

STUDENT HIGHLIGHT

Ana Clark, B.S. with a major in nursing

By Christi Richardson-Zboralski

At age 8, a sick visit to a weekly clinic staffed by a doctor in Central Mexico left an impression on Ana Clark. When the doctor had her listen to her heartbeat through the stethoscope Clark was captivated. The experience never fully left her mind, and eventually inspired Clark to pursue a career in health care.

Clark moved to the United States five years later and worked in the fields each summer break from school. She didn't think about going to college at that time. Thirteen years later, she and her four children moved to Monmouth, Oregon. With her parents' help, Clark earned an associate's degree from Linn-Benton Community College in 2016. Soon after, she became a medical assistant at the local health department.

Clark worked with a primary care provider who traveled to wherever the need was the greatest, including in rural areas. Clark helped provide childhood vaccinations, preventative care, acute care and well-rounded care, including educating patients on birth control and women's health conditions.

The support of her husband and his family allowed her to continue her education and earn a bachelor's degree in nursing from the OHSU School of Nursing's Monmouth Campus. She will participate in the OHSU regional campus' commencement and pinning ceremony on June 14 in Monmouth.

After graduation, Ana will continue at OHSU in the Doctor of Nursing Practice Family Nurse Practitioner program. And, as a Scholars for a Healthy Oregon Initiative scholarship recipient, she plans to serve in rural and underserved communities in Oregon after she completes her graduate education.

Clark expressed her gratitude for the countless people who have helped her overcome challenges while pursuing her nursing degree. She recommends asking for and accepting help from others when needed.

"There is room for everyone in nursing, and we can all bring something to the profession," she said. "We don't get to choose who gets sick. Anyone from any background can pursue this goal."



Ana Clark, B.S. with a major in Nursing, Monmouth.

NEWS AND ANNOUNCEMENTS

New nursing program helping grow Central Oregon workforce

OHSU, St. Charles Health System, Central Oregon Community College partner to bring OHSU School of Nursing Accelerated Bachelor of Science Program to Bend

Central Oregon will have a new option for people wanting to become nurses starting this summer, thanks to close collaboration among Oregon Health & Science University, St. Charles Health System and Central Oregon Community College.

The OHSU School of Nursing's Accelerated Bachelor of Science Program has opened a new location in Bend, and the program will begin teaching its first group of eight Central Oregon-based students in July. Previously only available to Portland, and Ashland-based students, the 15-month-long program is geared toward people who want to change careers and become a nurse. It helps individuals who have already earned a bachelor's degree in another field to quickly earn a second bachelor's degree in nursing.

"OHSU is honored to bring our well-established accelerated curriculum option to Bend in partnership with St. Charles, Central Oregon Community College and many other local leaders," said OHSU School of Nursing Dean **Susan Bakewell Sachs, Ph.D., RN, FAAN**. "The OHSU School of Nursing is proud to both help students from Central Oregon become nurses without having to leave home, and also to help the Bend area grow more of its own nurse leaders."

Read the full story on the OHSU News Hub.

Exchange program restarted

Seven international nursing students from Guanajuato, Mexico visited OHSU's School of Nursing Ashland campus. After a break due to the pandemic, the program has started up again. The students from Guanajuato went back to Mexico on May 5 after a three-week stay.



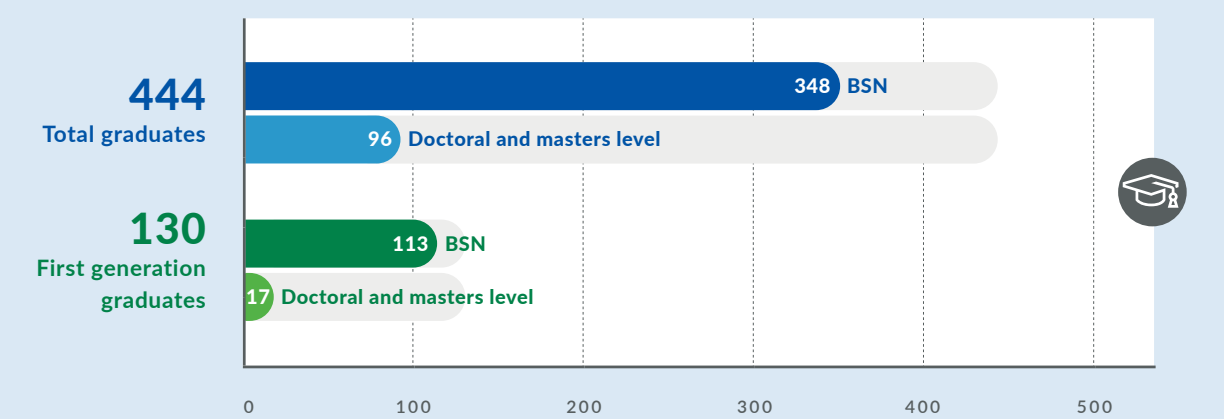
The School of Nursing's Accelerated Bachelor of Science Program has opened a new location in Bend, thanks to close collaboration between OHSU, St. Charles Health System, Central Oregon Community College, Oregon State University and other community organizations. The program includes learning through simulation, as shown in this photo from the the Ashland campus.



AWARDS

- Congratulations to the **OHSU SoN MNE program** for being selected for an assessment award this year from the OHSU Provost's Office.
- Congratulations to **Nathan Deickmann** for the Excellence in Teaching Award 2024 awarded by the OHSU School of Medicine.
- Congratulations to **Dr. Cathy Emeis**, OHSU SoN Sr. Associate Dean for Practice, on being selected as the recipient of the APP Service Award by the OHSU Office of Continuing Professional Development, the Office of Advanced Practice, and the Advanced Practice Council Advocacy Committee.
- Congratulations to **Dr. Becky McCay**, La Grande faculty, for being appointed to the Blue Mountain Hospital District Board. She will be sworn in at the May meeting according to an article in the *Blue Mountain Eagle*.
- Congratulations to the following staff members for their awards:
 - **Diversity and Inclusion:** **Rachel Rogers** (Portland campus), **Lisa Snyder** (La Grande Campus)
 - **Inspiration:** **Mel Tennyson** (Portland Campus), **Tanya Chard** (Klamath Falls Campus)
 - **Values:** **Marian Tannehill** (Portland Campus), **Seren Kopetski** (La Grande Campus)
- The 2024 *US News & World Report* rankings for graduate programs in nursing include:
 - OHSU SoN Nurse Midwifery at #2
 - Nurse Anesthesia at #11. The Nurse Anesthesia program jumped from #51 last year.

BY THE NUMBERS | Graduates and projected graduates academic year 2023-24



For more information or to access the food pantry at your regional campus, please refer to the contact information below.

- **Ashland:**
Brandon McCowan (mccowan@ohsu.edu)
- **Klamath Falls:**
Francis Rojina (rojinaf@ohsu.edu)
- **La Grande:**
Lisa Snyder (snyderli@ohsu.edu)
- **Monmouth:**
Efra Quevedo-Ramos (quevedor@ohsu.edu)

Yulisa Alonzo, a junior, helps stock the Klamath Falls food pantry. Mazi and Laura check the food stock in the Monmouth pantry.

Supporting our students beyond the classroom

By Francis Rojina and Efra Quevedo-Ramos

At OHSU School of Nursing, we recognize the importance of supporting our students beyond the classroom to help them succeed academically. Thanks to the collaborative efforts of Nicky Ulrich, Jen Cai, and the generous funding from Vision 2025 Learner Nutrition Support, our Student Inclusion and Success Coordinators (SISC) are dedicated to removing a significant barrier our students face: food insecurity.

We are proud to share that each regional campus now features a food pantry tailored specifically to meet our students' needs. These pantries are continually stocked with a variety of food items—from convenient snacks and ready-to-eat meals to staple groceries like rice and beans—helping our students concentrate on their studies by reducing the stress of wondering where their next meal will come from.

Furthering our commitment, the SISCs have established partnerships across Oregon, securing essential support and donations from local food banks and grocery stores. These collaborations strengthen our ability to provide food support to our students.

This academic year (2023-2024), we have successfully distributed over 5372 pounds of food. We are committed to continuing these efforts, providing food to our dedicated future nurses who devote their time to learning and serving the community.

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Have a story you'd like to share? Want to tell us how we're doing? Email: snweb@ohsu.edu

Learn more about our programs: www.ohsu.edu/son/programs

Newsletter comments: snweb@ohsu.edu

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Connections

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Greetings!

By Susan Bakewell-Sachs, dean and vice president of nursing affairs



I hope this message finds you doing well and enjoying the spring season. The ANA theme for National Nurses' Week this year was "Nurses Make the Difference." I am delighted for you to read our latest issue of *Connections*, where you will see how the OHSU School of Nursing is making a difference across our missions and the state. You will read pieces about a baccalaureate student who is graduating from our Monmouth campus and will continue into the Family Nurse Practitioner DNP program; one of our clinician scientist faculty and her efforts to support mental health for pregnant and postpartum patients; a multi-year initiative we are undertaking to address our region's nurse faculty shortage; and the La Grande faculty recipient of the 2024 School of Nursing inaugural Rural Health Excellence Award. We are growing across our programs to meet nursing workforce needs and we are pleased to have much more scholarship funding to support our students. I am proud to share all of these and more with you and I hope the OHSU SON is a source of pride for you.



EMPOWERING THE NEXT GENERATION

HRSA grant provides scholarship funds for clinical educator training programs

By Dawn Weinberger

Addressing Oregon's nursing shortage involves more than just recruiting new nursing students. It also requires nursing programs to have enough qualified faculty to teach and lead students. Right now, that's not the situation — according to the American Association of Colleges of Nursing, 8.8% of faculty positions are vacant nationwide. In Oregon, it is nearly 15%.

A \$4 million grant to OHSU's School of Nursing from the Health Resources and Services Administration is helping to fill this (very significant) gap.

The grant, which started in 2022 and runs through 2026, funds the Oregon Nursing Education Academy (ONEA), a program that aims to improve health equity and bolster the nursing workforce in Oregon, Washington, Idaho and Alaska through the training of additional clinical educators. In turn, the ONEA provides scholarship money to existing nurses who wish to pursue the clinical educator path through the lens of health equity, says Joanne Noone, Ph.D., RN, ONEA's program manager. This can mean becoming a preceptor, or it can mean going a step further and earning a Master of Nursing



ONEA scholars with Linda Felver (far right) at the OCNE conference.

Education degree, Noone says. Because the programs are 100% online, any RN with a bachelor's degree in nursing, who lives and works in the four states ONEA serves, can apply.

All enrollees receive scholarship funds.

"Our goal is to graduate 36 students per year between the two (options)," says Noone, explaining that the programs also support

OHSU's commitment to Oregon's 30-30-30 plan, an initiative that addresses the state's urgent need for additional health care workers.

So far, they are on track to reach that goal. Currently, 27 students are in the preceptor program (a six-month, six-credit course of study). An additional 26 — including Christina Claw, a clinical instructor at the University of Alaska College of Health in Anchorage who also works at Alaska Regional Hospital — finished the preceptor arm and are now working on their MNEs (in total, 43 preceptors and 32 MNE students have received funding).

Already working as a clinical instructor, but without formal training, since 2021, Claw says the fact that scholarship funds were available really got the ball rolling on her decision to apply.

"The (scholarship) pretty much covers the cost of everything," she says, adding that she expects to complete her MNE by the summer of 2025.

Claw, an American Indian, says the program's focus on health equity was another factor in her decision to enroll. "A lot of (people in Alaska) have elderly family members who don't want to leave the reservation," she says. "My passion is to have more American Indian nurses who can go to them, so they can get care from a person that feels safe in a place that also feels safe."

In Megan Romero's case, the opportunity to apply for the preceptor program kept her from leaving the field altogether. A med-surge nurse and preceptor for more than six years at Sky Lakes Medical Center in Klamath Falls, Romero was approaching burnout when a co-worker suggested she apply for the program.

"I thought, why would I want to do this when I don't want to be a nurse anymore," she says.

Her colleague was convincing, though, and Romero decided to give it a go.

"I got into the program, and it actually reignited what I always loved about nursing," Romero explains. "It gave me a fresh look at precepting."

Romero is applying for the MNE program and has no intention of leaving nursing any time soon.

The next MNE cohort starts in September 2024, with applications due by July 14. The next cohort preceptor will start in March 2025.

School of Nursing alumna's team develops program preventing perinatal depression

By Anna Lageson

For nearly 24 years, Ellen Tilden, Ph.D. '15, CNM, has had a heart for people who give birth, caring for patients during pregnancy, birth, and postpartum and researching maternal morbidity and mortality.

"I'm a clinical scientist," says Tilden, associate professor of nurse-midwifery with the OHSU School of Nursing and obstetrics and gynecology with the OHSU School of Medicine. "I came to this work because I love my patients. I want to think creatively about what can be done to improve patient care."

As early as 2018, Tilden discovered a high rate of maternal deaths in Oregon during and after pregnancy resulting from self-harm, such as suicide and overdose, linked to depression and other mental health issues. She found comparable numbers and causes of maternal deaths in other states.

Under existing care models, maternal checkups in the U.S. do not routinely assess mental health. Research indicates that nearly 1 in 4 individuals suffer from mental health disorders during or after pregnancy.

"We need mental health solutions now," Tilden says.

In 2020, Tilden and her team began the pilot phase of a new program called Center M. Their program was supported through a partnership with business leader, David Starr and by funds awarded from the OHSU Oregon Clinical and Translational Research Institute (OCTRI) Biomedical Innovation Program and OHSU Tech Transfer. In 2023, Center M received a Small Business Technology Transfer grant from the National Institute of Mental Health, John and Tami Marick Family Foundation (JTMF) funds and Business Oregon support to continue with early-phase testing and app development. They have also received iCorps training from the NIH iCorps program, an intensive eight-week mentorship program Tilden believes will accelerate Center M usability, implementation and sustainability.

At its core, Center M provides mental health support for pregnant and postpartum patients, primarily using mindfulness-based cognitive behavior therapies. The program is modeled after a highly successful intervention treatment called mindfulness cognitive behavior therapy for pregnancy (MBCT-PD) that reduces the risk of perinatal depression by 75%.

While MBCT-PD intervention has proven effective in clinical trials, clinics are not adopting it, citing cost, ease, access and a lack of appeal for diverse patient populations. Tilden and her colleagues in the OHSU psychology, obstetrics, family practice, women's health, nurse-midwifery and health equity departments conducted joint research and pilot studies focused on modifying MBCT-PD. Their goal: to make the intervention affordable for clinics and more appealing for patients. Center M is the culmination of their efforts, with Tilden serving as the chief scientific officer.

"We are a broad community working together, bringing diverse knowledge, effort and energy to solve this. Our goal is that within a year, Center M is available throughout all of Oregon."

— Ellen Tilden, Ph.D. '15, CNM

Center M enlists the care of social workers trained in mental health, who are more likely to already be staff members of prenatal clinics, rather than enlisting the services of psychologists or psychiatrists. Patients are required to spend less time in group meetings, which enable a hybrid option through telehealth technology. Further support is accessible to participants through a digital smartphone app that delivers content designed to help patients practice skill-building between group sessions. Screenings for depression are built into the app.

Initial feedback on Center M has been positive. Participants in the early-phase study who completed the four group sessions and practiced skills using the app between sessions significantly increased mindfulness and emotional regulation when compared with pre-intervention status. They also experienced significantly fewer depression symptoms post-intervention, extending into the postpartum period.

Center M is currently partnering with several public health leaders from OHSU Family Medicine, the Oregon Health Authority, HealthShare, CareOregon, Providence Beginnings and the Multnomah County Healthy Birth Initiative to expand access to the program. They are also in the process of launching the program within several rural Oregon prenatal care clinics and seeking support to develop and test a Spanish-language version of the intervention.

"It is shocking how high our mortality rates are for people bearing children within the U.S. health care system," Tilden says. "Our goal is that within a year, Center M is available throughout all of Oregon."



ALUMNI AWARDS

Lisa Radcliff, M.S.N. '07, D.N.P. '12, FNP, AOCNP, recipient of the 2024 School of Nursing inaugural Clinical Excellence in Nursing Award

As the Advanced Practice Provider (APP) Manager for the OHSU Community Hematology Oncology Group (CHO) at the OHSU Knight Cancer Institute, Lisa Radcliff, M.S.N. '07, D.N.P. '12, FNP, AOCNP is recognized as both an expert in hematology and oncology care and a strong proponent of professional development among APPs.



Radcliff has regularly mentored graduate nursing, physician assistant and medical students, devoting over 3,000 hours to preceptorship in the past 10 years. She encouraged and mentored two NPs under her leadership to successfully pursue and advance to assistant professor positions within the School of Medicine. In her support of professional development, Radcliff has served as an appointed member of the School of Medicine committee for faculty advancement and development, chaired the OHSU APRN committee, and been a member of the APP Lead Counsel, App Compensation Committee and Knight APP Task Force.

Radcliff's hematology and oncology expertise is acknowledged at the Knight Cancer Institute and within the broader oncology and hematology community; she has been an invited speaker for the NW Medical Laboratory Symposium as well as the Advanced Practice Providers Oncology Summit. She helped OHSU to achieve and maintain accreditation through the American College of Surgeons Committee on Cancer as leader of the cancer survivorship and palliative care programs within the CHO.

Radcliff was nominated for this award by five APP team members of the OHSU CHO group. One of her nominators, Jessie Weiler, M.S.N. '20, FNP-BC, AOCNP writes, "Dr. Radcliff practices as an expert clinician and holds her team to high standards. We are incredibly grateful for her leadership and the opportunities she has provided us."

Robin Claudson, B.S.N. '88, M.S.N. recipient of the 2024 School of Nursing inaugural Rural Health Excellence Award



Robin Claudson, B.S.N. '88, M.S.N. has a passion for providing primary care nursing in rural settings. As assistant program director for the School of Nursing, La Grande, Claudson provided essential support to La Grande campus associate dean, Patricia Barfield, Ph.D. '17, M.N. '07 on the Oregon Primary Care Transformation Program (OPACT) grant. The OPACT grant was housed within the School of Nursing to recruit and educate nursing students about the role of registered nurses in community-based primary care and as essential members and leaders within primary care teams.

As a faculty member of the La Grande campus, Claudson uses trauma informed practices in her seminars, focusing on social determinants of health care. In order to provide rich learning experiences for her students, she often invites guest speakers to discuss their work, including how they support individuals experiencing mental health illness, substance use and homelessness.

Claudson also facilitates students' experiences in rural primary care clinics throughout the region. After completing their rotations, several students of attending classes at the La Grande campus have reported switching from their intended nursing focus and have applied for primary care nursing positions in rural clinics upon graduation.

Fellow La Grande faculty member and nominator, Diana Siltanen, B.S.N. '85, M.S.N. wrote of Claudson, "We need nurses to change the healthcare landscape for those who live in these rural communities. Robin is that agent of change."

COMMENCEMENT 2024

A new generation of health care professionals, educators and researchers graduated from OHSU School of Nursing this month. Commencement ceremonies began June 2, and wrapped up on June 14. This year there were 441 graduates in total from our campuses.

