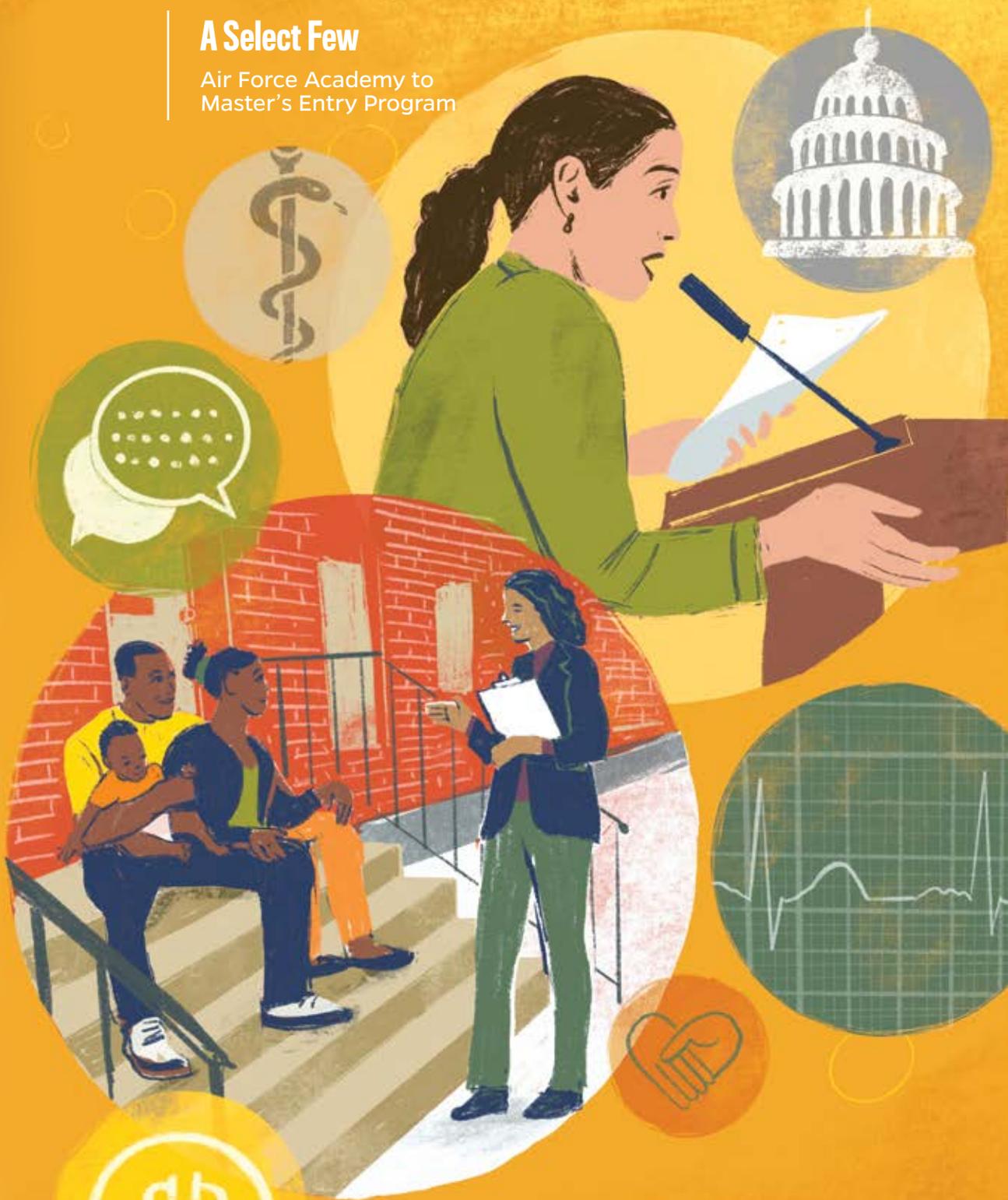


# JOHNS HOPKINS NURSING

## A Select Few

Air Force Academy to  
Master's Entry Program



## ON THE DOORSTEP OF CHANGE

Institute for Policy Solutions at the Johns Hopkins School of Nursing launches in DC with immediate plans to fix health care in Baltimore and across the United States. Tomorrow, the world (Page 26).



 **JOHNS HOPKINS**  
SCHOOL *of* NURSING

## TANZANIA GUEST

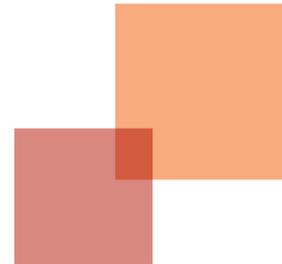
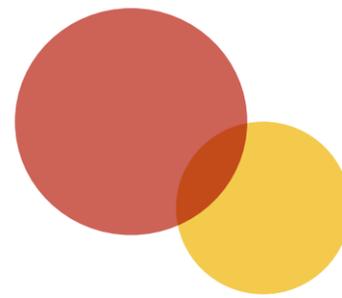
**“I’m gaining more confidence in myself and my nursing skills. I feel so grateful ... and I’m ready!”**



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FROM THE DEAN

## HERE & NOW

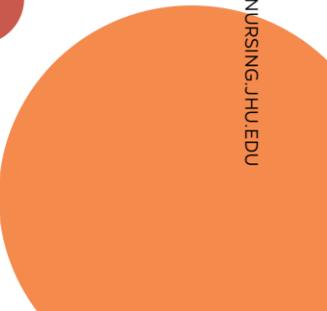


If you weren’t there, you should have seen it, and felt it. As we launched the Institute for Policy Solutions—surrounded by thought leaders and difference makers—at 555 Pennsylvania Avenue in Washington, DC, it was a capital m “Moment.”

Introducing the Institute for Policy Solutions at the Johns Hopkins School of Nursing and its inaugural leaders, Vincent Guilamo-Ramos and Natalia Barolin (you’ll meet them starting on Page 26), I was struck by how ready people are to hear those solutions.

Ours is such a big vision, and it’s going to take all of us: addressing social inequity before it fills our emergency rooms, overtakes our funding, and stretches the health care workforce to the breaking point. We’ve been calling for change, for elevating and recognizing nurses as the experts, problem solvers, and healers that we’ve always been. We now have the world’s ear, and plan to keep it. Our moment is now. Welcome.

**Sarah Szanton**  
PhD, RN, FAAN  
Dean, Johns Hopkins School of Nursing  
Patricia M. Davidson Professor for Health Equity & Social Justice





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# Air Force to Nursing ... and back again

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*Awards for diversity; Wald Center is back; remembering Carol Gray, first dean of JHSON; Learning Collaborative's five years of growth and success; and more.*



An outpouring of affection and appreciation for Officer Eugene Mobley as JHSON celebrated his 30th anniversary on the job.



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NEWS FROM AROUND THE SCHOOL





## Awards for Diversity

The Johns Hopkins School of Nursing has once again earned the INSIGHT Into Diversity Health Professions Higher Education Excellence in Diversity (HEED) Award and the American Association for Men in Nursing (AAMN) designation as a Best School for Men in Nursing. It is the school's sixth consecutive HEED Award and fifth consecutive AAMN designation.

The HEED Award is from *INSIGHT Into Diversity* magazine. This honor recognizes U.S. colleges and universities that demonstrate an outstanding commitment to diversity and inclusion.

The "Best School for Men in Nursing" designation is from the American Association for Men in Nursing.

The School of Nursing was recognized for its efforts to cultivate a diverse environment—52 percent of its students and more than a third of its faculty are from racial or ethnic minorities. The school has also created groups for student minorities, including a men in nursing mentorship program and an interprofessional international students group.

"We are committed to recruiting diverse students, faculty, and staff and to creating an environment where people from all backgrounds excel," says Dean Sarah Szanton, PHD, MSN, FAAN. "Despite the recent ruling on race and admissions, our resolve remains unchanged to build a school community that represents the rich diversity of America."

Johns Hopkins University and the School of Nursing will be featured among 108 HEED Award recipients in the magazine's November/December 2023 issue.

**"WE ARE COMMITTED TO RECRUITING DIVERSE STUDENTS, FACULTY, AND STAFF AND TO CREATING AN ENVIRONMENT WHERE PEOPLE FROM ALL BACKGROUNDS EXCEL."**

*INSIGHT Into Diversity* magazine selected Johns Hopkins to receive the award based on the university's commitment to fostering a more welcoming, inclusive, and accountable culture. Since the 2022 launch of the diversity strategic plan, named *Realizing Our Promise: The Second JHU Roadmap on Diversity, Equity, and Inclusion*, the university has strategically enhanced its support services, dedicating more than \$200 million to initiatives that benefit its faculty, staff, students, alumni, and the broader community and bolstering both the Office of Diversity and Inclusion and the Center for Diversity and Inclusion in new programmatic ways. ■

## Wald Center Returns to Lead Community Care

The newly renovated Wald Center for Community Health and Research re-opened on May 1. The updated space now houses the Johns Hopkins School of Nursing's Center for Community Programs, Innovation, and Scholarship (COMPASS) and includes study, conference, and training rooms, and spaces for clinical exams, research visits, assessment, phlebotomy, and more.

Founded in 1994, the Wald Center was the first JHSON faculty directed service-learning program site in East Baltimore. It was originally known as the Lillian D. Wald Community Nursing Center and was situated in East Baltimore's Rutland Center. Now at 901 North Broadway, the Wald Center is one of the few health programs in Baltimore City to provide nearly barrier-free health promotion services, at no charge, to uninsured or underinsured residents with low incomes.

"The Wald Center has been a lifesaving resource for members of the East Baltimore community since its founding," explains Professor Hae-Ra Han, PhD, MSN, RN, FAAN, associate dean for community programs and initiatives. "We are committed to

improving the health of our residents, and we are proud that the Wald Center is located right in the heart of our community."

Inside the upgraded spaces, the Wald Center will continue to provide health promotion services including seasonal vaccinations, health assessments and referrals, health education, and more. There will also be opportunities for student learning, faculty practice, research and scholarship, and public health nursing interventions in partnership with community-based organizations.

COMPASS seeks to create sustainable models for improving the health and well-being of disadvantaged populations in Maryland. The center's nurse-led programs and initiatives promote community health and advance nursing through alliances with residents, community-based organizations, business leaders, and health care organizations. ■

To learn more about the Wald Center and community initiatives at JHSON, visit [nursing.jhu.edu/wald](https://nursing.jhu.edu/wald).



# A Select Few

*Top-flight Air Force Academy grads ready to soar in Master's Entry program.*

**A**round 50 percent of Air Force Academy in Colorado Springs, CO graduates become pilots, figures Francesca Moore, second lieutenant in the U.S. Air Force. Each year, three cadets are offered the chance to become top-tier nurses.

Moore and classmates Xandria Roquid and Allyson Stauffer, also second lieutenants, liked those odds. This school year, all three are off to a flying start in the Master's (Entry into Nursing) program at the Johns Hopkins School of Nursing. And if the Air Force has anything to say about it—as the funder of their education, of course it does—Roquid, Moore, and Stauffer will be helping to lead health care in the military branch for years to come. Where that

happens is mostly up to the Air Force, but East Baltimore seemed like a good enough place to start.

In fact, there were five nursing programs to choose from across the nation. “I think I can speak for all of us that Johns Hopkins was clearly the top option,” reports Stauffer. “We talked to people who were years ahead of us at the academy and they gave high praise as well.”

Though all felt compelled toward military service, none of the three had joined the academy for the “Air” part—the idea of becoming a pilot. Or, really, had ideas of becoming a nurse. Though in Stauffer's case, at least, there were hints growing up in



PHOTO BY CHRIS HARTLOVE

Harrisburg, PA. “My mom’s a nurse practitioner, so I grew up shadowing her ... whether I wanted to or not.” Dad was in the Army, and that rubbed off as well. “I knew from an early age that I wanted to serve.” Today, Stauffer dreams of working in an intensive care unit, perhaps in anesthesia.

For ease, Roquid still calls Colorado her home base. “I was born in the Philippines, and my father is in the military currently—they’re living in England right now—so I’ve kind of lived all over.” With a grandfather in the Navy and an aunt and uncle in the Air Force, the path was also kind of laid out for Roquid. “I would like to do 20 [years] in the Air Force, so I wasn’t really thinking about the time commitment.” (Each will “pay back” the Air Force with a minimum of eight years of service.) But her eventual goals include flight nursing and overseas humanitarian aid work, having witnessed the need in her many travels. “That’s something that I would like to fulfill in this lifetime.”

Moore, from Nashville, TN, isn’t limiting her choices, still looking around at and soaking up intel on the wildly divergent opportunities the nursing business has to offer. Though equally drawn to the idea of service through health care and now nursing, she’s a bit later to the idea than the others. She does know that being stationed internationally sounds cool.

Once they earn their wings as nurses, Moore, Roquid, and Stauffer will head back to the Air Force—the eight-year clock will start ticking upon graduation. “No ... thankfully!” Stauffer exclaims at the idea that

after a few semesters away from stringent military training, the trio might face some sort of “refresher” basic training. They’ll return to the grid, if not the grind, via classes in technical school to ease the transition as Air Force nurses. Again, the military has the final word on the location.

Wherever they land, it’s clear that all three will be tremendously qualified to lead. Nursing and the Air Force are two very different worlds, they explain, and leadership doesn’t automatically translate. But hard-earned self-assurance and the ability to communicate sure do.

“I can already see the communication skills that my peers might not yet have,” explains Moore of a smooth transition so far. “It’s the confidence—it feels natural.” Stauffer adds a well-established sense of empathy to the toolkit provided by the Air Force Academy. It means that “here at Johns Hopkins, I feel like we can really practice leveraging other people’s strengths to work more efficiently and effectively.” And Roquid points to the diversity of ages, backgrounds, fields of expertise, and even previous careers of students and faculty at JHSON as a mind expander and a great building block for leadership as well as growing as a teammate.

The Air Force is counting the days ... ■

Learn more about the master’s programs at [nursing.jhu.edu/masters](https://nursing.jhu.edu/masters).

*From left, Allyson Stauffer (with President Biden), Xandria Roquid, and Francesca Moore became second lieutenants at the U.S. Air Force Academy, where they also learned about the opportunity to study nursing. “I think I can speak for all of us that Johns Hopkins was clearly the top option,” says Stauffer.*



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REMEMBERING

# Carol Gray

First Dean of JHSON



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Carol Joyce Gray, first dean of the Johns Hopkins School of Nursing (1983-1994), died April 18. Dr. Gray served as dean during a time in which the school established its PhD program and became the nation's first Peace Corps Fellows/USA Program for nursing.

Born in Philadelphia, PA, on June 27, 1934, Dr. Gray was a registered nurse with a doctorate in education from Columbia University. She also attained the rank of captain in the United States Air Force, spending most of her military career in Oklahoma and Germany. She was a professor and chairman of the nursing department at the University of New Hampshire as well as associate dean of the school of nursing at the University of Maine.

From 1975 to 1977, Dr. Gray worked at the University of Pittsburgh School of Nursing, serving first as curriculum coordinator of undergraduate affairs and later as associate dean of academic affairs. From 1978 to 1981, she served as associate dean of academic affairs for the graduate and undergraduate programs at the University of Texas Health Science Center School of Nursing. In 1981, Dr. Gray was named director of the Division of Nursing at Johns Hopkins University.

JHSON Dean Sarah Szanton announced the death in a message to the school: *As so beautifully stated in her obituary, Dr. Gray "moved decisively, holding to the vision that nursing education at Johns Hopkins University must conform with the mission of the university and must support a philosophy of academic excellence and exemplary humane practice. Carol excelled in her leadership and was highly regarded by both the university establishment and the many students who attended courses designed by her to carry them on into their careers after graduation."*

*Dr. Gray helped set the Johns Hopkins School of Nursing on a foundation of success, and we will be forever grateful for her life and leadership. ■*

## 'I Think I Can, I Think I Can ...'

Before she could set about constructing the Learning Collaborative—a free writing and tutoring program originally known as the Academic Success Center at the Johns Hopkins School of Nursing—Renée Mitchell-Matsuyama needed some building up herself.

She credits Jennifer Dotzenrod, associate dean of enrollment management and student affairs, with recognizing the need for such a program and then seeing the potential in Mitchell-Matsuyama, now manager of the Learning Collaborative, which serves students from the Master's (Entry into Nursing) and Doctor of Nursing Practice programs. She attended graduate school at the University of Wisconsin-Madison (English/student affairs), and spent several years running a college women's center in Minnesota.

"The job pulled together a lot of different pieces of my academic and career journey. But in a new *thing*. I had never done *this*," insists Mitchell-Matsuyama. "Not only had I never run a learning center, but I'd never built anything from the ground up." Nevertheless, she came aboard in August 2018 and officially launched the tutoring program in January 2019.

Today, as the Learning Collaborative nears its fifth anniversary, Mitchell-Matsuyama is grateful for the growing pains. "It was a blessing in the sense that I just let it become what it needed to become. I didn't have any preconceived notions. We've been able to adapt and respond to the student body needs."

The success of the Learning Collaborative can be measured, of course—"We do feedback surveys after

the semester," Mitchell-Matsuyama explains. But you can also just feel it. "Ultimately, it's demand. Say if we're short-staffed a semester, the students and even the faculty are like, 'What's going on?' The demand itself is evidence that we're putting something good out, a value-forward type of product."

For DNP students, the service almost exclusively includes help with writing. MSN students tend to need a bit more, not just in terms of course content, but also help with learning how to absorb all that they must learn. "We put them into small groups, four to six students, pair them with a tutor, and then they meet with that tutor for the whole semester. ... So I think it's a really good model for not just helping them with the learning stuff but it also helps them build that kind of social support network."

She adds, "A lot of what we work on is confidence building, maybe the biggest determining factor of success. Any student that's admitted here is capable of doing the thing. It's whether they think they can." When she arrived at JHSON, Mitchell-Matsuyama experienced similar doubt. But after five years, "This is exactly where I'm supposed to be right now."

Next on her personal learning curve: Sustainability. "When we started, I had maybe 12 tutors. Now my staff is around 40-something people." She's proud that the work environment means people tend to stick around. Now, how does she make the Learning Collaborative—"the thing that we've built and the values we've built into it"—something that could survive and thrive under new leadership, when and if that day comes?

For Mitchell-Matsuyama and her team, it's "Happy Anniversary!" Then back to work. ■

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Visit [hopkinsathome.jhu.edu](https://hopkinsathome.jhu.edu) to explore the site and learn more.

## Chair for Disability Health and Justice

Bonnielin Swenor, PhD, MPH, BS, founder and director of the Johns Hopkins Disability Health Research Center, this fall was inducted as inaugural Endowed Professor of Disability Health and Justice.

“Dr. Bonnielin Swenor is an incredible researcher, scientist, and educator with an unrelenting drive to ensure that people with disabilities are able to thrive,” says Johns Hopkins School of Nursing Dean Sarah Szanton, PhD, RN, FAAN. “Her installation as an endowed chair formally acknowledges the impact her career has made, and our trust in all there is to come.”

Today, more than 27 percent of American adults have a disability, and yet people with disabilities still face barriers to health, equity, and inclusion. With that in mind, the Endowed Professorship of Disability Health and Justice was established to push scientific discovery and develop innovative, evidence-based strategies to foster inclusion of people with disabilities into the workforce.

The Disability Health Research Center is home to experts across disciplines who test and collaborate on data-driven approaches to reduce disability inequity. It officially moved to the School of Nursing in 2022 when Swenor joined the faculty. The professorship will fund Swenor and the center to develop novel tools that inform policy and integrate artificial intelligence and other technologies into new disability health tools.

“We aim to shift the paradigm from ‘living with a disability’ to ‘thriving with a disability’ and maximize the health, equity, and participation of people with disabilities,” explains Swenor.

The endowed chair was funded by the estates of Charlotte B. Lockner, Nursing Class of 1955; Ralph S. O’Connor, university trustee and Krieger School of Arts and Sciences alumnus (Class of 1951); and Antoinette Delruelle and Joshua L. Steiner, along with The Maryland E-Innovation Initiative Fund Authority. ■

**“WE AIM TO SHIFT THE PARADIGM FROM ‘LIVING WITH A DISABILITY’ TO ‘THRIVING WITH A DISABILITY.’”**



# JHSON HIGHLIGHTS

Cheryl Dennison Himmelfarb, PhD, RN, FAAN, has earned the 2023 Faye Glenn Abdellah Leadership Award from the Friends of the National Institute of Nursing Research for sustained impact of research and policy leadership on public awareness of the pivotal role of nursing science.

“Through our collective effort to advance nursing science, we will make a lasting impact on the health and well-being of our communities,” says Himmelfarb, vice dean for research and Sarah E. Allison Endowed Professor, whose research features team-based interventions to improve cardiovascular care, as well as strategies to engage diverse populations.

Himmelfarb has contributed to national guidelines and scientific statements published by the American Heart Association and American College of Cardiology, and her efforts have kept the crucial role of nurses prominent in these important guidelines.

## Circle of Life Award

The Palliative Care Program at Johns Hopkins Bayview Medical Center, spearheaded by clinicians and researchers from Bayview and Johns Hopkins Schools of Nursing, Public Health, and Medicine, received the 2023 Circle of Life Award from the American Hospital Association. The highest honor a palliative care program can win in the U.S., the Circle of Life Award recognizes innovative

leaders across the U.S. who are educating their communities—and the world—about the value of palliative care and hospice services.

The award highlighted two patient-focused contributions: the Palliative Interprofessional Collaborative for Action Research (PICAR) and the 3-Act Model. PICAR includes JHSON Assistant Professors Rebecca Wright, PhD, BSC (Hons), RN, Janiece Taylor, PhD, RN, FAAN, Natalie Regier, PhD, and Ashley Booth, MSN, research program and clinical nurse coordinator and a 2020 JHSON graduate. Wright is a founding member of PICAR as well as the Qualitative Core at JHSON. The 3-Act Model is a narrative approach to the goals-of-care conversation consisting of the patient’s story, medical opinion, and shared decisions.

## Hillman Grant for CPPi

Fewer than 15 percent of children from low-income families in need of mental health services receive the care. JHSON nurse researchers led by Professor Deborah Gross, DNSC, MS, FAAN, have earned a Hillman Foundation grant for the Chicago Parent Program for individual families (CPPi), which will help make parenting and mental health resources more readily available. An adaptation of the group-based Chicago Parent Program, CPPi will be implemented by nurses via telehealth, eliminating a multitude of barriers families face in accessing in-person child mental health services. ■





# THE WHITE COAT

MSN (Entry into Nursing) program students show off the white coats gifted by Johns Hopkins School of Nursing donors to celebrate the start of their nursing journeys.

See more white coat images and many more snapshots from the life of the school at [flickr.com/photos/hopkinsnursing/albums](https://www.flickr.com/photos/hopkinsnursing/albums).

## Johns Hopkins School of Nursing Pledge

As I enter the nursing profession I pledge to:

Use all the knowledge, skills, and understanding that I possess.

Respect wellness as a human right, promote this with individuals, their families, and communities while honoring my own wellbeing.

Practice with cultural humility, treat each person with respect, and listen so that I may give voice to the voiceless.

Hold in professional confidence all the personal information entrusted to me.

Honor our history and forebears by building upon the advancement of science, innovation, research, policy, and knowledge.

Collaborate across disciplines, cultures, and nations. Mentor those who come after me so that they can grow, learn, and gain confidence.

Be a light of hope for all entrusted to our care. ■

Learn more at [magazine.nursing.jhu.edu/white-coat](https://magazine.nursing.jhu.edu/white-coat).



## FAANs of 2023

Fourteen individuals from the Johns Hopkins School of Nursing (JHSON) have been selected for fellowship in the American Academy of Nursing. “Their work helping people live healthier lives has culminated in this career milestone as FAAN inductees and will open doors for their impact to be felt even further,” says JHSON Dean Sarah Szanton, PhD, RN, FAAN.

Research Associate **Michelle Kahn-John, PhD, RN, PMHNP-BC, GNP**, a citizen of the Diné (Navajo) Nation, is a psychiatric and geriatric nurse practitioner with nearly 30 years of clinical experience working with the Navajo Nation and Alaska Natives.

Assistant Professor **Binu Koirala, PhD, MGS, RN**, is a researcher, educator, and leader whose work has significantly contributed to cardiovascular and chronic care. Her research expertise includes cardiovascular disease, multimorbidity, palliative care, and global health.

Assistant Professor **Tamar Rodney, PhD, MSN, RN, PMHNP-BC, CNE**, is a board-certified psychiatric nurse practitioner who has worked in trauma and psychiatry. Her research looks at biomarkers for post-traumatic stress disorder (PTSD) in veterans with a traumatic brain injury.

Assistant Professor **Erin Wright, DNP, MS, RN, CNM, APHN-BC**, is a certified nurse-midwife and a board-certified advanced practice holistic nurse who provides clinical care in Baltimore City. Her areas of expertise include mind-body medicine, Centering Pregnancy, labor support, breastfeeding, adolescent pregnancy, and non-pharmacologic pain relief in labor.

DNP Executive Leadership student **Raji Koppolu, MSN, MSL, BSN, BS, CPNP-PC/AC, RN, NPD-BC**, serves as manager of advanced practice professional development at Stanford Medicine Children's Health.

DNP student **Irvin Ong, EdD, MHPEd, RN, LPT, FPSQua**, is adjunct faculty at Elmhurst University in Illinois and a research specialist at Our Lady of Fatima University, Philippines.

Alumnus **Vanessa Battista, DNP, MBA, MS, RN, CPNP-PC, CHPPN, FPCN**, is a board-certified pediatric nurse practitioner and senior nursing director of palliative care at the Dana Farber Cancer Institute.

Alumnus **Trudy Gaillard, PhD, RN, CDCES, FAHA**, focuses on risk factors associated with prediabetes, type 2 diabetes and cognitive impairment in older adults.

Alumnus **Sherri Johnson Wilson, DNP, MPA, RN**, is director of partnership development and a career pathways SME at Stride, Inc., focused on advancing a diverse nurse workforce.

Alumnus **Sara Rodriguez, MSN, MPH, RN**, is lieutenant governor of Wisconsin with experience in public health, as a small business owner, VP of a Fortune 100 company, and as an executive of a large local health care system.

Alumnus and adjunct faculty **Melinda Sawyer, DrPH, MSN, RN, CNS-BC**, is vice president and chief quality and patient safety officer at UnitedHealth Group.

Alumnus **Katherine Scafide, PhD, RN**, is a forensic nurse and scientist focused on advancing equity in the medical identification and forensic documentation of injuries, particularly for patients of color, through innovative technology.

Alumnus **Janet Selway, DNSc, AGNP-C, CPNP-PC, FAANP**, is a nurse practitioner and associate professor at the University of Maryland School of Nursing.

Alumnus **Martha Sylvia, PhD, MSN, MBA, RN**, is a distinguished leader in health care analytics and DNP educator focused on teaching evidence-based practice, informatics, and clinical analytics. ■





PHOTO BY CHRIS HARTLOVE

# Family Circle

*Emily Hoppe uses childhood experiences—good and bad—to better prepare kids for school and, one day, parenthood.*

Emily Hoppe doesn't believe in waiting around to give parents and children the best shot at a healthy relationship, at home and in a world too eager to test it. A PhD student and researcher at the Johns Hopkins School of Nursing, Hoppe focuses on cultivating this bond to both prepare at-risk kids for school and use its benefits to buffer the trauma too often passed from one generation of parents to the next.

The blossoming of that bond is why she joined nursing in the first place, arriving with ideas of becoming a midwife. “What I loved about my labor and delivery rotation [in nursing school] was being with new parents during this very significant moment in their lives, as they met their children.” But midwifery really wasn’t her calling after all.

Instead, Hoppe headed as a new RN to Johns Hopkins’ Kennedy Krieger Institute and an inpatient unit for childhood brain and spinal cord injuries “as well as pretty severe feeding disorders or kids recovering from orthopedic surgery.” It was challenging work, getting kids to the point where they could safely re-enter their lives in the community. But Hoppe was also granted a window onto the beauty and magic of childhood resilience: “A lot of times, it’s like the kids don’t even notice, especially little kids. They’re just out there living their lives.”

Meantime, Hoppe was becoming fascinated with the “psycho-biological” aspects of healing, especially that parent-child connection. “Relationships are a really key part of health—they help us to be the best people we can be, the healthiest people we can be,” Hoppe explains. “And I love that, being part of people’s lives as they build relationships with their children.”

**“RELATIONSHIPS ARE A REALLY KEY PART OF HEALTH—THEY HELP US TO BE THE BEST PEOPLE WE CAN BE, THE HEALTHIEST PEOPLE WE CAN BE.”**

After her first year on the job, Hoppe transferred to the Kennedy Krieger’s neurological-behavioral unit for kids with severe behavior disorders that occurred in the context of multiple developmental disorders, including autism spectrum disorder. Children often remain on that unit up to six months, she says, until they are ready to safely return home or move to a group home setting. It also obviously is difficult work, again made easier by the kids themselves.

Hoppe was by now hooked on mental health nursing. She returned to school, earned her credentials as a psychiatric nurse practitioner, and moved on to Kennedy Krieger’s Psychiatric Mental Health Program, spending just under four years on the outpatient clinic before joining for the PhD program in August 2020.

What she learned and experienced at Kennedy Krieger remains a key part of her PhD work, building

interventions that help kids with even severe behavioral issues thrive in their communities, and make their parents more prepared to deal with it all.

“My research is about adverse childhood experiences and positive childhood experiences and how those impact parenting,” both today and down the road, she says, adding that neighborhood safety is a big part of the equation. She explains that talking with parents— even just acknowledging their plight and their commitment—can begin to blunt the impacts of generational trauma.

“With parents [of kids with behavioral disorders], there’s lots of anxiety, and not just related to the child’s behavior,” she says. “It’s pretty clear that [the parents themselves] have experienced trauma. ... Sometimes explaining to a parent what is happening with their child, letting them know it is not their fault, giving them some basic tools to connect with their child, and reassuring them that they’re doing a great job can make a really big difference.”

Through the PhD program, Hoppe has gotten to work alongside Professor Deborah Gross, DNSc, MS, RN, FAAN, cofounder of the successful Chicago Parent Program, and Joyce Harrison, MD, back at Kennedy Krieger’s Psychiatric Mental Health Program, on supporting parents of the youngest children to promote kids’ mental health and well-being and, if they’re struggling, researching the best interventions to get them there.

It takes patience, persistence, and maybe a little introspection. “When you typically learn psych nursing, you learn it first from the perspective of working with adults—that’s just how our education works,” Hoppe says. “For child psych, you really have to add this piece of, ‘What is developmentally expected and, also, what is developmentally expected for this child?’ It’s really individualized.”

As for the parents, it’s education, tips for navigating challenges at home and school, and once more, a receptive ear.

And on even the toughest days, Hoppe—now a parent herself—has an easy answer to “why do I do this?” at her fingertips. “I feel so fortunate to work with children. It makes every aspect of my job fun, in addition to rewarding and worthwhile.” ■

Learn more about the PHD program at [nursing.jhu.edu/phd](https://nursing.jhu.edu/phd).



## Change the Policy, Change the World

Find out how we are advancing advocacy and policy in nursing education, research and practice through the new **Institute for Policy Solutions at the Johns Hopkins School of Nursing.**

[Instituteforpolicysolutions.org](https://Instituteforpolicysolutions.org)



# Sea Change

*When COVID blew life off course, Cristina Watkins decided to ride the breeze.*

Cristina Watkins, a student in the DNP Executive/MPH dual degree program at the Johns Hopkins School of Nursing, sailed last year with her husband and four young daughters from Rhode Island to Baltimore and on to Grenada aboard the *Lady Rebel*. All the while, she did DNP schoolwork and provided care and consultations via satellite link for Galileo, a company of physicians and nurse practitioners that pledges 24/7 access to care, wherever you are and, of course, wherever the provider happens to be.

“That is the benefit of telemedicine: You can do it from almost anywhere as long as you have stable internet access.” She reports that the connection has indeed been dependable, allowing her to work (mostly weekends). “It’s a lot of educating patients—quintessential primary care stuff: diabetes, hypertension, even musculoskeletal things like back pain.”

For the moment, though, Watkins happens to be on dry land in Rhode Island, one more Zoom call in a day full of them, talking about a family decision to head to sea and the magical experiences and hard lessons gained along the way: “Like running into a dock ... rookie mistake.” There’s also no heat on the *Lady Rebel*. Oh, and the clear impacts of global warming are unmistakable, even surrounded on all sides by an ocean.

“Living on a boat for a year, you really get good at water conservation, and you also realize how precious it is,” she explains. “I’ve become a lot more aware of climate change and water security, really feeling that this is our biggest public health challenge. And I’ve pivoted my Doctor of Nursing Practice project to that. ... As with COVID, I think there’s this missing voice there—nurses—when it comes to policy development and analysis. It’s long overdue.”

That flexibility in carving out a DNP project that means so much to Watkins is part of what initially drew her to Johns Hopkins.

Watkins’ career focus had long been prevention and treatment of strokes, a topic she remains fascinated with and hopes to keep a clinical hand in even as she expands her vision and continues to grow as a leader. At Rhode Island Hospital, Watkins began in pediatrics, bristled a bit at the administrative aspects of that job, and moved to a more clinical role with the vascular neurology service—the Stroke Team. “That was a very cool experience ... with all the treatment advances that have happened with stroke. As with heart attacks, now we have similar devices [and improved diagnostic capacity] that we can go into blood vessels and take some of the blockages out of arteries in the brain.”

Such advances have significantly widened the time window for successful treatment, Watkins reports. “It was a really neat set-up where we got to sort of break through the silos in departments,” with Watkins up to her elbows in care all the way through. “I hung out in the emergency department, in intervention, and then the next day I might be taking care of that patient on the stroke floor. Really fast-paced, really fun type of work.”

**“THAT IS THE BENEFIT OF TELEMEDICINE: YOU CAN DO IT FROM ALMOST ANYWHERE AS LONG AS YOU HAVE STABLE INTERNET ACCESS.”**



WE ARE ALL EAST BALTIMORE

But with four kids, she explains, 24-hour shifts and 12-hour shifts, “sometimes during the day, sometimes during night,” got her thinking about the long term. “I’d always wondered: We did all this great stuff once somebody had a stroke. But how do we prevent them in the first place from coming to us?”

Having majored in public health at the University of California-Berkeley, Watkins pondered a master of public health degree, and happened upon the DNP-MPH program at Johns Hopkins during her search “and thought, ‘Oh! Might as well take my nursing degree to the end and then tack on the MPH too.’ So that’s when I started this whole journey with Hopkins.” And on her studies go.

Meanwhile, the sea calls, and will for as long as she and her family are onboard with it. Her four daughters, home-schooled aboard the *Lady Rebel* and at stops in between, can miss socializing with friends and will one day soon reach ages where they may well hear very different calls. They’ll handle it as a family, as they have all aspects of a journey that began as so many life-altering moments have during COVID-19.

Husband Teal comes from a family of sailors—his parents met while sailing in the Caribbean in the 1970s—and “he had always had a bit of a romantic idea about sailing and thought a long trip would be cool one day,” she explains.

“We took the sailing course as a way to do something safe and outdoors during the height of COVID, and to see if this dream was at all possible. Good news is that we had enough fun in the classes together to buy our boat. After a season sailing around New England, we were ready for a bigger boat and seas.”

Now more than a year in, there are few regrets—boat damage, chilly days, and any rough seas notwithstanding—that might quell an eagerness to get back out there and keep learning and living. And nursing, whatever the tide brings. ■

Learn more about the Doctor of Nursing Practice program at [nursing.jhu.edu/dnp](https://nursing.jhu.edu/dnp).





# ON THE DOORSTEP OF CHANGE

*There was a celebration on November 1 and an official welcome to DC for Director Vincent Guilamo-Ramos and the Institute for Policy Solutions. The presence at “555 Penn” signals a seismic change in approach as nursing stops reacting to change and begins influencing it from the get-go, which starts now.*

To Vincent Guilamo-Ramos, the monumental costs of health inequity—declining health outcomes and escalating financial expenditures—are on a collision course to finally break the U.S. health care system, so staying the course simply isn't an option.

“After decades of hand-wringing, our country’s health care system must finally be reformed. We pay far more for our care than other developed nations, yet we suffer from higher morbidity and mortality overall and a widening gap of inequity in who gets care and who doesn’t,” says Guilamo-Ramos. He points to the business consulting group Deloitte’s estimate that \$320 billion per year—or \$1,000 per taxpayer—is spent on inequitable care, a figure that’s expected to climb to perhaps \$3,000 per taxpayer by 2040. That’s unsustainable for a nation already experiencing a disturbing drop in life expectancy across the board and for individuals and families who are finding health care more and more unaffordable.

So, in setting the course for the Institute for Policy Solutions at the Johns Hopkins School of Nursing, Guilamo-Ramos, the Institute’s first director, is less focused on relitigating the problems within our health care system than on identifying and scaling up solutions that significantly improve population health and advance health equity. Equitable, whole-person care for all Americans. No “buts.”

Guilamo-Ramos says, “Health should be one of our unalienable rights, but there is this notion that if we lift certain communities up, that conversely, we must take something away from other communities. That’s an artificial debate in our society that is so destructive. In reality, when we lift up the most marginalized communities, it actually improves things for everyone. Because communities that are left behind become increasingly unhealthy and increasingly expensive to treat in what we call “bad inequitable care” because it maintains the current status quo—increasingly prevalent chronic disease; misalignment in health

care access and distribution of services; escalating, preventable, exorbitant costs; and limited attention to the underlying social and economic drivers that influence these negative health outcomes.”

“There’s a larger purpose here,” he says. “We can do better.”

“As a nurse, researcher, and advocate, I’ve come to see that we need a redesigned health care system with a more expansive scope. One that recognizes the value of addressing harmful social determinants of health, promotes prevention, health promotion and looks upstream from clinics and hospitals to deliver whole-person care in non-traditional settings like communities and homes,” Guilamo-Ramos says. “I believe nursing holds the keys to such reform and that our depth of capacity as expert clinicians, paired with the power of policy, will help us achieve health care redesign that works for everyone.”

The opportunity to apply a career’s worth of experience as a researcher and health care provider to local and national policy that can finally support the redesign of our current health care system is why he decided to join the Johns Hopkins School of Nursing to lead the policy institute.

## “HEALTH SHOULD BE ONE OF OUR UNALIENABLE RIGHTS.”

Widely regarded as an expert, scholar, and thought leader in a number of health care arenas including health equity, dynamic mitigation of harmful social determinants of health, nurse-led models of care, HIV/AIDS, and adolescent and young adult sexual and reproductive health, Guilamo-Ramos is also the founding director of the Center for Latino Adolescent and Family Health, which he started at New York University and then moved to Duke and now to the Johns Hopkins School of Nursing.

For more than two decades, he has been the principal investigator of numerous National Institutes of Health, Centers for Disease Control, Health Resource Service Administration, and other federally funded research grants, and has implemented several large-scale randomized controlled trials in community and clinic settings. He has published extensively in high-impact scientific journals such as *Nature Medicine*, the *Lancet Infectious Diseases*, *JAMA Pediatrics*, the *Lancet HIV*,



*Clinical Infectious Diseases, Pediatrics, and the American Journal of Public Health* and has earned coverage from the *New York Times*, *NPR*, and the *Washington Post*, among other media outlets.

Guilamo-Ramos currently is an Aspen Health Innovators Fellow, a program designed to develop a community of energized, values-driven leaders committed to finding viable solutions to address U.S. health care’s problems. In addition, he serves as a member of the Health and Human Services (HHS) Presidential Advisory Council on HIV/AIDS, where he provides advice, information, and recommendations to the HHS secretary. In addition, he serves on the *Unequal Treatment Revisited Consensus Study* of the National Academies of Science, Engineering and Medicine (NASSEM). He is a fellow of both the American Academy of Nursing and the American Academy of Social Work and Social Welfare and he received the Hispanic Health Leadership Award from the National Hispanic Medical Association. Guilamo-Ramos is a graduate of the 2016 class of Presidential Leadership Scholars, an initiative that draws upon the U.S. presidential centers of Lyndon B. Johnson, George H.W. Bush, William J. Clinton, and George W. Bush to develop leaders committed to solving society’s most challenging problems.

Still, even for a thought leader who’s already made great impact, the opportunity to leverage his skills and experience with that of his new colleagues at the Johns Hopkins School of Nursing via the Institute for Policy Solutions was irresistible. For despite all of his personal and professional successes, Guilamo-Ramos is on a mission to end health inequities.

“The thing that I care most about is health equity,” Guilamo-Ramos explains. “The communities that

don't have access to care, that experience the worst distribution of health services and that live in the worst social conditions experience the greatest preventable morbidity and premature mortality. And these harms are compounded year after year because these communities have endured long-term, historical injustices."

Born and raised in New York City's South Bronx by immigrant parents, Guilamo-Ramos says, "I know firsthand what poverty looks like in an urban, people of color context."

"The unwillingness of our society to grapple with social processes that negatively affect our health motivates me to make change. Take racism, which hugely shapes the provision of health care in our country. We have to look at racism not just in individual providers' actions but also how it implicitly and explicitly shows up in the clinical encounter, in the institutions people access for care, and in the health care policies and operating procedures people live under. As we at the Institute tackle

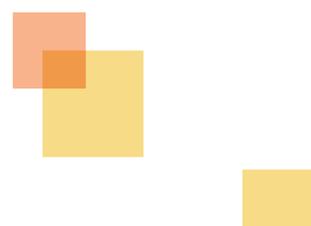
health redesign, we also will call on society at large to value and prioritize structural changes that support those furthest from the opportunity for health."

The current health trends he's seen all across America and all across the board make achieving health equity an imperative.

"If you look at the data in our country of adult individuals who have chronic disease, it's overwhelming. And much of that is preventable. Obviously, aging plays a role, but it's definitely not fully explained by aging. And if you look at the projections, more and more adult Americans will be living with multiple chronic conditions."

He repeats, "From a health and a cost perspective, we must do better." So, it's here that he's planting the flag. ■

Learn more about the Institute for Policy Solutions at [nursing.jhu.edu/policysolutions](https://nursing.jhu.edu/policysolutions).



Natalia Barolin, left, didn't think twice when JHSON Dean Sarah Szanton came calling with an offer to become senior health policy advisor.

neighbor complained to my dad about all the 'spics' moving to our community," she reflects. "I was mortified and couldn't understand why he would say that to my dad, who had a very obvious accent. When I asked about it after, my dad explained that we weren't seen the same—because of our skin color. A light bulb went off and I understood the privilege I have. It felt like a tremendous opportunity and responsibility."

This ignited Barolin's passion for leveling the playing field and ensuring that everyone has an equitable opportunity to thrive. Years later, she found another pathway for being a change agent. "I was providing communications support to the Robert Wood Johnson Foundation scholars and fellows and its Campaign for Action to implement the recommendations of the first *Future of Nursing Report*."

program translates once it's in practice. What does it look like for the patient? What does it look like for the providers trying to deliver this intervention?" Like that, she had her chance to bring her two careers together to impact change. "When Sarah Szanton called and said, 'I'd like to work on policy and take all of this to the next level as dean. Do you want to help me do that?' ... It was a no-brainer."

Barolin leapt at the chance to become senior health policy advisor for what would become the Institute for Policy Solutions at the Johns Hopkins School of Nursing. It's the right place at the right time for the right reasons, she insists. "It feels like the culmination of everything I've been doing in my career. It brings it all together in this way ... and in a *moment*." She explains, "There's this momentum for us to harness, an elevated awareness of what's not working in our health system and then the domino effect that has on the work force, and burnout, in the outcomes and experiences of the person getting care, and on the well-being of our society."

This moment must be seized. Barolin, Institute Director Vincent Guilamo-Ramos, and Szanton are all in. "I believe in this," Barolin says. "We believe in this. We are surrounded by people who believe in it. We know this is the moment. ... We have had a tremendous response. There is so much excitement and enthusiasm around the possibility of what this Institute can do."

The challenges of rethinking, and then rebuilding, the nation's flawed health care system remain immense but, Barolin insists, "I am encouraged and optimistic about the diversity of experience and roles of the people who are excited about this."

She's also certain that the mission is achievable. "It's not like we're inventing this stuff," she says of research and interventions with the potential to change health, health care, and social justice for the better. "The solutions are there." As is the commitment.

"Getting to build something and create something alongside Sarah and Vincent is just exactly where I need to be right now. It feels like the right thing for me as a change agent, the right thing for me as a nurse, and the right thing for this country." ■

## Natalia Barolin: Seizing the Moment

Natalia Barolin has been on the delivery end of well-intentioned programs meant to address health inequities but that didn't always work well in practice. The disconnect was obvious, and its impact was multifaceted.

"I worked in a federally qualified health center. ... I was the nurse in charge of implementing [programs] in our clinic, and I could see how something that bureaucrats in a room were designing translated in the clinical setting, what worked and what didn't." (Spoiler alert: The information, resources, and the time it took to institute new programs often didn't jibe.) "Patients and care teams both got frustrated. There's this whole cascade effect from that."

Barolin was discouraged too. She had spent the first 17 years of her career in policy and health communications, "getting to understand and communicate about the many intersectional factors

that contribute to a person's well-being and ability to meet their potential," she explains. "It's complex but so are we as people; we can do better to take all of that into consideration to ensure the health and well-being of individuals, families, and communities."

As a young woman, Barolin helped her family navigate the U.S. health system and in some cases interpreted during health appointments. This made her particularly drawn to health justice and equity—"the way some groups have more opportunity to reach their potential than others." She came face to face with the realities of privilege and racial/ethnic dynamics at an early age. Barolin is the daughter of immigrants from Uruguay. She grew up speaking Spanish at home—her grandparents didn't speak English—and in community with other Latino immigrants. Barolin is white, of European ancestry. She observed how she and her family were treated differently than other Latino immigrants. "I'll never forget one day a

**"IT FEELS LIKE THE  
CULMINATION OF EVERYTHING  
I'VE BEEN DOING IN MY CAREER."**

"Nursing just made so much sense to me in terms of our clinical knowledge and relationship with patients and caregivers combined with our experience at the intersection of the health care team, and the social systems and structures that impact health and well-being. It was so clear that nursing offered me the frontline, firsthand knowledge of our health system so that I could be a better advocate and change agent. ... I wanted a look behind the curtain." Barolin got her hands-on way to make a difference as an RN and alumna from the Johns Hopkins School of Nursing. She'd found her voice through communications, and she was ready to raise it in service to improving health and health care. A former colleague suggested that there was a place for Barolin's "clinical and systems lens" with the Innovation Center at CMS. She'd had the look behind the curtain. It was time for Barolin to begin tearing it down: "Let's think about how this

*DAISY and Baltimore Magazine winners; Deborah Baker on 'The Role of Your Career'; community nursing in rural Nigeria.*



As the primary health care provider in her farming town in southern Nigeria, nurse Edith Nkah Okoro is all things to all people, many from their first breaths. "I do this work because of the transformation I see in my patients."

# JH NURSE

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NEWS FROM JOHNS HOPKINS HOSPITAL & AFFILIATES

The Johns Hopkins Hospital (JHH) is proud to honor its outstanding nurses with the DAISY Award—an international recognition program that celebrates the skillful, compassionate care nurses provide to patients and families every day. The DAISY (Diseases Attacking the Immune System) Award was established in memory of J. Patrick Barnes, who died at 33 of an autoimmune disease. The Barnes family was awestruck by the clinical skills and compassion of the nurses who cared for Patrick, so they created this award to say thank-you to nurses everywhere.

Recent DAISY Award winners at JHH:



### December 2023 | Emily Burns

Emily Burns of the neonatal intensive care unit (NICU) was nominated by the mother of a patient who wrote about Burns' care for her daughter from her first day in the NICU and throughout what ended up being an extended stay on the unit: "Emily became a huge part of our family. She has a huge heart. She has always been by our sides throughout everything."



### June 2023 | Jen Tobon

Jen Tobon, a lead clinical nurse from Bloomberg 9 North, was nominated by the mother of a long-term patient stuck in the hospital for his birthday. Tobon had gone above and beyond to make it extra special. "When we arrived that morning, his doorway was decorated with balloons and a poster that all of the nurses signed with their well wishes. She coordinated with the fourth floor to have a party for him in the conference room and even drew his favorite Bluey characters on the whiteboard."



### February 2023 | Madison Goundry

Madison (Maddie) Goundry, a nurse on the Weinberg Intensive Care Unit, was nominated by a colleague for her incredible efforts to see that a hospitalized patient was able to participate in a granddaughter's wedding. Looking after every detail—including giving him a fresh haircut and shave and crafting a special boutonniere—Goundry threw a bedside wedding that the patient and his family would never forget.

Learn more about the DAISY Award and how to nominate an amazing nurse at [DAISYAWARD@JHMI.EDU](mailto:DAISYAWARD@JHMI.EDU).

### April 2023 | Iyo Genda

Iyo Genda of Meyer 3 was nominated by one of his patients who had been incredibly anxious nearing discharge and wrote of the incredible care, reassurance, and comfort Genda provided. Even as the patient was leaving, Genda was there to help when transportation issues arose, providing help and a calming presence for the patient: "I have never felt so cared for, safe, or heard before."



### January 2023 | Amber Nobles

Amber Nobles, an RN II on the Child Adolescent Psychiatry unit, was nominated by her nurse manager for the extraordinary care and comfort she provided to a patient outside of work hours. Knowing this patient and her circumstances, Amber was able to make her feel safe, calm, and cared for.



### March 2023 | Casey Hershey

Casey Hershey, a nurse on Nelson 6, was nominated by the brother of a patient, who wrote about how Hershey treated his sister with compassion and dignity, and forged a deep, trusting relationship. "What sets Casey apart is not just her skill as a nurse, but her ability to connect with her patients on a personal level. She shared her heart with [my sister], making the hospital feel less intimidating and scary for her."

### May 2023 | Alice Pons

Alice Pons, a senior research nurse for the Kimmel Cancer Center, works with patients in clinical trials to ensure that they are supported and able to follow the complex plan to study experimental treatments. Pons was nominated by the loved ones of a patient under her care for four and a half years. In the letter, they wrote about the many, many extraordinary ways Pons cared for their loved one—gestures both big and small—that made the patient feel heard, safe, and loved. ■



## A LETTER FROM DEBORAH BAKER:

# The Role of Your Career, Right Here



In my role as the senior vice president for nursing for The Johns Hopkins Health System, I have the opportunity to travel to each of our unique and outstanding hospitals, outpatient centers, clinics, and other facilities to see the incredible nursing care provided at these sites. One thing that always stands out to me is the tremendous variety of roles and care settings in which Johns Hopkins nurses work, with countless opportunities to explore their interests and passion. Whether focusing on a certain specialty, patient population, practice environment, or level of acuity, our nurses have many ways to grow in their careers.

The Johns Hopkins Hospital, the largest of our six academic and community hospitals, has 1,146 patient beds, including 204 pediatric beds at Johns Hopkins Children's Center, and serves patients both from the greater Baltimore community and across the globe. There are a vast number of clinical specialties, and nurses at JHH can have the opportunity to work with the most advanced perioperative technology, help heal the tiniest patients, specialize in cancer treatment or high-risk obstetrics, and manage the critically ill through intensive to ambulatory care.

Our nurses at The Johns Hopkins Hospital span many unique areas. The HATS (Hemapheresis and Transfusion Support) Clinic, a 10-bed ambulatory clinic under dual leadership of Pathology and Oncology, is staffed by all nurses and provides apheresis to outpatients, inpatients, pediatric patients, and adult patients. The Vascular Access Team (VAT) is a dedicated group of expert nurses that assists care

teams in determining the optimal vascular access line to meet the patient's needs, and provides vascular access education. Nurses working on the Lifeline Transport Team, an integral part of the department of emergency medicine, execute thousands of air, ground, and in-house patient transports yearly and assist in preserving the lives of our most critically ill patients during these transports. From the biocontainment unit to the brain rescue unit, to radiation oncology and the pediatric clinical research unit, there are countless specialty areas to keep Johns Hopkins Hospital nurses on the forefront of patient care, discovery, and learning.

The Johns Hopkins Bayview Medical Center is recognized for excellence in many specialties, including bariatric surgery, hip and knee replacement, spine surgery, stroke care, burn treatment, and behavioral health. The hospital also houses Maryland's only regional burn center, a designated level II trauma center and a pediatric center for emergency care. The center offers the latest research and technologies for treating burn-related injuries from flames, chemicals, electricity, and scalds, and also provides treatment for complicated skin infections and other wounds. Burn nurses' scope of practice includes pain management, fluid balance, critical care, stabilizing acutely burned patients, trauma recovery, and rehabilitation. They manage the treatment of sepsis and other infections, and dress highly complex wounds. Although it's a highly challenging role, these expert burn nurses make a significant difference at one of the most difficult moments in their patients' lives.

Johns Hopkins All Children's Hospital, in St. Petersburg, FL provides expert pediatric care for infants, children, and teens with some of the most challenging medical problems, and offers more than 50 pediatric medical and surgical subspecialties. The hospital houses the Center for Congenital Diaphragmatic Hernia (CDH), the only unit in the country dedicated solely to 24/7 CDH care. Families relocate from around the country and the world for this specialized care, and the patients are often some of the sickest in the hospital. The unit's specially trained multidisciplinary team cares for critically ill patients across the continuum of care—from admission (often just after birth) to discharge. The patients remain on the unit throughout their care, from pre-op to post-op to discharge, allowing the nurses to see their patients progress over the course of treatment. The unit also houses all respiratory ECMO (extracorporeal membrane oxygenation) for the hospital, a lifesaving machine that supports patients' heart and lungs.

The other hospitals in the Johns Hopkins Health System—Johns Hopkins Howard County Medical Center, Sibley Memorial Hospital, and Suburban Hospital—focus on caring for members of their local communities by providing comprehensive, cutting-edge clinical care where and when they need it. Nurses at these hospitals actively participate in and lead research studies, help shape the patient experience, and improve standards of practice across their institutions. Each hospital provides a wide range of clinical specialties and has its own areas of excellence. For example, Sibley Memorial Hospital houses the Johns Hopkins Proton Therapy Center, one of the most advanced centers in the world. Sibley also delivers more than 4,000 babies a year, more than any other hospital in Washington, DC.

Suburban Hospital is distinguished as a certified stroke center and level II trauma center, and maintains 24-hour stroke and rapid-response teams. Howard County Medical Center houses a state-designated level III+ neonatal intensive care unit, a special center focused on the diagnosis and treatment of nonhealing wounds (the Center for Wound Healing), and a Community Care Team that works with patients and families to ensure a smooth hospital-to-home transition.

There are also opportunities for nurses to provide care at one of Johns Hopkins' many outpatient care locations—including six health care and surgery centers, seven ambulatory surgery centers, and more than 50 Johns Hopkins Community Physicians locations—or in patients' homes as members of the Johns Hopkins Care at Home team. Home care nurses have the unique role of delivering specialized, at-home treatment and education to support patients' health, independence, and quality of life. Caring for adult and pediatric patients, often with multiple, complex conditions, these nurses provide individualized care to help prevent hospitalizations and promote patients' recovery and healing at home.

These are just a small sampling of the many incredible and unique specialties and career paths available to Johns Hopkins nurses. Whether you want to work with children, in an outpatient setting, as a home care nurse, or treating some of the most rare and challenging medical conditions, Johns Hopkins has a place for you. ■

**“WHETHER YOU WANT TO WORK WITH CHILDREN, IN AN OUTPATIENT SETTING, AS A HOME CARE NURSE, OR TREATING SOME OF THE MOST RARE AND CHALLENGING MEDICAL CONDITIONS, JOHNS HOPKINS HAS A PLACE FOR YOU.”**





## Nurse Edith Brings Primary Health Care to Everyone in Rural Nigeria

By Katherine Seaton

As the primary health care provider in her farming town in southern Nigeria, nurse Edith Nkah Okoro is all things to all people. Edith and her two colleagues meet clients in their homes or in her health facility to make sure they receive the care they need, fostering relationships that are long-lasting and quite often, life-saving.

When pregnant women arrive at the health facility for antenatal care, Edith screens them for malaria, HIV, and hypertension as part of her duties.

When a woman in labor can't get to the facility, Edith rushes to her home to help her deliver.

When a mother comes in with a child who is vomiting and has diarrhea, Edith treats the child and then starts prevention outreach in her community.

When a couple trying to plan their family has questions, Edith counsels them and shares the range of contraception options.

Routine care. Community health education. Outbreak and emergency response. That's primary health care in Ivo, the last local government area of Ebonyi State in southern Nigeria. Primary health care is the path to achieving health for all (Universal Health Coverage), and nurses in local health centers are leading that care.

"Access to health care is poor and very difficult," says nurse Edith. "I do this work because of the transformation I see in my patients. So we mobilize health care to take the services to them."

To stay up to date on evidence-based care and best practices to serve her community, Edith has participated in Jhpiego-led specialized training and supportive supervision and mentorship opportunities. One such training opportunity changed her approach to care for women who've experienced gender-based violence.

"Jhpiego opened my eyes to the world of gender-based violence [GBV] as a public health challenge," she says. "Now, we provide survivor-centered services including screening, identification, and linking clients with the local gender-based violence task force."

Edith spends many of her days traveling throughout Ivo sharing with other health workers what she's learned through Jhpiego's trainings. "I do both clinical and coordination duties," she says. "That includes supportive supervision at other facilities, training community health extension workers, and providing oversight as the focal person for other technical areas."

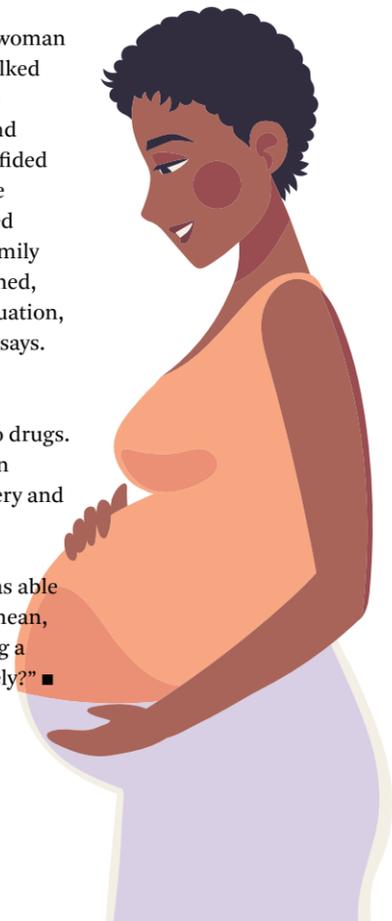
### **"I MEAN, SEE HOW THE LITTLE THINGS WE DO TURN OUT TO HAVING A GREAT OUTCOME AND AFFECT SOMEONE'S LIFE POSITIVELY?"**

Recently, one such client was a young pregnant woman Edith met while doing outreach. The woman walked with her hands because polio had weakened the muscles in her legs. "I offered her an HIV test and she tested positive," says Edith. The woman confided in Edith that she wanted this pregnancy because in Ebonyi culture, when a woman dies unmarried and without a child, she is buried outside the family compound. "At the beginning I was a bit concerned, looking at the woman's disability and health situation, but I [chose] courage and continued," the nurse says.

Edith followed up, reminding the woman of appointments and ensuring she was adhering to drugs. It was the respectful, stigma-free care the woman needed. She had a healthy and uneventful delivery and her newborn baby boy was HIV negative.

"I feel I made a difference in her life because I was able to walk her through everything," says Edith. "I mean, see how the little things we do turn out to having a great outcome and affect someone's life positively?" ■

Photos by Moses Ameh Adejo, senior graphics and communications officer for Jhpiego in Nigeria.



## Baltimore Magazine 2023 Top Nurses

This year, 31 outstanding caregivers from Johns Hopkins Hospital and its affiliates have been named "top nurses" by *Baltimore Magazine*, presented with the publication's 2023 Excellence in Nursing award.

They were chosen from hundreds of nominations submitted by peers, supervisors, and patients. An expert panel of senior nurse advisers reviewed the nominations and selected the region's top 141 nurses, in 28 specialties, for their extraordinary contributions to health care.

Congratulations to the 2023 Excellence in Nursing award winners (in alphabetical order):

**Stephanie Al-Adhami, MSN, RN, NPD-BC, CAPA,**  
Howard County Medical Center

**Mindy Berger, MS, BSN, RN-BC,**  
Johns Hopkins Community Physicians

**Meg Bernstein, MS, RN,**  
Johns Hopkins Hospital

**Amy Brown, MSN, MA, RN, OCN,**  
Johns Hopkins Hospital

**Caitlin Brown, CRNP, BSN, RN, RNFA,**  
Johns Hopkins Hospital

**Mary Beth Carlin, MSN, RN,**  
Bayview Medical Center

**Stacey Danielczyk, MSN, RN,**  
Johns Hopkins Health System/  
Johns Hopkins Hospital

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Johns Hopkins Children's Center

**Cat Ehrhardt, BSN, RN,**  
Johns Hopkins Children's Center

**Hannah Fetting, CRNP, AGNP-C, MSN,**  
Johns Hopkins Community Physicians

**Jennifer Ford, BSN, RN,**  
Bayview Medical Center

**Katherine Ford, BSN, RN, CCRN, CHPN,**  
Johns Hopkins Children's Center

**Dreama Franklin, BSN, RN,**  
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**Brooke Gast, BSN, RN,**  
Green Spring Station Ambulatory  
Surgery Center

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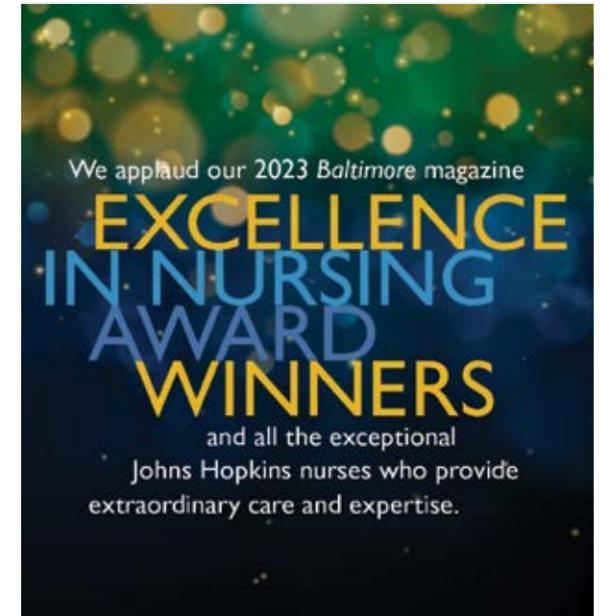
**Amber Richert, DNP, CRNP,**  
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Howard County Medical Center

**Kim Seifert, BSN, RN,**  
Johns Hopkins Hospital

**Mark Straughn, BSN, RN, CEN,**  
Bayview Medical Center

**Shanah Szanzer, DNP, CPNP-AC,**  
Johns Hopkins Children's Center ■



*Alumni Update; Class News;  
Dean's Awards; Church Notes;  
and the Back Page.*

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NEWS FROM **JOHNS HOPKINS**  
**NURSES' ALUMNI ASSOCIATION**



# ALUMNI UPDATE



To Our Fellow Colleagues:

Our first year leading this esteemed association has been inspiring. From the vantage point of our roles, we get to see the full cascade of nursing impact, from clinical care to policy design to research, governance, and leadership of systems of care. We have much to celebrate as alumni of the Johns Hopkins School of Nursing, and we are delighted to champion your work and your voices.

This past year, we have been fortunate to partake in several events at our school, both in person and virtually, and in parts of the country where our alumni live and work. We had the joyous opportunity to celebrate the reunion of so many classes of the Johns Hopkins and Church Home alumni at our Reunion Weekend this past June. It was truly a special weekend as we celebrated the 50-year reunion of the Class of 1973, the last graduating class of the Johns Hopkins Hospital Training Program. Their commitment to nursing, to one another, and to our school is palpable and contagious.

Our Alumni Association, much like the School of Nursing, continues to evolve to meet the needs of our alumni. We have done this by centering our dialogue on what we can do as nurses to improve our working conditions, to prepare for and respond to our changing climate, to plan for the anticipated caregiving needs of our aging society, and to dismantle structural racism, all with the goal of advancing healthier, more equitable communities. What has been apparent to us this past year is that as alumni, we remain an important resource for one another—and for students—as we strive to elevate our discipline and broaden the scope of both our narrative and narrators.

With so much happening here at Johns Hopkins, your involvement in the Alumni Association has never been more valuable. Your continued support and active participation are essential for sustaining our connective tissue, so we hope to see you at any of our many upcoming events—at the School of Nursing, virtually, or at any of our regional events in California, Illinois, Washington, DC, and Massachusetts.

In solidarity,

**Fernando Mena-Carrasco, MSN, MSW, RN (BSN 2015, MSN 2018)**  
President, JHNAA

**Korrina Lau, MSN, FNP-BC, AOCNP (BSN 2005, MSN 2008)**  
Vice President, JHNAA



Scan the QR code to share your alumni news with us and have the chance to be featured in an upcoming e-newsletter.

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Email [JHNAA@JHU.EDU](mailto:JHNAA@JHU.EDU) to be added to the distribution list!

## JOHNS HOPKINS IN MEMORIAM

Blanche Childs, '47  
Claire Titus, '47  
Louise Guest, '51  
Carolyn Boykin, '53  
Mary Cobb, '53  
Marian Jameson, '54  
Margaret-Anne Warlick, '55

Linda Baker, '57  
Mary Browning, '58  
Cynthia Brown, '59  
Betty Berg, '60  
Mary Ann Slowick, '61  
Virginia Highsmith, '62  
Lois Grayshan Hoffer, '62

Merrill Brophy, '63  
Marjorie Elam, '63  
Suzanne Hyatt, '65  
Patricia Baxter, '65  
Ruth Thornton, '67  
Constance Waxter, '69  
Pace Jagodzinski, '75

Pamela Welch, '97  
Ashley Wiggins, '09  
Joanne Timmel, '10  
Peggy Daw, '15

## CLASS NEWS

### Alumni Community Week Recap

This September, the Johns Hopkins Nurses' Alumni Association (JHNAA) hosted its second annual Alumni Community Week, aimed at bringing together the Johns Hopkins School of Nursing Community.

The week included both in-person and virtual events, including a New Nurse Mentoring Meet-Up designed to help ease the transition for recent graduates into the nursing profession, a Virtual Nursing Grand Rounds by Dr. **Cecilia Tomori**, who presented on "Ensuring Breastfeeding Success in a Market-Driven World" as part of the 2023 Breastfeeding Series, and the annual JHNAA Business Meeting & Dean's Address, which included an update from Dean **Sarah Szanton** on exciting new initiatives like the Institute for Policy Solutions at the Johns Hopkins School of Nursing and the Neighborhood Nursing pilot. The week also included a Mix and Mingle social event for local alumni to connect, and concluded with The Isabel Hampton Robb Lecture, featuring Dr. **Katherine Ornstein**.

*Professor Katherine Ornstein, director of the Center for Equity in Aging, presents the 2023 Isabel Hampton Robb lecture at the Johns Hopkins School of Nursing.*



We are grateful to all who participated in Alumni Community Week!

### 2023 Alumni Awards

**Alexis Bakos** is the 2023 recipient of the Distinguished Alumna Award. Alexis is program director of the Supportive Care and Symptom Management Science portfolio at the National Cancer Institute/National Institutes of Health, where she oversees extramural research on the prevention or treatment of acute and chronic symptoms and morbidities related to cancer and treatment interventions. In addition, Alexis has worked in a number of research positions within the federal government.

**Deborah Baker** is the 2023 Distinguished Alumna Awardee. Deb is the first senior vice president for the Johns Hopkins Health System and serves as VP for nursing and patient care services and chief nursing officer for Johns Hopkins Hospital. Deb started a career with Johns Hopkins Hospital as a clinical nurse in 1992 and has had the opportunity to serve in a variety of other nursing leadership roles, including a former role as director of nursing for surgery, and currently as DNP faculty for JHSON and associate dean for health systems partnership and innovation.

**Kelly Lowensen** is the 2023 Community Champion Awardee. Kelly has dedicated her entire nursing career to caring for Baltimore's most marginalized communities. She has extensive experience in female and reproductive health services, AIDS Hospice, HIV and HIV prevention clinical care, and led the Center for Infectious Disease and Nursing Innovation (CIDNI) efforts to implement four community-based COVID-19

research projects. She is currently leading the CIDNI team in efforts to end HIV in Baltimore and precepts students of all levels in the JHSON Community Outreach Program.

**Natalie Bush** is the 2023 recipient of the Heritage Award. Natalie is currently the chair of the Johns Hopkins School of Nursing Advisory Board and has been a member of the board since 2014. She has supported and led JHSON's most critical priorities, in time, talent, and treasure. Natalie represents nursing leadership through her engagement and advisory capacity, bringing knowledge of the profession with business savvy. JHSON is grateful for her active leadership and compassionate partnership.

**Wally and Mary-Ann Pinkard** are the recipients of the 2023 Community Champion Award. The Pinkards are deeply committed to the city of Baltimore. They work tirelessly to revitalize neighborhoods, strengthen schools, and bolster the business community through professional and personal pursuits. Mary-Ann is a founding member of the Baltimore Women's Giving Circle, which invests in organizations that empower women and their families, and a founding board member of the Baltimore Design School, a middle/high school that integrates design throughout the academic curriculum. Her past board experience includes the Maryland SPCA and the Baltimore School for the Arts as well as organizational affiliations with JHSON and the Hippodrome Foundation. Wally gives his time to several organizations. For 25 years, he served as the chair of the Johns Hopkins Nursing Advisory Board, where his leadership had a demonstrable impact on its success as the No. 1-ranked school of nursing. In addition, he has served as a trustee at Johns Hopkins University and Medicine,

lending his support across the enterprise in the spirit of One Hopkins. His community involvement is broad and meaningful—he is chair of the France-Merrick Foundation, which provides grants to nonprofit organizations across the state with a focus on the Greater Baltimore area. He is a trustee with the Leonard and Helen R. Stulman Charitable Foundation, focusing on aiding the fields of mental wellness, aging, and health. With a desire to introduce the arts to children, he is board chairman of the Hippodrome Foundation. Both Mary-Ann and Wally are on the board of the Babe Ruth Birthplace Foundation, where they share their passion for local sports.

**Scott Newton** is the 2023 Outstanding Recent Graduate Awardee. Scott has 35 years of experience in health care as a nurse clinician, leader, educator, and trusted advisor. He collaborates with teams to address complex challenges using evidence-based principles of high reliability, strengths-based leadership, change management, and patient focus that enables high-quality clinical, financial, and operational outcomes. He continues to practice in prehospital, emergency, disaster, and humanitarian care. Scott is also a former Nursing Advisory Board member and continues to demonstrate deep engagement with JHSON through a variety of alumni and annual giving initiatives.

**Yvonne Commodore-Mensah** is the 2023 recipient of the Global Achievement Award. Yvonne is a cardiovascular nurse epidemiologist and associate professor at JHSON and the Bloomberg School of Public Health. Her program of research seeks to reduce the burden of cardiovascular disease risk among Africans locally and globally (sub-Saharan Africa) through community-engaged research.



Above and on facing page, graduation ceremonies draw out the smiles and the selfies; below, students gather around legendary alumnus Elsie Peyton Jarvis at the JHSON Scholarship Donor Appreciation event.





Natalie Bush, chair of the Johns Hopkins School of Nursing Advisory Board and winner of the 2023 Heritage Award, checks in on the vital work of the JHSON simulation center during the Scholarship Donor Appreciation event.

## SON Dean's Awardees

**Sara Cawrse** is the 2023 Outstanding Nurse Clinician Award recipient. Sara is a nurse practitioner with MedStar and Shepherd's Clinic in Baltimore City and is deeply committed to serving the local community. She is dedicated to all of her patients' care and always considers structural determinants of health such as treatment costs and transportation.

Assistant Professor **Erin Wright** is the 2023 Outstanding Nurse Educator Awardee. Erin is passionate about helping students understand and develop excellence for nursing in women's health areas. She is an assistant professor at JHSON and is highly respected among students. Erin is a certified nurse-midwife and a board-certified advanced practice holistic nurse.

**Sondra Leiggi Brandon** is the 2023 Outstanding Nurse Leader. She serves as VP of patient care and behavioral health at Queen's Medical Center in Honolulu, HI. A board-certified family nurse practitioner and psychiatric/mental health nurse practitioner, Sondra has been recognized for her strong leadership skills and advocacy for patients with mental health needs. Sondra actively works with other hospitals in the community, trains police officers in Crisis Intervention Training, and works with government relations on various legislative bills relating to mental health issues in the state.

**Veronica Barcelona** is the 2023 Outstanding Nurse Researcher Awardee. Veronica is a perinatal nurse-epidemiologist with over 20 years of experience in maternal/child health nursing research. She is an outstanding scholar with exceptional skills in data analysis and manuscript writing. Veronica's program of research interrogates the root causes of inequities in pregnancy and birth outcomes for pregnant people and their newborns.

**Sara Russell Rodriguez** is the 2023 Outstanding Policy Influencer. Sara is a nurse, community leader, public health professional, entrepreneur, proud mom, and lieutenant governor of Wisconsin. As a health care executive and a public health advocate, Sara is passionate about working with health care providers, employers, and communities to improve the cost and quality of health care for the entire population. Her approach to addressing problems is rooted in fact-based practices, science, and connecting with communities across Wisconsin.

## More Class News

**Lauren Underwood, '09** was named one of Chicago's Top Black Women of Impact.

**Dean Sarah Szanton, '07** testified before the Senate HELP Committee at an informational hearing on nursing shortages.

**Yvonne Commodore-Mensah, '14** was named grant recipient of the Discovery and Innovation Fund. The fund provides grants to support groundbreaking work of SON pre- and postdoctoral students, as well as faculty. Yvonne is studying cardiovascular health and disease prevention in African immigrant communities.

The Board of Trustees of the University of Maine System recently awarded **Paula Nersesian, '17** tenure and promoted her to associate professor. "It's pretty exciting to achieve this in just six years since graduating from JHU with my PhD in 2017," she says.

**Traci M. Krause, '99** will serve as the next chancellor of St. John's College of Nursing.

Congratulations to the following JHSON alumni inducted as 2023 fellows in the American Academy of Nursing:

**Vanessa Battista, '21**  
**Binu Koirala, '19**  
**Trudy Gaillard, '93**  
**Tamar Rodney, '18**  
**Sara Rodriguez, '04**  
**Melinda Sawyer, '09**  
**Katherine Scafide, '12**  
**Janet Selway, '04**  
**Martha Sylvia, '09**  
**Sherri Johnson Wilson, '12**

*Baltimore Magazine* included several JHSON alumni in Excellence in Nursing Awards for 2023:

**Hannah Fetting, '17**  
**Mary Nayden, '98**  
**Amber Richert, '15**  
**Kimberly Seifert, '97**

**Julie Nicholas, '94** is the lead author of the article "Addressing Underreporting of Blood and Other Body Fluid Exposures Among Perioperative Personnel," published in *AORN* October 2021. ■



At top, Johns Hopkins School of Nursing Advisory Board member Deborah Haight, a 2010 grad, with student Ayla Chase of the Master's (Entry into Nursing) program at the donor appreciation dinner. Above, from left, Professor Cheryl Dennison-Himmelfarb, former Dean Martha Hill, and Associate Professor Yvonne Commodore-Mensah, winner of the 2023 Global Achievement Award, catch up at the event.



## CHURCH NOTES

DEB CORTEGGIANO KENNEDY, '73

### Distinguished Veteran Alumni

With the recent celebration of another Veterans Day on November 11, I wanted to take the opportunity to highlight three Church Home Alumni who proudly served our country in the United States Army.

In 2006, **Ruth Taylor**, retired colonel, and **Myrtle Miller Watson**, retired lieutenant, were honored during Reunion Weekend as both celebrated a 70th Anniversary as Church Home Class of 1937 and 1935, respectively. Ruth had served as the chief nurse at Walter Reed Army Hospital under President Roosevelt and made weekly rounds with First Lady Eleanor Roosevelt. Myrtle was on duty when Pearl Harbor was bombed and, at the time of her death in 2012, she was the oldest living female survivor from the day that would “live in infamy.”

A third alumnus who is very much deserving of our pride and admiration is **Ruth Nichols Newman**, retired lieutenant colonel, Class of 1968. Ruth has had many accomplishments in her career, namely being the first female commissioned officer and nurse in the Michigan National Guard, first chief nurse of the 207th Surgical Hospital, Detroit, awarded a Bronze Star during Desert Storm for her leadership in Saudi Arabia, and most notably was the first and only female to be awarded the Distinguished Service Cross by the Detroit Armory Corporation. Ruth is also a charter member of the Women in Military Service for America, Arlington, VA.

### Special Donation from Class of '58

This past May, we lost a beloved member of the Class of 1958, **Phyllis Bannister Abendschoen**. I was notified almost immediately after Phyllis' passing by one of her fellow classmates, **Kay Dietz Dicken**. It seems that the Class of 1958 had been saving money in a credit union account that they wanted specifically to be given to the Freda Creutzburg Memorial Scholarship to help individuals obtain their nursing education. The fund of approximately \$473 was sent in its entirety to the Johns Hopkins School of Nursing to be added to the Creutzburg Scholarship. In addition, vintage nurse's uniforms and caps worn by Phyllis were donated by her family to the Church Home Archive collection.

### White Coat Drive a Success

Thank you to all CHH alumni who reached out to support the Annual White Coat Drive for incoming students. If you donated, you got a real thrill watching and listening to your recipient offer thanks and gratitude in the video messages! ■

Deborah Corteggiano Kennedy, '73, is Church Home and Hospital alumni president.

#### CHURCH NOTES IN MEMORIAM

Joan Roth Marshall, '53  
Mary Lu Jackson Marletta, '56  
Phyllis Bannister Abendschoen, '58  
Cecelia Moomau Bobo, '58



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Care, CNO, Sporing Carpenter  
Chair for Nursing  
Boston Children's Hospital

## EX-OFFICIO

**Walter D. (Wally) Pinkard, Jr.\***  
Chair Emeritus  
Senior Advisor  
Cushman & Wakefield

\*University Trustee Emeritus

## THE BACK PAGE

**IN STEP:** Indigenous Peoples Day (October 9) was recognized with a Land Acknowledgement Celebration and a traditional teepee erected in the Courtyard to mark the occasion. "By acknowledging their land, we can start to honor a past that existed before colonialism and injustice, and celebrate the many Native cultures our country has never been able to destroy," said Dean Sarah Szanton. Rico Newman, historian and elder of the Choptico Band of Piscataway-Conoy Chiefdom, led an opening prayer on his 81st birthday. The Warpaint Singers led students, faculty, and staff in a traditional dances. Associate Professor Teresa Brockie led development for the celebration with support from Research Program Manager Ellie Decker and partnership from the Baltimore American Indian Center, Native American Lifelines Baltimore, Maryland Commission on Indian Affairs, and Buffalo Horse Inc. Photos by Daniel Martinez.

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