

JOHNS HOPKINS NURSING

#1

JHSON tops three categories in rankings by U.S. News & World Report



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LAURA MORO, MPH

“With every interaction I had with faculty and staff, I got the feeling that there was a strong sense of community at Johns Hopkins Nursing.”



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FROM THE DEAN

WHERE IT COUNTS



In March, we learned that the Johns Hopkins School of Nursing will retain its *U.S. News & World Report* ranking as the No. 1 accredited graduate nursing program in the nation for 2020. The Doctor of Nursing Practice Program also moved up to No. 1, following a No. 1 ranking for our online programs.

This is great and welcome news. I think those Hopkins Nurses who launched this institution 130 years ago would be proud of this phenomenal and unprecedented achievement in our school’s history. And so are we—of the leadership of our faculty, students, staff, and alumni, and of our commitment to excellence in all areas of nursing education, research, and practice.

As many of you have heard me say, we must remember that being No. 1 comes with great responsibility. It’s not simply about what we can do as No. 1 in serving and speaking boldly, in embracing technology and innovation, and in working together with other schools of nursing, our interprofessional

“WE MUST REMEMBER THAT BEING NO. 1 COMES WITH GREAT RESPONSIBILITY.”

health care colleagues, and across health care institutions to advance our profession. When we collaborate, we all win.

It’s fitting with our No. 1 ranking that the stories you’ll find in this issue reflect the power, voice, and impact of Hopkins Nursing. As always, I am honored to be dean of such an amazing school. So, let’s all take a moment to be proud, reflect upon what got us here, and then get right back to work!

Patricia

Patricia M. Davidson
PhD, MEd, RN, FAAN
Dean, Johns Hopkins School of Nursing



More on the *U.S. News* rankings is on **Page 7**

#1
U.S. News & World Report

- MSN
- DNP
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ART DIRECTION
Orange Element



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Concrete Messages of Inclusivity: A new profile series introduces the students, employees, and (in future issues) faculty you'll meet in East Baltimore.



Student Kelli DePriest in Eager Park, a new green space by the Johns Hopkins campus. [Read more on page 14](#)



ON THE PULSE

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NEWS FROM **AROUND THE SCHOOL**

WE ARE ALL EAST BALTIMORE



The JHSON community celebrates news of the rankings with cupcakes and champagne.



JHSON Once Again Tops U.S. News Rankings

DNP, online programs join master's at No. 1 for 2020

The Johns Hopkins School of Nursing (JHSON) master's degree programs will remain No. 1 for 2020, according to the *U.S. News & World Report* rankings of the nation's Best Graduate Schools. The Doctor of Nursing Practice Program also rose to No. 1, as did the school's online programs (in a separate *U.S. News* survey).

Conducted annually, the *U.S. News & World Report* rankings are determined by weighing peer assessment, program size, student selectivity, faculty resources, research activity, and more.

JHSON's programs in several nursing specialties made the *U.S. News* top five:

- No. 2 in Nursing Administration
- No. 3 in Nurse Practitioner: Adult / Gerontology, Acute Care (tie)
- No. 5 in Nurse Practitioner: Adult / Gerontology, Primary Care (tie)
- No. 5 in Nurse Practitioner: Family

- No. 5 in Nurse Practitioner: Pediatric, Primary Care (tie)
- No. 5 in Nurse Practitioner: Psychiatric / Mental Health, Across the Lifespan (tie)

"Having three No. 1 rankings speaks volumes to our leadership, faculty, and students across the board and our commitment to excellence in all areas of nursing education, research, and practice," says Dean Patricia M. Davidson, PhD, MEd, RN, FAAN. "This is a significant recognition of the work that we do to define the future of nursing and advocate for exceptional education, patient health, and the upward movement of the profession."





PHOTO BY CHRIS HARTLOVE

Going Places

Returned Peace Corps volunteer Lee Kirby keeps both feet on the ground in Baltimore, but the world is calling

It isn't exactly true to say that Lee Kirby would rather be anywhere else in the world right now than a big, urban U.S. city. But check back in a couple of years. By then, the River Vale, NJ-born Kirby, still a bit out-of-water in Baltimore, will be through the MSN (Entry into Nursing) Program. He'll be more fully versed in caring for underprivileged populations too, and will once again hear—and heed—the call for help in some far corner of the globe. “And I’ll run away again, as Momma says.”

Kirby feels fortunate to be part of the Johns Hopkins Nursing community as the winner of a Gurtler Scholarship, awarded to a returned Peace Corps volunteer. But an itch for world travel and service only grows stronger. It was encouraged by a favorite college teacher (cellular biology) who had served in the Peace Corps. Kirby's Spanish teacher might be equally proud today, as he reports adding bits of Portuguese, Xitswa, a southern Mozambican dialect, and Liberian English, “which isn't like our English at all.” Sadly, picking up languages has been easier than retaining them without practice. “Use it or lose it,” Kirby sighs. For today, learning to speak nursing is enough. And practice is plentiful.



Watch Kirby's interview from the video series “One Question With” and see photos from Mozambique at MAGAZINE.NURSING.JHU.EDU/KIRBY

KIRBY LANDED IN LIBERIA ONLY A FEW STEPS AHEAD OF EBOLA.

After getting his feet wet translating Hispanic patients' histories at free clinics in the U.S. and leading hospice care classes at an AIDS clinic in Costa Rica, Kirby landed with the Peace Corps in Liberia only a few steps ahead of Ebola, which would soon explode on Africa's Atlantic coast. At first, the Liberians weren't exceptionally frightened of Ebola, Kirby reports. Life in the nation has its share of hardship and dangers. But when the Peace Corps evacuated, it was clear to all that something bad was about to happen. As for the volunteers, “We were devastated. ... You don't join the Peace Corps to go someplace and help, and then the first time it gets a little too difficult, you leave.”

Undaunted, Kirby reapplied and landed in Mozambique, across the African continent, helping lead (and earn grants for) a sanitation project that would not only improve community health but establish self-sufficiency. Crucially, women made up 83 percent of the construction workforce.

As a trans man, Kirby remains convinced that empowering women and girls in impoverished communities is essential. An international organization like Doctors Without Borders could be a logical next step, one that could perhaps bring a return to Liberia to finish what he started. Kirby wonders about the reception he might receive upon a return to rural villages that knew him as a young woman. But that's just part of the journey. ■

“TO ME, EDUCATION IS A LEADERSHIP ROLE.”

Force of Nurture

DNP/PhD Program's Emerald Rivers cares too much to let anything get between her and people in need

Emerald Rivers is becoming an unstoppable force for patients and providers—by degrees.

The latest confident step is joining the inaugural cohort of the Advanced Practice DNP/PhD Program, which prepares graduates to be high-level educators, clinicians, and researchers all at once, powerhouses (and warehouses) of vast nursing knowledge.

If that sounds like a lot, that's because it is. So is Emerald Rivers, who has witnessed and is determined to remove roadblocks to quality patient care. The daughter of parents who prized education (and sister of a fellow PhD student, though one with a business/law focus), Rivers sees academic accomplishment, primary care practice, policy influence, and teaching/mentoring as the ways over, around, or through such obstacles.

Originally from Raleigh, NC, she jumped into nursing after her great-grandmother was diagnosed with Alzheimer's disease, becoming a certified nurse assistant so that Rivers could in turn teach her grandmother to be a caregiver. She also supported nurse practitioners at a primary care office and taught in a program for medical assistants near Washington, DC, including GED classes for those who didn't finish high school. Both jobs were eye openers.

“There were students [in DC] who were in really bad situations ... socioeconomically

disadvantaged. I was helping them get a job, but there was so much that I wasn't able to help with.” As for the nurse practitioners, “They were basically where I wanted to be, able to connect people to care, to do case management, direct people to services.” Even when it really wasn't in their job descriptions. (“I'm kind of learning that now,” Rivers laughs.)

So she joined the MSN (Entry into Nursing) Program, Black Student Nurses Association, and now the DNP/PhD, even as she cares for her grandmother, later diagnosed with Alzheimer's as well. Rivers' current focus is treating pain in dementia patients who cannot vocalize their own distress. One approach pairs structural magnetic resonance imaging with machine learning methods and pattern-recognition software. “You can look at brain atrophy or enlargement to see whether or not somebody actually has pain.” Rivers admits there are doubters. “Can we really parse out these changes?” She aims to find out.

Collaborations across Johns Hopkins are again opening her eyes to intersections of nursing, neuroscience, and biomedical engineering. And to the silos being slowly broken down. “Nursing and engineering ... there's so many practical changes that could be made if these two worlds could collide.”

Meanwhile, Rivers is working on a legacy for those who will follow her path. Where does it go? “People are like, ‘Well you have all this education. Why don't you take a leadership role?’ To me, education is a leadership role. I see the benefits that I can make in the lives of students, and I think it's very important to have [minority] representation in faculty positions.”

She adds, “Just like Johns Hopkins is a global institute, I would like to be a global provider.”

Look out, world. ■

Learn more about PhD and DNP programs at [NURSING.JHU.EDU/DOCTORAL](https://nursing.jhu.edu/doctoral)

PHOTO BY WILL KIRK





PHOTO BY CHRIS HARTLOVE

Music That Moves You

Operations manager/musician makes sure that everybody fits right in

Equal parts skill, creativity, flexibility, and mettle are essential to turn a massive, unpredictable game of musical chairs into a symphony. A little metal, too ... Led Zeppelin, if you've got it. Just to calm the nerves.

"That's rock 'n' roll," deadpans Campus Operations Manager Sabrina Scarborough, way underplaying the enormity of a continuous, all-hands-on-a-different-deck office shuffle to clear the way for each new phase of the Johns Hopkins School of Nursing's \$45 million renovation project. Instead she credits the students, faculty, and staff of the school for not missing a beat amid the rattle and hum.

"Nurses as a profession are adaptable and adjust well. They're making it work," she reports of an exercise that has included, for instance, moving 100 people and furniture and supplies from three separate locations in one week. "Some of the faculty thrown together in smaller offices are even finding that they enjoy it." Complaints about noise? Not a peep. "I really applaud everybody," Scarborough says. "I think we all feel like we're part of something bigger."

But there are moments. "I did tell one person, 'Go to your office! And wait for me there,'" she growls. Mostly, there is harmony that belies the work yet to be done as construction rolls toward 2020. And, mostly, it's a good kind of busy these days.

On stage as well. Music—rock music (especially Zeppelin), a little Janis Joplin, a dash of Adele—has been her love since she came wailing out of the womb in Kings Mountain, NC. (She moved to Harford County at 14, and to Baltimore and Johns Hopkins in 1997.) Scarborough got her first guitar for Christmas at age 7 and ... stand back. "I was a little kid with a guitar and a loud singing voice. It was always like,



Watch Sabrina's interview from the video series "One Question With" at MAGAZINE.NURSING.JHU.EDU/SABRINA

“WE ALL FEEL LIKE WE’RE PART OF SOMETHING BIGGER.”

'Could you go somewhere else with that?' I never thought anyone would ever want to hear me play."

Turns out they do ... turn out, that is. She's a founder of the Cardiac Arrests, the School of Nursing's house band. And you can find Scarborough at her "forever" gig on First Saturdays at the Admiral's Cup in Fells Point. Other regular performances in the waterfront neighborhood are at the Cat's Eye Pub, a legendary dive. A schedule of gigs is at her website, thedamsels.net.

Otherwise she'll be studying toward her Master of Liberal Arts degree at JHU, or extending an overworked measuring tape as she plots out how to fit one more body/desk combo onto an evolving grid. For the Army vet, onetime acting director of lesbian services at Whitman-Walker HIV clinic in Washington, DC, and 20-year doer of everything at the Johns Hopkins School of Education, it feels like just another day in the right place at the right time.

"The community here has made me feel so loved," says Scarborough. She returns the favor as often as she can, welcoming others to the family as she was. "I've met students at Accepted Students Day who ended up coming out to my gig that night. That's pretty neat." ■

“I THOUGHT, ‘HOW HAVE I MISSED THIS?’ ”

A Different World

PhD candidate Kelli DePriest embraces a golden opportunity to help children born with less

Growing up, Kelli DePriest admittedly had little awareness of her own good fortune—born white and reasonably well-to-do in a Colorado suburb where everyone looked and lived a lot like her. Disparities in income and health care access weren’t topics that came up.

For the truly lucky, though, exposure and experience come like smelling salts. And so it was that DePriest had an awakening: Be the change she never really knew she wanted to see.

It began with undergrad courses in ethnic studies, “exposure to cultures and histories of racial and ethnic groups other than my own that I hadn’t learned about ... I thought, ‘How have I missed this?’ ”

Next stop: Peace Corps and Choiseul, a village on the island of St. Lucia. Truth be told, DePriest needed the mission as much as the villagers needed her. “Choiseul is a rural fishing village where relationships are valued over material possessions,” she says, “so they weren’t living at the lifestyle I was accustomed to. But they were taking care of each other. It was a tight community.”

The Peace Corps has long had a presence in St. Lucia, so she set to work from a good foundation as a youth development volunteer. Specifically, DePriest led a Football for Lives program, which uses sports to teach children HIV prevention and general life skills. One game features “Zebras” dribbling a soccer ball in a circle while “Lions” (HIV) try to take

it. Afterward, the children discuss HIV within the context of the game. “It’s a really well-developed program that was just sort of handed to me,” she demurs. Still, “I realized how much I enjoyed being able to share fundamental knowledge on sexual health.”

A Peace Corps fellowship drew her to what was then the BSN program at Johns Hopkins. She spent several years in the Johns Hopkins Hospital pediatric intensive care unit. She loved the kids but grew frustrated at not being able to help children—inner-city asthma patients, for instance—steer clear of the ICU in the first place. Education again seemed to be the key. “These kids grow up in poverty through no fault of their own, exposed to unhealthy environments,” DePriest explains. “I try to focus on finding the things that can make them resilient, help them bounce back.”

Things like green space and encouraging primary care. “If they’re just coming to the PICU, they never get someone—a specialist—who can dig deep and make sure their medicines and care routines are best for them.”

A successful dissertation defense behind her, DePriest hopes to open more eyes to health equity as nursing faculty in the future. Until then, with her first baby on the way and husband Andrew Corley at an earlier part of the PhD Program (the “controlled flailing” stage, she calls it), DePriest might feel like a zebra keeping the lions at bay for a bit. The discomfort suits her. ■

Learn about the Coverdell Fellowship at [NURSING.JHU.EDU/PEACECORPS](https://nursing.jhu.edu/peacecorps)



PHOTO BY CHRIS HARTLOVE

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Campbell Presents Globally on Violence Against Women

Professor Jacquelyn Campbell, PhD, RN, FAAN, presented on violence against women at the Sigma Theta Tau International (Sigma) event Precursors to Violence: Identifying, De-escalating, and Reducing Women's Risks. The event was a parallel meeting to the 63rd Session of the United Nations Commission on the Status of Women, one of the most influential global conferences to furthering women's rights.

Campbell, Anna D. Wolf Chair, showcased the Danger Assessment, an instrument she developed to help abused women accurately determine their risk of being killed or seriously injured by an abusive current or former intimate partner. (The session's key goals were to highlight nursing science related to violence and teach attendees the risk factors used to statistically determine a woman's risk level.)

"Domestic violence is a major cause of mortality for women, and we must continue to educate around warning signs like threats to kill, offender gun ownership, and highly controlling behavior, and what women need to do in those situations," says Campbell.

For more than 30 years, Campbell has studied the effects of violence on health. She has published more than 250 articles and seven books. Her Danger Assessment has trained health care professionals, domestic violence advocates, and law enforcement to assess risk of lethal or near lethal violence and develop interventions. The Danger Assessment has been adapted to several cultural groups and is incorporated into the myPlan app, developed by Professor and Independence Chair in Nursing Education Nancy Glass to help victims create a personalized plan for safety. ■



NEWS FROM JOHNS HOPKINS NURSING

BLACK HIV/AIDS DAY

Assistant Professors Derek Dangerfield and Kamila Alexander (left and right)—with community partners Cody Lopez of Community Cares and Rev. Debra Hickman of Sisters Together and Reaching—raised awareness about the impact of HIV during a conversation recorded in the new studio at the Johns Hopkins School of Nursing.

Sharps Black Nurse of the Year

Phyllis Sharps, PhD, RN, FAAN, associate dean for community programs and initiatives, has been selected as the 2019 Black Nurse of the Year by the Black Nurses Association of the Greater Washington, DC Area Inc. She was chosen for her commitment to service and practice and exemplary work within the community.

"As a black woman and a nurse, I've sought to use my background and passion for diversity, equity, and inclusion as ways to expand and enhance the profession's reach," says Sharps. "I am truly grateful for this recognition and the opportunities nursing has provided me to make an impact on the world."

Her work as a researcher, educator, and expert practitioner has brought Sharps, the Elsie M. Lawler Chair, to the forefront of community and public health nursing, including care to refugee youth and homeless women who have been abused, HIV testing and counseling, and partnering with community organizations to care for underserved populations.

Sharps has developed and tested the Domestic Violence Enhanced Visitation Program, known as DOVE, to reduce intimate partner violence, keep families safe, and improve the mental and physical health of pregnant women and children. ■

More faculty news is at
[NURSING.JHU.EDU/NEWS-EVENTS](https://nursing.jhu.edu/news-events)

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Robb Distinguished Scholar Makes It Clear

Hae-Ra Han, PhD, RN, FAAN, who was named the 2018 Isabel Hampton Robb Distinguished Scholar, urged caregivers in a February lecture to take time to not only dispense information but make sure patients absorb it before they walk out the door.

As the Isabel Hampton Robb Distinguished Scholar, Han presented "Patient Centered Education: How a Health Literacy Lens Can Improve Your Work." She encouraged an audience that included Robb's grandson, Ted Robb, never to assume health literacy on the part of a patient, even down to understanding how to read the label on a prescription bottle: "Just because she is wearing a suit doesn't mean she will understand."

And Han offered clear, concise tips for being clear and concise:

- Use plain language
- Limit information (make three to five key points)
- Be specific and concrete, not general
- Demonstrate, draw pictures, and use models
- Repeat and summarize
- Use the teach-back method to confirm understanding
- Be positive, hopeful, and empowering

The Isabel Hampton Robb Distinguished Scholarship, named for the inaugural superintendent of nurses at Johns Hopkins Hospital and principal of its brand-new nurse training school, recognizes achievement at the highest level and the potential for ongoing excellence. ■

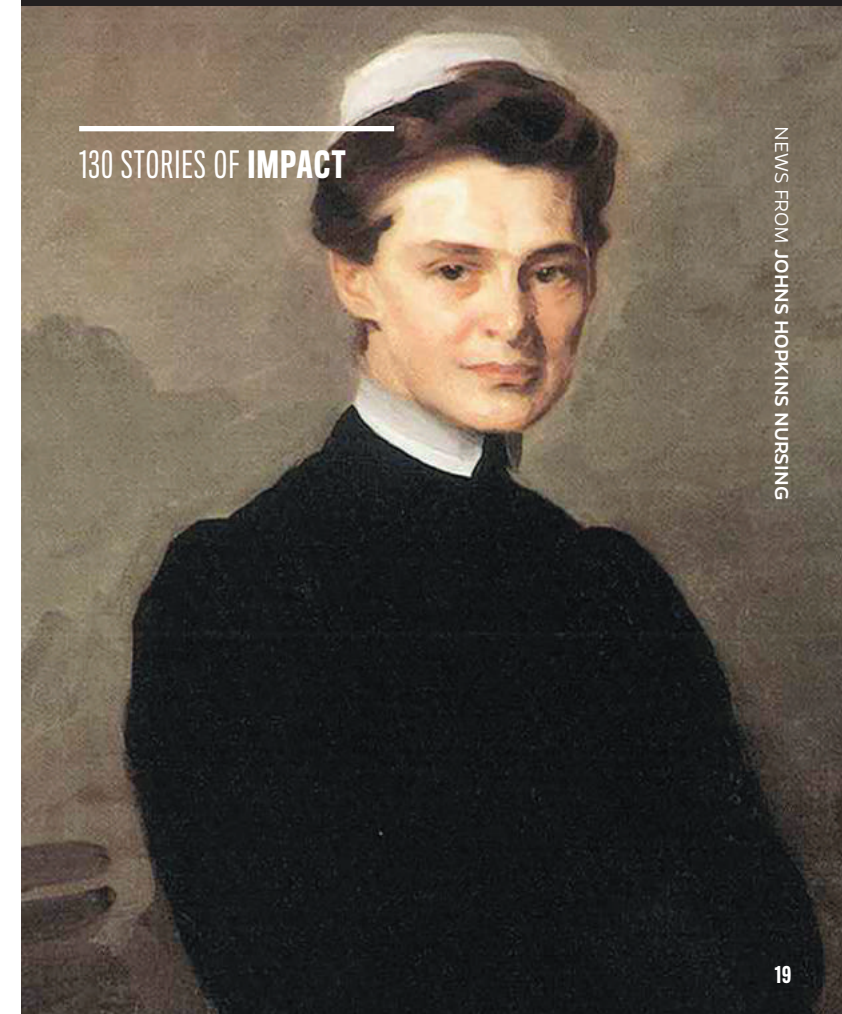
NAB 130 CHALLENGE

As part of the yearlong recognition of 130 years of Johns Hopkins Nursing, the Nursing Advisory Board sponsored a student research challenge to fund specific research project work and/or to attend a national or international conference within the nursing profession. Three students were selected to each receive \$1,300 (the NAB received 18 submissions):

Omeid Heidari—HIV/AIDS
 Quanlei Li—Intimate partner violence
 Winter Thayer—Cancer

Read more about the winning research projects at MAGAZINE.NURSING.JHU.EDU/NAB130.

130 STORIES OF IMPACT



M. Adelaide Nutting, a member of the first graduating class of the Johns Hopkins School of Nursing in 1891 and by 1894 its superintendent of nurses and principal, knew a nurse's place. And as long as the leading men of the medical and military establishments knew and respected it too, they were going to get along just fine.

After the grim casualty counts of the Spanish-American War, she helped get a congressional measure passed (as much through force of will as strength of argument) that created the Army Nurse Corps, officially organized in 1901.

The professional status of today's nurses springs in large part from her steadfastness. ■

Memories and More

See her story and others on our 130th Anniversary website (HOPKINSNURSING130.ORG) and on social media ([#HOPKINSNURSING130](https://twitter.com/HOPKINSNURSING130)).

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*"I REMEMBER BEING ASTONISHED
THAT IN SOME COUNTRIES,
GIRLS AREN'T EVEN ALLOWED TO
GO TO SCHOOL."*

was like Nancy was talking directly to me," Elaine says.

And it was music to Sharon's feet. "It sounded amazing," she says, particularly the "teach a man to fish vs. just handing over money" approach. "I remember when I was younger being astonished that in some countries, girls aren't even allowed to go to school."

Quicker than you can say "Hang the disco ball," Sharon was prepping a space in her Philadelphia suburb and getting invitations out for a February danceathon. ("Really, Sharon did 99.9 percent of making this happen," says her mom.) Five hours of fun, games, and dancing later, she had about \$1,000 in pledges.

"This touches my heart," says Glass, a driving force behind Rabbits for Resilience and a partner program, Pigs for Peace, which helps women in the DRC gain financial independence. "It is so rewarding to see your words make a direct impact on someone, to capture a young woman's imagination. We need our young people to believe they can change the world, because they can." ■

Learn more about Rabbits for Resilience
MAGAZINE.NURSING.JHU.EDU/RABBITS

At the Hop

Danceathon gives Rabbits for Resilience a boost

Sharon Spodak of Bala Cynwyd, PA needed a good-works project to complete ahead of her bat mitzvah. She had sort of done one already, helping to teach dance at a school for disabled children. But she wanted to do more, her own mitzvah project that would put disadvantaged young girls on the path to a better life. "Education is such an important part of my life," she explains.

And of course there would be dancing. (Among her many interests, "I dance a lot during the week," Sharon says, in what sounds like an understatement.) After that, she was stumped. How would she find the right organization to support, one

that would give her the feedback to wrap up the project?

That's what moms are for, right? "I had my marching orders," laughs Elaine Spodak, who soon enough happened to be in Baltimore for an event called A Woman's Journey at Johns Hopkins. (She had previously helped stage the annual event while a Johns Hopkins employee and returns for it every year.) When keynote speaker and SON Professor Nancy Glass launched into a discussion of Rabbits for Resilience—which helps children in the Democratic Republic of Congo (DRC) raise and sell the animals to assist their families, pay for schooling, and gain a skill—"it

FEEL GOOD ABOUT THE FUTURE OF THE HUMAN RACE.

As an idealistic 16-year-old, Shazeen Suleman, MD, MPH '17, cofounded a program to provide free music education to vulnerable children in her community.

As a physician at St. Michael's Hospital in Toronto, Shazeen, a Sommer Scholar alumna, is still working to enrich the lives of children, especially those living in poverty.

The stress of growing up in such an environment can have a formative and damaging impact on a child's physical and mental health.

Shazeen is committed to helping reduce the toll of poverty on children by developing community programs that nurture creativity and learning and provide positive role models.

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More on the history and heart of JHSON is at [NURSING.JHU.EDU/ABOUT-US](https://nursing.jhu.edu/about-us)

Advice to Future Students

BY LOURDES CELIUS

A little over two years ago, Officer Mobley greeted me as I walked into the Johns Hopkins School of Nursing for Accepted Students Day. I was full of pride at being accepted and eager to begin my nursing journey. I know I made the right decision; the MSN (Entry Into Nursing) Program is top-notch and inspired me to dream beyond the goals I set for myself. I will start the next chapter this fall: beginning the DNP Advanced Practice Program to become a family nurse practitioner.

Two years ago, I had just finished undergrad and was facing the future with a great deal of uncertainty. I decided to pursue nursing because of my mother, who is Haitian and emigrated to the U.S. almost 25 years ago. She learned English while simultaneously tackling the challenges of motherhood and nursing school. Today she enjoys working as a nurse in the infirmary of my hometown's detention center. I think she always knew that my journey would lead me to nursing, too.

My path has led me to women's and reproductive health, and as a student nurse, I have been able to immerse myself in opportunities I couldn't find anywhere else. I have supported dozens of expectant mothers and families before, during, and after labor as a Birth Companion. I have worked with student leaders for the Midwifery and Women's Health campus group. Most recently, I started working for Dr. Kamila Alexander as a research assistant. We are working to promote healthy relationships and mitigate disparities in sexual health outcomes.

"I THINK [MY MOTHER] ALWAYS KNEW THAT MY JOURNEY WOULD LEAD ME TO NURSING, TOO."

Our passions may be different, but you can find your niche at Hopkins. Wherever your nursing journey takes you, remember these 3 tips:

- 1 Make friends who tell stories about handling another person's bodily fluids on their scrubs ... over lunch. Who else can empathize when all you can hear is your heart beat nervously during a blood pressure check? Be kind to your classmates because you never know when you'll need help with a bed bath during clinicals. Many yoga classes, chai lattes, and study groups later, I can confidently say that I've made some friends for life.
- 2 Write a letter to your future self about your decision to become a nurse. You'll need it to read on those difficult, late nights studying pharmacology and pathophysiology.
- 3 Challenge yourself. Learn from the experts; our faculty have done some incredible work. Let your interests (and your goals!) grow as you learn new things.

It is a great privilege to be accepted to the Johns Hopkins School of Nursing. You have a big decision to make, but choosing Johns Hopkins means joining a world-renowned community where you will flourish. ■

Excerpted from Lourdes Celius's speech at the January 26, 2019 Accepted Students Day.



AS MORE NURSES EARN TOP ROLES IN HEALTH CARE, THEIR WORDS CARRY EXTRA WEIGHT—UNDERGIRD BY COMPASSION, EVIDENCE, EXPERIENCE

MAKING THEMSELVES HEARD

“WE WILL HEAR, WE WILL LEARN, WE WILL INNOVATE, AND WE WILL BE HEARD FROM.”

There is speaking up and speaking out, and there is hearing ... and being heard.

Since its birth 130 years ago, the Johns Hopkins School of Nursing has built and sent into the world caregivers who, when they see something, say something, and then set about fixing it. Today, having grown through two World Wars, a Great Depression, and a health care provider shortage that demanded it, nurses are seeing their vision, persistence, and problem-solving pay off with earned positions at the very top of health institutions like the Johns Hopkins Health System—and even in Congress.

“We will hear, we will learn, we will innovate, and we will be heard from,” says Patricia M. Davidson, dean of the Johns Hopkins School of Nursing (JHSON).

Doctoral nursing education is a huge driver here, offering nurses the credentials to buttress practical and

leadership skills and to push open doors into the corridors to power.

With that power comes responsibility, of course. Rather than critique and tweak existing systems, nurses now must build or reorganize them correctly the first time, or it's on them. “Nurses wouldn't have it any other way,” Davidson insists.

And so nurses are making their voices heard on health policy, on violence, on diversity, equity, and inclusion, and about the very future of health care as a profession and as a business.



Get a Head Start

“I'm not just a crass business guy,” says Kenneth Dion, PhD, MSN, MBA, a nurse entrepreneur, inventor, scholar, and a 30-year veteran of the health care industry. Dion is a founding principle at TurnPath LLC, a health care technology innovation incubator, and recently became JHSON assistant dean for business development and strategic relationships.

But Dion, until very recently a proud resident member of the Grays on Trays—an *experienced* band of snowboarders in Breckenridge, CO—sees the mountain for what it is:

Change is coming to nursing education, Dion explains, and those who aren't riding its leading edge will soon be chasing it. Dion, as you can imagine, prefers not to be among the second type. A former firefighter-paramedic, he recognizes an emergency when he sees it. “Our iceberg is melting,” he says of traditional nursing education.

Take online education, for which JHSON recently received a No. 1 *U.S. News & World Report* ranking. Dion has had a peek at what's coming—in online education, in simulation, in telemedicine and phone app technology—thanks to his connections throughout the health care and tech industries. And he warns against resting on any such laurels.

So he is eager to help JHSON not only continue to fully embrace online education, for instance, but to reimagine it. To maximize access and collaboration and to recognize opportunities to lead in the business of health care. To develop nurses who are not only the best caregivers of today but the innovators of tomorrow. For those institutions that can't or won't adapt, he says, it'll very likely be all downhill—without a snowboard.

Prioritize Diversity

Diversity is not a new concept at JHSON. Through fits and starts as well as leaps and bounds—though always with intent—the school has built its student body up to 37 percent representation

of racial and ethnic minorities and its faculty to about 25 percent minority representation. The school earned the 2018 INSIGHT Into Diversity Higher Education “Excellence in Diversity” Health Professions Award for its efforts to support and sustain diversity and inclusion through education, programs, and outreach. The HEED Award is the only national honor that recognizes individual health institutions showing outstanding achievement in making diversity a top priority.

“DIVERSITY IS AN UNDERLYING CURRENT THAT DRIVES OUR INNOVATION AND SUCCESS, AND INCLUSION IS WHAT PROVIDES A SENSE OF TRUE COMMUNITY AT OUR SCHOOL.”

“Diversity is an underlying current that drives our innovation and success, and inclusion is what provides a sense of true community at our school,” Davidson insists. “There's no doubt that our varying backgrounds and beliefs help us achieve the best outcomes for our school and the local and global communities that we serve.”

Yet more work remains. It is why Gloria Ramsey, JD, RN, FAAN, was recently appointed to serve as inaugural associate dean for diversity, equity, and inclusion (or DEI: “because we need another nursing acronym,” she jokes).

At JHSON, diversity, equity, and inclusion are embedded into the strategic plan and overall mission. Faculty, students, and staff are provided opportunities for collective cultural changes and experiences through encouragement from leadership and the school's Diversity and Inclusion Committee. Overarching efforts to promote respect for differing views and backgrounds are woven into curriculum development, scholarships, recruitment, partnerships, and strategy.

DEI highlights include the appointment of Sarah L. Szanton, PhD, ANP, FAAN, as inaugural Endowed Professor in Health Equity and Social Justice and JHSON's recognition as the most diverse PhD program across the university.



Learn more about JHSON's efforts to build a diverse nursing community at [NURSING.JHU.EDU/DIVERSITY](https://nursing.jhu.edu/diversity)

“AS WE CELEBRATE THE PROGRESS WE HAVE MADE, WE CONTINUE TO HOLD OURSELVES ACCOUNTABLE TO CONTINUE IMPORTANT WORK, BE OPEN TO NEW IDEAS, AND THINK FORWARD TOWARD CREATING A MORE DIVERSE AND INCLUSIVE ENVIRONMENT IN THE FUTURE.”

Professor Phyllis Sharps, PhD, RN, FAAN, earned Modern Healthcare’s Diversity in Nursing Award, was named 2019 Black Nurse of the Year by the Black Nurses Association of the Greater Washington, DC Area, and was a 2018 finalist for the JHU Provost Prize for Faculty Excellence in Diversity. The school holds a Faculty and Staff Diversity Retreat each year and, in March, hosted a university-wide Race in America Forum.

“Our commitment to DEI is clearly evident and well integrated into the operations of the school,” says Ramsey. “Our entire community should feel proud and honored to receive the HEED Award because it represents a collective effort and underscores our values and commitment to inclusive excellence for 21st century nursing. As we celebrate the progress we have made, we continue to hold ourselves accountable to continue important work, be open to new ideas, and think forward toward creating a more diverse and inclusive environment in the future.”

Care on the Ground

Two-thirds of U.S. adults suffer from multiple chronic conditions, a growing worry for a health care industry stretched to the breaking point by aging and often underserved populations. The new National Institutes of Health-funded PROMOTE Center (short for Promoting Resilience in Persons with Multiple Chronic Conditions) at JHSON is built to do much more than simply treat symptoms as they appear and then stand by as illnesses linger.

Its person-centered, community-focused methods address factors like functional limitations, poverty, housing, access to food, traumatic life events, or family caregiving situations that can exacerbate the cycle of chronic care.

The center uses a common-sense framework that emphasizes health resilience and recovery rather than treatment of individual diseases, clearing obstacles and tapping into factors that increase one’s ability to overcome a health challenge. So the question changes “from ‘What is the matter?’ to ‘What matters most?’ to the person,” explains Szanton, also the PROMOTE director.

If that sounds a little like CAPABLE, Szanton’s program that has changed the paradigm of care, safety, and quality of life for residents aging in place—through simple, smart, inexpensive means—it’s by design.

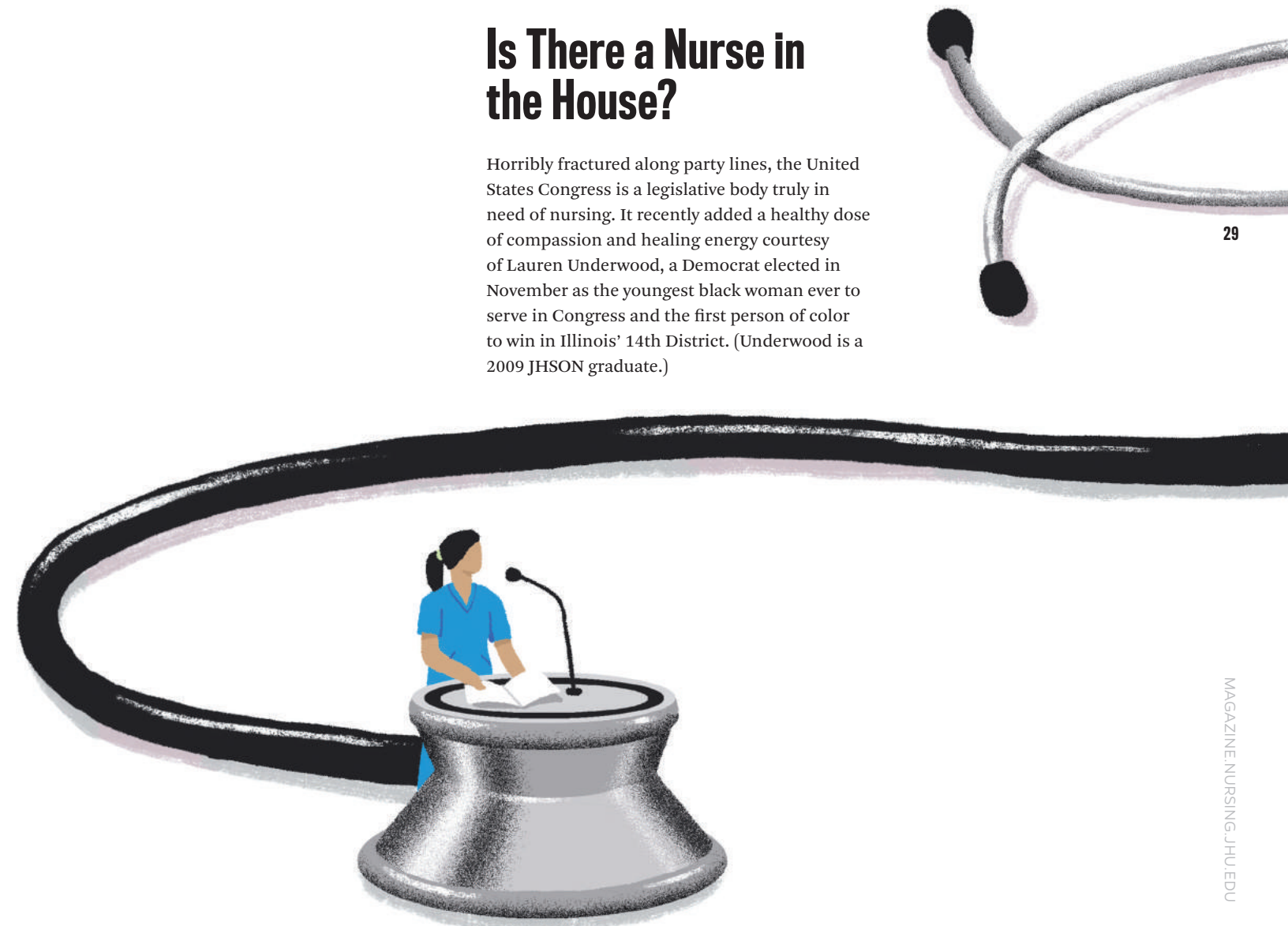
“IT’S NOT JUST A LEADERSHIP OPPORTUNITY FOR OUR SCHOOL, BUT A TRANSFORMATIONAL ADVANCEMENT FOR THE WHOLE OF HEALTH CARE.”

“Establishing this center will lead to a tremendous step forward in the way health care professionals respond to and design future interventions to the most pressing health issues,” says Davidson. “It’s not just a leadership opportunity for our school, but a transformational advancement for the whole of health care.”

“I AM DEDICATED TO USING MY VOICE AND MY VOTE TO ENSURE ALL AMERICANS HAVE ACCESS TO QUALITY, AFFORDABLE CARE.”

Is There a Nurse in the House?

Horribly fractured along party lines, the United States Congress is a legislative body truly in need of nursing. It recently added a healthy dose of compassion and healing energy courtesy of Lauren Underwood, a Democrat elected in November as the youngest black woman ever to serve in Congress and the first person of color to win in Illinois’ 14th District. (Underwood is a 2009 JHSON graduate.)



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APRIL 25 – 26 | Johns Hopkins RAPID Psychological First Aid

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learn.nursing.jhu.edu/rapidpfa

MAY 8 – 10 & SEPTEMBER 11 – 13 | Fundamentals of Research Coordination: A Course for Research Staff

Prepare to manage a research study or program with training on budgeting, writing study protocols, data collection, recruitment, and more.

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JUNE 7 | Best Practices for Developing, Funding, and Implementing Behavioral Interventions

A hybrid program for faculty and post-doctoral fellows in health and social science looking to develop and advance their ideas through the research pipeline.

Learn More & Register:
learn.nursing.jhu.edu/BIOP

AUGUST 12 – 13 | Chicago Parent Program

An evidence-based program that trains health and educational professionals to be group leaders for strengthening parenting skills and reducing behavior problems in young children.

Learn More and Register:
learn.nursing.jhu.edu/cppleader



Rep. Lauren Underwood (right at top) celebrates via selfie with fellow women Democrats at a swearing-in ceremony in January. A 2009 graduate of the Johns Hopkins School of Nursing, Underwood went on to help implement the Affordable Care Act at the behest of President Barack Obama.

And Underwood is wasting little time speaking up:

As someone who knows what it's like to be in a hospital bed.

As a former senior adviser at the U.S. Department of Health and Human Services (HHS), appointed by President Barack Obama to help communities across the country prevent and respond to natural and manmade disasters and public health emergencies. (At HHS, Underwood helped implement the Affordable Care Act.)

As a teacher of future nurse practitioners through Georgetown University's online master's program.

As a black woman who has had to work twice as hard and be twice as good to be heard and recognized for her accomplishments.

"My experience as a person with a heart condition and as a nurse caring for patients with pre-existing conditions inspired me to dedicate my career to improving the health and well-being of individuals and populations. I am so grateful for the opportunity to serve in Congress—especially as one of only two nurses—and am dedicated to using my voice and my vote to ensure all Americans have access to quality, affordable care."

The nation just might be ready to listen. ■



PHOTOS COURTESY OF U.S. REP. LAUREN UNDERWOOD

“I’ve always enjoyed working with the cancer patients. It’s gratifying to offer support in such a terrifying part of their lives.”

Read more about oncology triage nursing on [Page 38](#)

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NEWS FROM **JOHNS HOPKINS HOSPITAL & AFFILIATES**



Dean Patricia Davidson with Concato Preceptor Star Patty Maddox of Johns Hopkins Bayview (at right) and Jarvis Star Sondra Boatman of Johns Hopkins All Children's (below left).



Rosenwald ICU Nurse Star Diane Rusnak of Johns Hopkins Hospital (JHH) with Peter Rosenwald.



AN EVENING WITH THE STARS



2018 EVENING WITH THE STARS WINNERS

ELSIE PEYTON JARVIS STAR NURSE AWARD

(two winners)
Michael Arciaga, Johns Hopkins Hospital
Sondra Boatman, Johns Hopkins All Children's Hospital

SUZANNE CONCATO NURSE PRECEPTOR AWARD

Patty Mattox, Johns Hopkins Bayview Medical Center

CYNTHIA AND PETER ROSENWALD

ICU STAR NURSE AWARD

Diane Rusnak, Johns Hopkins Hospital

ROSENWALD NURSING INNOVATOR OF THE YEAR

Rona Corral, Johns Hopkins Bayview Medical Center

SCHOOL OF NURSING DIVERSITY AWARD

PhD student Athena Ford

ALUMNI ASSOCIATION HERITAGE AWARD

Paula Kent, Johns Hopkins Hospital

ALUMNI ASSOCIATION EXCELLENCE

IN TEACHING AWARD

(two winners)
Assistant Professor Krysia Hudson, JHSON
Assistant Professor Nicole Mollenkopf, JHSON

EUNICE KING STUDENT NURSE AWARD

Meredith McFall Kerr

SON STAFF EXCELLENCE AWARD

Florentina Costache



At left Rosenwald Star Rona Corral (Bayview) with Star Teacher Nicole Mollenkopf (JHSON); far left, Jarvis Star Michael Arciaga (JHH)

JHPiEGO

He Who Hesitates

All-male, nurse-led clinic in Lesotho draws traditionally wary men into HIV care

The first nurse-led, all-male health clinic in the country takes its name, Khotla, from a phrase that translates loosely to “a gathering place for men.” Jhpiego founded the clinic two years ago to meet the health needs of men, an often-overlooked group with the potential to change the

course of the HIV crisis in this landlocked kingdom in southern Africa.

“Men here are very secretive and don’t talk about anything to do with sexual health,” says Tsotleho Maramane, a nurse at the Khotla clinic in Maseru District, which is

exclusively staffed by men. With 80 percent of health care providers in the country being female, “men are very reluctant to come for HIV screening and only come when they are very sick. Sometimes it is too late.”

With around 1 in 6 people living with the disease, Lesotho

has one of the highest HIV rates in the world. The country is taking steps to change this sobering statistic. According to the recently released Lesotho Population-Based HIV Impact Assessment report, an estimated 84 percent of women living with HIV were diagnosed, compared

As Tsotleho Maramane, a nurse at the Khotla clinic in Lesotho, explains, “Men here are very secretive and don’t talk about anything to do with sexual health.”

to 76.6 percent of infected men diagnosed. “We see people with HIV living not as patients, just living with the virus,” Tsotleho says.

The Khotla clinic has extended and flexible hours, as well as evening hours. These are just some of the ways that this facility caters to the particular needs of men. The clinic offers comprehensive, client-centered care, including male circumcision, pre-exposure prophylaxis, antiretrovirals, and HIV testing, as well as management of chronic conditions, TB, and other sexual and reproductive health services.

“I’M DREAMING OF AN AIDS-FREE NATION, WHICH WE CAN REACH IF WE WORK MORE [AND] WE WILL SEE A HEALTHY NATION IN THE FUTURE.”

Maseru is among the five priority districts providing voluntary medical male circumcision services, a key HIV prevention strategy. Lesotho’s Ministry of Health has replicated Khotla—which had over 26,775 patient visits from July 2016 to October 2018—at another site and has interest in establishing additional locations in the country to reach even more men.

The clinic has also formed community advocacy groups to ensure timely refills of medications for those living with HIV. Within a group of six patients, each person takes a turn picking up the refills every six months and dispenses the HIV medication to the others.

Tsotleho is convinced that all-male clinics play an important role in combatting Lesotho’s HIV epidemic and portend a healthier future for all. “I’m dreaming of an AIDS-free nation, which we can reach if we work more [and] we will see a healthy nation in the future.” ■

Kate Holt contributed to this article.

A Nice Ring to It

Oncology phone triage nurses bring their personal touch to expert care

Knowing that help truly is only a phone call away can remove a tremendous amount of stress for cancer patients, leaving them freer to focus on physical and emotional healing. “We are such a crucial link in their care,” says Carol Weszka, RN, a phone triage nurse at Sidney Kimmel Comprehensive Cancer Center at The Johns Hopkins Hospital.

Weszka and Wendy Kleinsmith, RN, are linchpins on a team of nurses charged with lowering patient anxiety through education, empowerment, and empathy while reducing unnecessary trips to the emergency department by offering rapid referrals to their provider or the cancer urgent care center. “You need to be their champion,” explains Weszka. It’s a 24/7 operation, with quick callbacks for patients who phone in seeking advice, asking about symptoms, or needing prescription refills.

Kleinsmith and Weszka draw on decades of experience in cancer care (60 years between them) as they do a complete review of a patient’s medical record, collect data, and record observations that can help patients manage symptoms at home or move to the appropriate level of care quickly and safely. Their assessment and recommendations help prepare the medical team to provide treatment. It’s about managing symptoms, identifying toxicities that require immediate intervention, decreasing stress of patients and their caregivers, and building continuity of care and patient satisfaction. For Kleinsmith and Weszka, who admit to having a few extra miles on the nursing odometer, it’s

also about self-care, extending their careers after decades of intense work caring for hospitalized oncology patients. When it comes to knowledge and compassion, they’ve got plenty left in the tank. And they know how to listen.

During one recent shift in the quiet, windowless room that serves as the oncology nurse triage command headquarters, Kleinsmith was chatting with a patient who mentioned chest congestion: “Yes, I can hear the rasp there. You don’t want to wait on that. Let’s come in and get it checked out.” She grabbed a pen and began to quiz the patient about how long a cough had been present, what made it worse, what made it ease, etc. Later, the physician would view Kleinsmith’s triage nursing note with the situation, background, assessment, and recommendations.

If the patient hadn’t called, a potentially dangerous symptom—and an opportunity to help—could have been missed. But there can be reluctance. “Patients worry that they’ll be bothering us,” Kleinsmith explains. “Any time if you’re not sure if you should call ... you should call.”

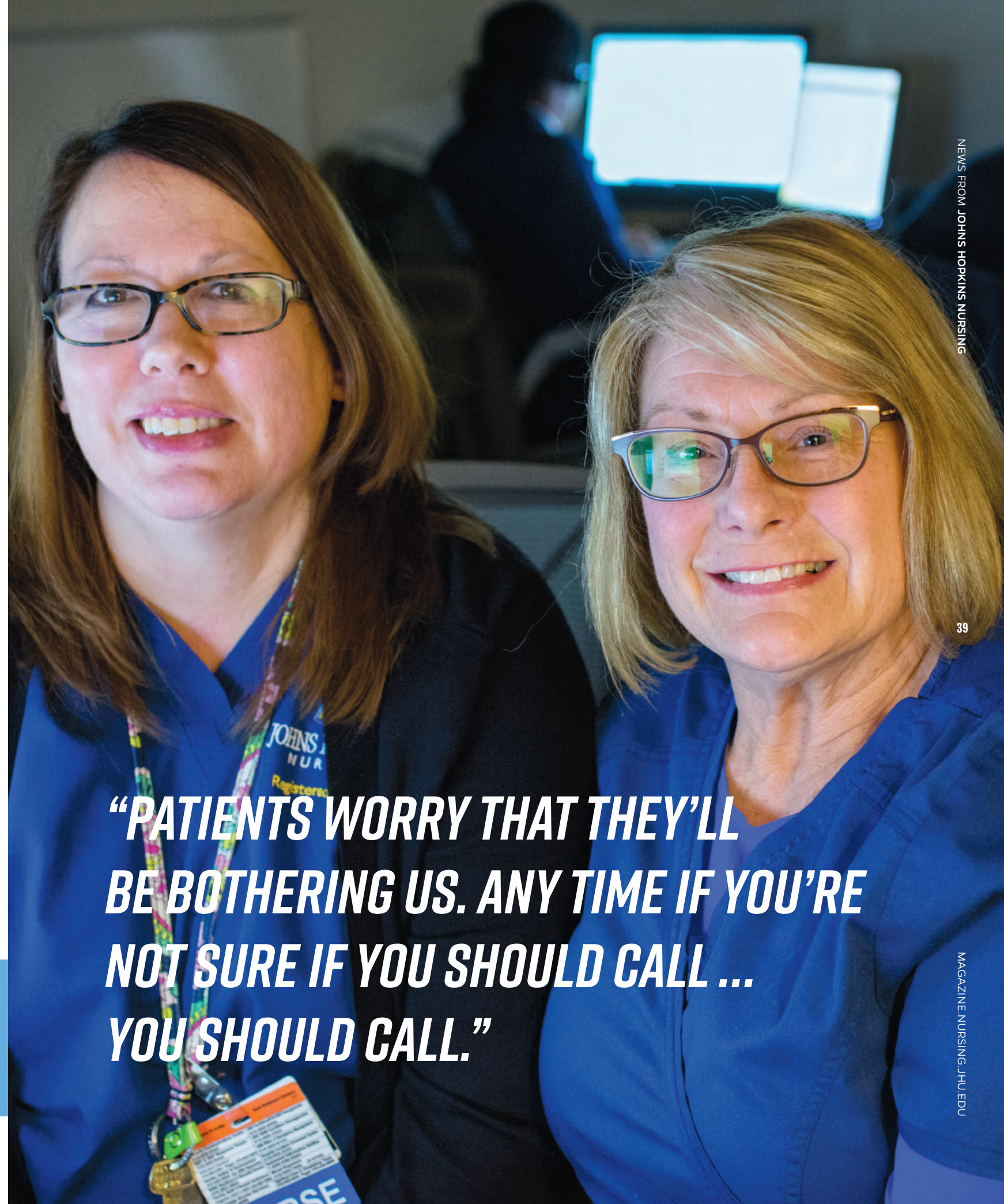
It’s the opposite of a bother. “I’ve always enjoyed working with the cancer patients,” says Weszka. “It’s gratifying to offer support in such a terrifying part of their lives.” Sometimes that support means simply offering a reason to get out of bed and keep going.

And even after the cancer has gone into remission, the triage nurses remain on call. “You have to understand that this never leaves them,” Weszka explains. “Some are terrified every time they get a cough, a new lump or bump, or they haven’t seen their latest test results yet. Or they take a physical for a new job and they are worried what they’ll find. We’re here to say, ‘Now let’s not go there yet ...’” ■

A Call from Carol

WHAT DOES PHONE TRIAGE SOUND LIKE?

Hear it from Carol Weszka:
MAGAZINE.NURSING.JHU.EDU/TRIAGE



“PATIENTS WORRY THAT THEY’LL BE BOTHERING US. ANY TIME IF YOU’RE NOT SURE IF YOU SHOULD CALL ... YOU SHOULD CALL.”

“Our first step was to make serving on the JHNAA board more inclusive regardless of geography.”

Information and more photos from Alumni Weekend are at NURSING.JHU.EDU/ALUMNIWEEKEND

VIGILANDO

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





Save the Date

ALUMNI WEEKEND OCTOBER 3-5

Watch for more details at
NURSING.JHU.EDU/ALUMNIWEEKEND

ALUMNI UPDATE

JANE W. BALL, DRPH, MPH, RN



Dear Alumni,

I am happy to greet you as the new president of the Johns Hopkins Nurses' Alumni Association (JHNAA). This is an exciting year for me, not only because I will help guide the Alumni Association in its activities, but because I will be celebrating my 50-year graduation from the Johns Hopkins Hospital School of Nursing.

I feel very fortunate to lead a diverse board of directors for the Alumni Association. JHNAA board members are graduates of several nursing programs, including BSN, MSN, DNP, and PhD. I am hoping that together, we will be able to find methods to make the JHNAA more meaningful to

all Johns Hopkins School of Nursing graduates of all programs. Our first step in this was to make serving on the JHNAA board more inclusive regardless of geography. This year, we are using video-conferencing for our board meetings. This strategy has allowed us to recruit members of the JHNAA board who live across the country.

The JHNAA completed its orientation of new members last fall, and we are now focusing on our major activities, which include fostering alumni-student relations and participating in planning for Alumni Weekend. In the fall, JHNAA sponsored a mentorship program for DNP Executive students, matching 22 DNP alumni to students enrolled in the program. We are currently evaluating the response of students and alumni to the mentorship program to see how it can be improved. We also hope to identify another program for an alumni-student mentorship opportunity later this year. We may be contacting you to see if you would like to volunteer!

With regard to Alumni Weekend, we are considering several potential speakers for the program, as well as social events. I look forward to seeing you there. **Please save the dates—October 3-5.** ■

Get Our E-Newsletters

Stay in touch! Update your email address now to receive the quarterly Alumni E-newsletter and annual Dean's Update. Send a message to JHNAA@jhu.edu.



CLASS NEWS

ALUMNI NETWORKING LUNCH

Gail R. Cohan ('75), **Joanna Mitrega** (Accel. '99), **Judy Rothman Pochop** ('61), **Constance (Connie) T. Siskowski, PhD, RN** ('67) gathered in Palm Beach, FL for an alumni networking lunch.

'16 Amber Price, DNP, CNM (Executive DNP '16) was named chief operating officer for TriStar Centennial Women's Hospital and The Children's Hospital at TriStar Centennial in Nashville, TN.

'09 Kim A. Bushnell, DNP, MSN, RN (DNP '09) has joined Northwest Hospital in Baltimore as chief nursing officer.

'09 The Honorable Lauren Underwood (MSN/MPH '09) was sworn into office as a member of the U.S. House of Representatives representing Illinois' 14th District. She is the youngest black woman to ever win a seat in the U.S. Legislature at 32 years old.

'11 Amanda L. Gajdosik, DNP (BSN '11) graduated from Baylor College of Medicine in December 2018 with her doctorate of nursing practice—nurse anesthesia.

JOHNS HOPKINS IN MEMORIAM

Janet Stone Brendler '56
Anita C. Bacher DNP '16
Lea M. Faraone Accel. '13
Reshma V. Jhaveri '11
Marjorie F. Mead '97
Connie Mosher Accel. '92
Bonita Shattuck Rees '65
Jennie M. Rhodes '45
Sally Jo Bruch Sherrill '61

Tell Us About It

Please help us share the milestones of your lives with fellow alumni of the Johns Hopkins School of Nursing. Send news and notes to Alumni Relations Officer Katie Damaroda at katie.damaroda@jhu.edu. Or use the simple form at NURSING.JHU.EDU/CLASSNOTE.

CHRISTINA KANG, MSN, RN

“I was drawn to Johns Hopkins because I already learned enough about nursing to recognize a chance to make a bigger difference as a leader and essential teammate. A DNP Advanced Practice degree says, ‘Hold up, I know what I’m talking about.’”



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WHAT IS A HOPKINS NURSE?

ANNE OUTWATER, PHD '08

My pathway to the Johns Hopkins School of Nursing started with the bombing of the United States Embassy in Dar es Salaam, Tanzania in 1998.

I was serving as a medical officer in the Peace Corps. Our office was not far from the site of the bombing, so I—with my fellow PCMO, Edith Mpangala—was called as a first responder.

We arrived while the flames were high. Beyond the wall was an awful sight ... the rubble and then, amid it, those who had been blown up by the truck bomb, mostly young men, the guards. When we couldn’t save 12 of them, I vowed to spend the rest of my life working on prevention of such violence.

The logical way to be effective in this mission was through research. So, I looked for a PhD program that would help me sort out this life-changing experience. It came through Professor Jacquelyn Campbell’s NIH Violence Fellowship. After I completed my dissertation, “Risk and Protective Factors for Homicide Death in Dar es Salaam,” I returned to Tanzania.

I am teaching research and health communications at Muhimbili University of Health and Allied Sciences. I continue my research, step by step. After 15 years of descriptive qualitative

and quantitative research, we are now on to intervention—how can violence be decreased and well-being increased in Tanzania and beyond? We are using the tools of entrepreneurship and beekeeping, and it seems to be working well! ■

Anne Outwater has been using entrepreneurship to address problems of crime in Tanzania.





I want to transform nursing education and leave a meaningful legacy.

We all have that dream, to make a world of difference. With a legacy gift, you can fulfill your dream to give back and help the Johns Hopkins School of Nursing lead the way in education, research, and practice.

There are many ways to support the Johns Hopkins School of Nursing — options that benefit you and your family, too. A gift through a will, trust, or by beneficiary designation supports our future and allows you to remain in control of your assets during your lifetime. Contact the Office of Gift Planning to help plan your legacy.

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CHURCH NOTES
DEB CORTEGGIANO KENNEDY, '73



DISTINGUISHED ALUMNI AWARD

In 2018, the first recipient of the CHH Distinguished Alumni Award was given to **Susan Riddleberger, '73**. This award is given to alumni who have demonstrated continual excellence in the values and knowledge bestowed upon them as Church Home graduates. The award also recognizes that the recipient has incorporated these ideals into a career and life as a respected caregiver and citizen. Nominations can be sent to Deb Kennedy via email. Several nominations of very worthy alumni have already been submitted. Deadline for submission is August 1, 2019.

DONATION TO THE ARCHIVES

I know I am forever asking my fellow alumni to think about the scholarship and making donations, but it is just as exciting to receive donations to the Archives. Thank you so much to **Darlyn Schaeffer Warwick, '66** for the donation of her vintage student uniform, in perfect condition. One of the Johns Hopkins students put it on to add that wonderful air of nostalgia at Homecoming. ■

REUNION WEEKEND

The Class of 1968 turned out for Alumni Weekend 2018.

I hope everyone is as excited as the Class of 1969 in preparing for Reunion Weekend 2019! **Barbara Zelenka Spink, '69** has told me that she expects a wonderful turnout for this year's "Golden Girls." So I hope everyone has saved the date of October 3-5, 2019 for another memorable weekend in the city. The Baltimore Waterfront Marriott will again be the venue for the festivities. Look for invitations and more information in July. If anyone has any questions at any time, please call or email me (debkennedy29@hotmail.com or 410-292-3067).

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Program Director, Target: BP
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American Medical Association

Kimberly Spiro

Kimberly Spiro Photography

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University of Pennsylvania School of Nursing

*University Trustee Emeritus

HOPKINS NURSING
130
YEARS



One of my campaign promises was to be a representative who shows up and shows interest in what our district is experiencing. Grateful for the chance to dialogue with folks across #IL14.



Letter: Town hall was helpful
To the Editor:
rwherald.com

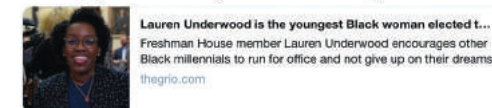
4:15 PM - 27 Feb 2019

71 Retweets 426 Likes

14 71 426



Girlfriends—we need YOU to run for office. It's time to stop hesitating to put our names on the ballot. Change doesn't happen if we don't engage—if I can make a difference in #IL14, you can in your community as well.



12:45 PM - 13 Feb 2019

1,066 Retweets 4,232 Likes

50 1.1K 4.2K



Happy International Day of Women and Girls in Science! Keep dreaming big—you never know where it'll lead you. #WomenInScience



6:41 PM - 11 Feb 2019

240 Retweets 1,119 Likes

7 240 1.1K



I know what it's like to live with a pre-existing condition, & ran for #IL14 to protect access to quality, affordable care for the 300,000 people in #IL14 who do too. Proud this week to introduce legislation banning junk insurance plans that DON'T cover pre-existing conditions.

3:43 PM - 8 Feb 2019

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Nurse and alum @laurenunderwood says, "I will dedicate my work to her legacy, to improve health outcomes for black maternal health" #UrgencyOfNow2019



2:47 PM - 25 Feb 2019

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