

2010

UNIVERSITY OF UTAH
College of Nursing



10 South 2000 East
Salt Lake City, Utah 84112-5880

www.nursing.utah.edu
Contact: Sue Onwuegbu
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We are proud to share with you how gifts to the College of Nursing are being transformed into knowledge that leads to improved health and quality of life.

As we enter the second decade of this new millenium, I look back with great pride and look forward with much anticipation. Over the past year our students, faculty and staff have risen to the occasion and learned to function without our College of Nursing building while it is being completely renovated. Not only have we survived—we have thrived, exploring new ways of telecommuting, teleteaching and teleconnecting. We have been busy designing an exciting new undergraduate curriculum that integrates both clinical and simulation-based learning opportunities. Faculty members also have sustained an impressive level of grant writing and other scholarly productivity.

Our annual magazine is a chance for us to share with you how we are educating, leading and inspiring in our work to prepare tomorrow’s nurses. None of this would be possible without the outstanding support of our donors and alumni. The Dumke family has helped to create a multipurpose learning environment on the main floor of the college with large and small classrooms, as well as study, social and computer lab spaces. We have recently filled the new Robert L. and Joyce T. Rice Presidential Endowed Chair in Healthy Aging, and with the planned gift we have received from Barbara and Bud Mahas, we now have eight endowed chairs in the College of Nursing. As many of our faculty members begin to plan for retirement, addressing the growing faculty shortage remains a top priority. Fortunately, our graduate enrollment has increased as a result of the generous support of partners like the George S. and Dolores Doré Eccles Foundation, which, through fellowships, scholarships and other forms of financial assistance, is helping students pursue careers in nursing education. We are proud to share with you how gifts to the College of Nursing, such as those you will read about in this issue, are being transformed into knowledge that leads to improved health and quality of life.

Excitement is building as we plan for the grand re-opening of the College this fall. From the *Designed to the 9s* campaign to the donor named areas within our building, every gift brings us closer to our goal and inspires our faculty, staff and students. For, at the College of Nursing, we believe great things are expected from those who receive great gifts!

Maureen R. Keefe

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Manager, Public Affairs, College of Nursing
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Building a better future for nursing education

When approaching his work as a general contractor, Theodore. G. “Bud” Mahas long has heeded the words of former Chicago Bears all-pro tight end and head coach Mike Ditka: “Success isn’t permanent and failure isn’t fatal.” That mantra, along with many 70 hour work weeks contributed to a prosperous career that has spanned more than four decades and the founding of three firms. Today, Bud Mahas Construction, founded in 1982, is building high-rise structures and institutional projects throughout the Western United States.

A milestone of Mahas’ career was construction of the first high-rise on the University of Utah Campus: the College of Nursing. Completed in 1969 by his then firm Skyline Construction, the building gave the college a prominent home on the medical campus while expanding opportunities for faculty and students alike. In the words of College of Nursing alumna Judith Jensen (MS, 1975), “The new building

was like landing on another planet. It was a new and exciting location, and it fit with the work we all wanted to do.”

The building was the foundation for a longstanding partnership with the College of Nursing. Mahas and his wife, Barbara, soon began awarding nursing student scholarships and through the annual Health Sciences Scholarship luncheons the couple was able to connect with the students they’d helped. “The students have always been so appreciative of the opportunity to earn their education from the College of Nursing,” Mahas says. “It never fails to impress me when I think of all the University of Utah has to offer.”

Chase Peterson, M.D., University president from 1983 to 1991, recognized how deeply connected Mahas felt to the College of Nursing. “People give for a variety of reasons, but the cause must have personal resonance and be a project with which they

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College of Nursing Professor and 2010 Oncology Nursing Society Distinguished Researcher Kathi Mooney, Ph.D., R.N., F.A.A.N. is the principal investigator of the research project.

\$8.8M Research Grant To Help Faculty Investigate End-of-Life Care

A dynamic program project research grant focused on end-of-life care has been approved for funding by the National Institutes of Health (NIH) National Cancer Institute, and is the collaboration of a research team that includes seven U. College of Nursing faculty members: Susan Beck, Ph.D., A.P.R.N., F.A.A.N., Pat Berry, Ph.D., A.P.R.N., F.A.A.N., Michael Caserta, Ph.D., Margaret Clayton, Ph.D., RN., F.N.P.-C.S., Gary Donaldson, Ph.D., Lee Ellington, Ph.D. and Kathi Mooney, Ph.D., R.N., F.A.A.N. With a budget of more than \$8.8 million, the five year project, *Enhancing End of Life and Bereavement Outcomes among Cancer Caregivers*, is led by Dr. Mooney and was developed to address the difficult transitions for caregivers providing care at home for a dying spouse or partner and then continuing through the bereavement transition to widowhood.

“The final days, weeks and months, of a dying person’s life are marked by decline and often distressing, escalating and poorly relieved symptoms,” says Dr. Mooney. “Additionally, observing a dying family member in pain and ultimately dying is stressful for

caregivers. Yet family members must go on and reconstruct new lives. The central theme of the project is to advance knowledge and interventions that improve end-of-life care and bereavement experiences for family caregivers.”

Of the project’s three studies, the first two focus on the experience of caring for the dying family member by a spouse caregiver at home with the assistance of hospice services. Dr. Mooney will lead a study of the effectiveness of a symptom alerting program that uses a telephone based system for the family caregiver to report to hospice nurses symptoms the patient is experiencing. Dr. Ellington will lead the second study, a look at communication patterns between the hospice nurse and the caregiver. The third and final study will be co-led by Dr. Caserta and Dale Lund, Ph.D. professor and chair of the Department of Sociology at California State University, San Bernardino, and will evaluate an individualized bereavement program for the spouse once the family member has died.

College of Nursing Announces 2010 Distinguished Alumna

Deanne Williams, R.N., C.N.M., M.S., F.A.C.N.M. has focused her 30-year career on improving the content and quality of women’s health care with a particular focus on expanding access to nurse-midwifery care. Her knowledge, commitment and ability to influence policy makers has had a lasting impact in Utah, Washington, D.C. and around the world. In May, Williams will be recognized as the 2010 Distinguished Alumna of the U. College of Nursing for her many contributions. Williams earned a master of science degree from the College of Nursing Parent Child, Nurse-Midwifery Program in 1980 and was nominated for the honor by a team of her peers.

Initially drawn to nurse midwifery because she identified a need to improve access to care and the quality of the birth experience for women and their families, Williams selected the U. College of Nursing because of the outstanding national reputation its

midwifery program had earned. Upon graduating, she was the perinatal co-coordinator and later clinical director of Utah’s first multi-disciplinary adolescent pregnancy program. In 1984 Williams initiated, as co-director, one of Salt Lake City’s first full scope nurse-midwifery practices in a private clinic. In 1993, she went to work for the American College of Nurse-Midwives in Washington, D.C., and was the first nurse-midwife to hold the position of executive director for the organization.

Now back in Utah, Williams is currently the advanced practice clinical coordinator at Intermountain Healthcare, Inc. She also is an adjunct faculty member with the College of Nursing. “I never did take the easy jobs,” she says of her career that has spanned clinical care, public policy, leadership and administration. “But in every job I have been able to improve the lives of women and their families.”

are proud to align themselves,” he says. During an overseas trip the two took in 1989, Peterson began speaking to Mahas about cementing the couple’s legacy with a planned gift to the College. Mahas jokes that the “subtle” approach worked. In 2004 Barbara and Bud created a \$1 million planned gift in the College of Nursing, which will ultimately establish the Theodore G. (Bud) and Barbara S. Mahas Endowed Chair in Nursing.

In December 2009, 40 years after Mahas’ construction firm completed the College of Nursing building, Mahas and Dr. Peterson revisited the site, which is now undergoing a \$24 million renovation, to observe how the space is being reconstituted to meet the needs of nursing education for the next 40 years. The project, which will be completed in July, will exceed the criteria of the State of Utah High Performance Building Rating System while meeting the University’s goals for sustainable design and energy efficiency. Water-use reduction, construction-waste recycling and indoor environmental quality have contributed to the project’s eligibility for LEED Gold certification. “Building construction and nursing education have both changed significantly over the past four decades,” Dr. Peterson observes. “And yet, in many ways, their core principles remain the same.” Mahas echoes his sentiments. “It still takes two things to get a job done: attitude and effort. Success of any kind is the result of concern and hard work.”

According to Dr. Peterson, who now serves on the College’s development board, the same can be said for the art of building long-term relationships with donors that can lead to planned gifts. “It is important to find that moment in a person’s life when they’ve met the needs of their family, their career is secure and they want to do something meaningful,” he says. “Bud has always been someone who sees an opportunity, does something about it and makes the world a better place as a result. Along with Barbara, he realized nursing is the fabric that holds the health-care community together, and their support over the years has helped bring this to light. Their planned gift will be a lasting tribute to their leadership, generosity and affinity for The U.”



Above: From left: Chase Peterson, M.D., Maureen Keefe R.N., Ph.D., F.A.A.N. and Theodore G. “Bud” Mahas pause to acknowledge the Board of Regents and builders involved with the late 1960s construction of the building. Below: Structurally sound, the College of Nursing building is receiving safety and technological upgrades. The first and second floors will be open, increasing light throughout.



“People give for a variety of reasons, but the cause must have personal resonance and be a project with which they are proud to align themselves.”

Chase Peterson, M.D., Member, College of Nursing Development Board and University of Utah President, 1983-1991

Experience Is Everything:
Alumna and Family Ensure Excellence in Nursing Education

The patient had casts on her legs and arms and despite a set of crutches, would have been immobilized were it not for the helping hands of pal Claire Dumke. After all, this patient was one of Dumke’s first dolls, and as a child Dumke was already envisioning a career in health care. In her physician grandfather, the late Ezekiel Dumke, M.D., she observed the principles of a compassionate health care provider. “My grandfather had many patients and worked long hours, but he always gave back,” she says, referring to his reputation for telling cash strapped patients there would be no bill from his office and giving financial assistance to young people entering the field of health care. “He was an inspiration to everyone he knew. I was determined to carry on that legacy.”

Today Dumke-Ryberg is the embodiment of her grandfather’s example. In addition to being an alumna of the U College of Nursing, she is a major contributor. Upon earning a bachelor of science degree in nursing in 1977, Dumke-Ryberg worked in the medical surgical unit at Cottonwood Hospital, and later in shock trauma at facilities in Arizona and Idaho. Crossing state lines only deepened her connection to her alma mater. “Earning my degree at the College of Nursing was such a world-class higher education experience,” she recalls. “The instructors were demanding yet passionate and they took a vested interest in preparing me to work in a busy hospital environment.” Along with her husband, Stephen Ryberg, and her family’s two foundations: the Dr. Ezekiel R. and Edna Wattis Dumke Foundation and the Katherine W. Dumke and Ezekiel R. Dumke, Jr. Foundation, Dumke-Ryberg is ensuring excellence in nursing education for generations to come. “Our family’s interest in supporting the growth of the College’s building and programs began when Claire was a student,” says Claire’s mother, Katherine “Kay” Dumke, who, at the time, participated in planning sessions with administrators to conceptualize the future growth of the College. “We are proud to promote the College of Nursing and its possibilities.”

For students returning to the College this fall following its \$24 million makeover, those possibilities are now seemingly endless. The building’s entire main floor has been dedicated to student needs, a project the Dumke family helped launch in 2006 with a \$350,000 gift to renovate and equip with distance education technology, the floor’s two lecture halls, two seminar rooms and four classrooms. A new floor plan with expanded open spaces and more natural light is designed to encourage collaboration, and to seamlessly integrate the renovated spaces with the entirely new: Dr. Ezekiel R. and Edna Wattis Dumke Foundation Student Multi-Purpose Room and Computer Lab. Created in 2009 with a \$75,000 gift from the Foundation, this interdisciplinary environ-

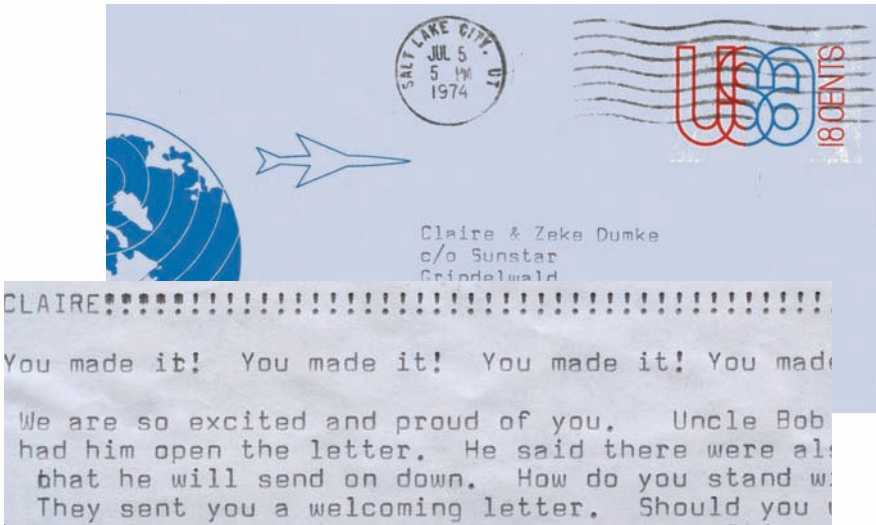
cation into a positive difference in the health and well-being of all Utahns.”

Eccles Graduate Fellow, Katie Baraki, R.N., M.S. graduated in 2008 from the teaching nursing program and is now a Ph.D. student and clinical instructor in the undergraduate program. Becoming a nurse educator was not something Baraki had in mind when she entered the undergraduate nursing program. “The thought of getting up in front of a group of people terrified me.” Her fear soon was overshadowed by the respect and admiration she developed for her instructors. “I saw in them the important role they played in shaping new nurses with the skills they will use throughout their careers,” she says. “Once I realized my fear of public speaking could be overcome by my strong desire to help others become effective nurses, I knew I would become a nurse educator. It is who I am.” Thanks to the Foundation’s support, she’s now excited to help prepare students with the critical-thinking skills and values they’ll need in modern health care environments. Her research efforts focus on investigating new teaching approaches that will facilitate a more comprehensive integration of geriatric nursing content into undergraduate curriculums.

As a father and caregiver for his elderly grandmother, Ph.D. student and Eccles Graduate Fellow Christopher Macintosh says returning to school following a career with the United States Postal Service would have been much more arduous without the Foundation’s assistance. “I expected to have to work outside of school, but the Eccles Graduate Fellowship has allowed me to immerse myself in my education,” he says. “By taking a full course load and working as a graduate teaching assistant for the statistics courses in the college, I have gained experience I would not have if I had been working outside of school.” Upon graduation, Macintosh plans to combine his interest in nursing informatics with a faculty position in Utah.

“It has been heartening for our Foundation to help students like Katie and Christopher pursue graduate nursing degrees,” Eccles says. “Through the George S. and Dolores Doré Eccles Nursing Graduate Fellows Program, we have been pleased to help ensure that Utah will have the highly trained nursing faculty needed in the years ahead.”

Right: Together with her family’s foundations, Claire Dumke-Ryberg and her husband Stephen Ryberg have made supporting nursing education a priority. Below: Claire was traveling in Europe when the College of Nursing acceptance letter arrived at her family’s home. She still has the letter her mother Kay sent to her in Switzerland to inform her of the news.



Being Part of the Solution:

Foundation develops tomorrow’s nurse educators today

Utah faces one of the most critical nursing shortages in the nation, and the root cause is clear—there isn’t enough faculty to prepare new nurses. “It has been well-documented that the current nursing shortage is linked to a lack of nursing faculty and the anticipated retirement of one-third of all faculty in the next five years,” says Maureen R. Keefe, R.N., Ph.D., F.A.A.N., dean, professor, and Louis H. Peery Presidential Endowed Chair. That is why support from the George S. and Dolores Doré Eccles Foundation is so critical. Since 2003, the Foundation has contributed more than \$675,000 in fellowships to help U. College of Nursing students pursue their graduate education. With the generous support of the Eccles Graduate Fellowships, 31 students who have demonstrated both the potential for successful academic careers, and intentions to teach in Utah, have had the opportunity to become part of the solution to the nursing shortage.

The Eccles Graduate Fellowships extend well beyond the walls of the college to address a statewide concern. “The College of Nursing is the only state school in Utah that offers doctoral education in nursing,” says Dean Keefe. “The students we educate at the U can go on to teach students at 15 nursing programs throughout the state.”

Improving the lives of Utahns has been a focus of the George S. and Dolores Doré Eccles Foundation for more than two decades. “As new health care challenges and opportunities continue to emerge, our Foundation is pleased to carry on our tradition of enhancing the quality and availability of health care throughout Utah,” says Foundation President Lisa Eccles. “We appreciate the emphasis the College of Nursing places on preparing nurses and nursing faculty to meet growing health care needs in our state. Our goal in supporting the Eccles Graduate Fellowships is to translate nursing edu-

“Through the George S. and Dolores Doré Eccles Foundation Graduate Fellows Program, individuals with limited resources can still become experts in their field. ”

Christopher Macintosh, Ph.D. Student and Eccles Graduate Fellow

Eccles Graduate Fellows (from left): Christopher Macintosh and Katie Baraki, R.N., M.S.



ment will be utilized by students from nursing, medicine, pharmacy and health to gain competency navigating electronic health record systems replicating those being adopted by health care systems everywhere.

From the redesigned floor plan comes the most critical shift in the student experience: a move to a learner-centered, evidence-based practice curriculum model. “Research supports that students learn best when they are actively involved in the education process,” says Gerrie Barnett, Ph.D., R.N.C., associate professor (clinical) and executive director for undergraduate programs. “With the renovated classrooms, state-of-the-art computer lab and the addition of wireless internet technology throughout the floor, we are establishing an ideal environment for case-based learning.” Instructors will become guides to evidence rather than providers of evidence as students work together to discover information about a particular health concern, analyze the data and develop plans to care for patients, families and communities.



Above: The Dr. Ezekiel R. and Edna Wattis Dumke Foundation Student Computer Lab and Multi-Purpose Room will be a cornerstone of the College’s main level. Left: Proud Parents Zeke Jr. and Kay Dumke.

“The cohort of students that began their education in the original building and will complete their studies in the new one will be pivotal,” Dumke-Ryberg says. “These students will see and feel the impact of investments in new learning spaces and curriculum models on their education.” For this reason the traditionally understated philanthropist consented to name recognition within the building. “I don’t want my name on a building or space unless it is going to lead to more support,” she says. “Hopefully in seeing my class year, students and alumni will be inspired to give others the same caliber of education we’ve received.”

A golden opportunity:

Philanthropist's Legacy Lives On Through Endowed Chair in Healthy Aging



Deemed too thin to play high school football, Bob Rice (pictured left with his beloved wife Joyce) gained 48 pounds of muscle and won the Mr. Utah event in 1953 at the age of 24. "It was then my dreams started to unfold," he once said.

It was never Robert (Bob) L. Rice's vision to turn the masses into musclemen. Rather, the modestly raised Utah native turned bodybuilder and self-made businessman, who began working in the exercise industry at 18, simply wanted to encourage people to maintain their fitness and enjoy good health. He set out to accomplish this by opening Salt Lake City's first gym in 1952. The facility earned just \$2 on its first day, but grew into European Health Spas, Inc.—one time the world's largest fitness chain. As an industry leader, Rice lobbied for legislation to ensure the integrity of gym practices and even served on President Nixon's Council on Physical Fitness.

Having made his mark on the nation's fitness, Bob turned his attention to the health of his local community. Together with his wife of 58 years, Joyce, he gave generously to the University of Utah, including a \$1 million gift to rebuild Rice-Eccles Stadium, which later served as the host site for the opening and closing ceremonies of the 2002 Olympics. But it is the couple's \$1.25 million donation to establish the Robert L. and Joyce T. Rice Presidential Endowed Chair in Healthy Aging in the College of Nursing that the Rice family hopes will advance the work Bob began more than 50 years ago.

Bob died from cancer in the summer of 2007, but even in the months preceding his death, Joyce says her husband continued to stay active, often riding his bike. "Movement is something we enjoyed with each other and with our six children," she says. "Maintaining our mobility as we age is so important because you never know what life will bring. With this gift we hope to encourage others to do just that."

Beyond establishing a living memorial of the Rices' commitment to healthy aging, the endowed chair will help foster a new generation of young leaders in the field. "Scholars holding named faculty positions expose our students to the most advanced knowledge in the field and inspire innovation and discovery," says Maureen R. Keefe, R.N., Ph.D., F.A.A.N., dean and professor of the College of Nursing and Louis H. Peery Presidential Endowed Chair. Endowment funds are also a powerful tool for attracting and retaining exceptional faculty. After an extensive nationwide search, a selection committee determined the chair could have the greatest impact on the field of aging with longtime College of Nursing faculty member Michael Caserta, Ph.D. leading the way as the inaugural chair holder. A professor in the Gerontology Interdisciplinary Program and an associate in the U. Center on Aging, Dr. Caserta is published widely in the areas of spousal bereavement, family caregiving and health promotion and self-care, and has already helped improve the health and well being of countless older adults.

When he assumes the appointment in July, Dr. Caserta will begin to develop new education, research and advocacy initiatives related to healthy aging. "I first learned about this planned gift in 2003, and I have been thinking about its potential ever since," he says. "This chair is a chance to deepen our community's understanding about what healthy aging truly is: It is not something we only discuss when an individual is 65 years old. We have to be talking about healthy aging when someone is young as well because what our children do now could potentially have an outcome down the road." With this unique opportunity, Dr. Caserta envisions interdisciplinary collaboration across all areas of campus. "Working together we can approach aging from a life-course perspective and change the way our community lives."

Members of the Rice family met inaugural chair holder Michael Caserta, Ph.D. in January. From left Lesli Rice (a member of the College of Nursing Development Board), Dr. Caserta, Joyce and Shannon Rice.

