planning and Development.)

This momentous hospital project is not the only change coming to the campus of Loma Linda University Health. Another forthcoming new building will act as a center of discovery, transforming the research environment on campus by bringing together researchers of many disciplines into one place, leading to greater collaborative visioning and quests for knowledge. This building will also house the Wholeness Institute, Loma Linda's formal resource center for advancing thought and practice on whole living and whole person care — on campus, in the community and around the world.

Both the new hospital and the research building are part of the bold, future-forward initiative called Vision 2020: The Campaign for a Whole Tomorrow. To learn more and become involved, visit lluhvision2020.org.



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Scholarship



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