

# heartbeat

SPRING 2022

University of Miami School of Nursing and Health Studies



EVER BRIGHTER @ SONHS





# XVII PAN AMERICAN NURSING RESEARCH COLLOQUIUM MIAMI, FLORIDA USA

The University of Miami School of Nursing and Health Studies invites  
you to join your international colleagues at the

## XVII PAN AMERICAN NURSING RESEARCH COLLOQUIUM

“Building the Future of Nursing for Universal Health”

Pre-Colloquium: November 6 & 7, 2022

Conference: November 8 - 10, 2022

Miami, Florida U.S.A.

ABSTRACT SUBMISSION NOW OPEN!

[www.colloquium2022.miami.edu/abstracts](http://www.colloquium2022.miami.edu/abstracts)



PAHO/WHO Collaborating Centre  
for Nursing Human Resources Development  
and Patient Safety

UNIVERSITY OF MIAMI  
SCHOOL of NURSING  
& HEALTH STUDIES



# Contents

SPRING 2022

## FEATURES



### 12 Illuminating Ideas

Highlights from the  
SONHS Lecture Series:  
Fall 2021 to Spring 2022



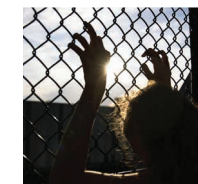
### 14 Ph.Duos

Making dynamic research connections



### 18 Ever Brighter @ SONHS

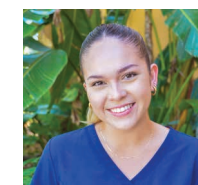
Investing in the future of health



### 22 Combating Human Trafficking through Education



### 24 Innovating Interactive Learning



### 26 Supporting Student Scholarships

## DEPARTMENTS

### 2 Leadership 3 Dean's Message

### 4 Vital Signs

Best Grad Schools: SONHS in Top 30  
Toward a Healthier Nursing Workforce  
Insta Takeover: SRNA Edition  
Advancing Anesthesia Ed  
Bipartisan Focus on Substance Use Implications  
Seeing into the Future of Psychedelics  
Baby Steps Named 'Changemaker'  
Beta Tau Awards Announced  
Getting ER Ready  
Tapped by Iron Arrow

### 28 Faculty Highlights 30 Faculty Publications

### 31 Faculty Profile

Ruth Everett-Thomas

### 32 Class Notes

Updates from the  
Alumni Association and  
SONHS grads

### 34 Class Notes

In Memoriam

### 35 Alumni Profile

Julius Johnson, D.N.P. '16

### 36 Student Profile

Abigail Adera

## EDITORIAL CONTRIBUTORS

**Marina Parada**  
SONHS Senior  
Business Officer

**Rosa M. Lamazares-Romero**  
SONHS Assistant Director,  
Communications + Marketing

**Robin Shear**  
SONHS Senior Editor

## WRITERS

**Jennifer Chavez**  
**Michael Malone**  
**Yolanda Mancilla**  
**Robin Shear**

*Heartbeat* is published twice a year by the School of Nursing and Health Studies (SONHS). *Heartbeat* is distributed to alumni, faculty, staff, and friends of SONHS. Reproduction in whole or in part without permission is prohibited. Postmaster and others, please send change of address notification to *Heartbeat*, School of Nursing and Health Studies, P.O. Box 248153, Coral Gables, Florida, 33124; telephone 305-284-3666. Contributions of articles and artwork are welcome, but *Heartbeat* accepts no responsibility for unsolicited items.

The comments and opinions expressed in this magazine do not necessarily reflect those of the University of Miami or the staff of *Heartbeat*. Copyright © 2022, University of Miami. An Equal Opportunity/Affirmative Action Employer



UNIVERSITY OF MIAMI  
School of Nursing and Health Studies

ADMINISTRATION

- Cindy L. Munro, Ph.D.**  
Dean and Professor
- Arsham Alamian, Ph.D.**  
Associate Dean for Health Studies and Associate Professor
- Victoria Behar-Zusman, Ph.D.**  
Associate Dean for Research; Director, Ph.D. Program; and Professor
- Nichole Crenshaw, D.N.P.**  
Associate Dean for Undergraduate Nursing Programs and Associate Professor of Clinical
- Mary Hooshmand, Ph.D.**  
Associate Dean for Graduate Clinical Programs and Associate Professor of Clinical
- Donna S. McDermott, Ph.D.**  
Associate Dean for Simulation Programs and Associate Professor of Clinical
- Johis Ortega, Ph.D.**  
Associate Dean for Hemispheric & Global Initiatives and Professor of Clinical
- Jeffrey Groom, Ph.D.**  
Executive Director for Special Projects, S.H.A.R.E.™
- Marina Parada, M.S.**  
Senior Business Officer
- Joseph Tripodi, M.A.Ed.**  
Executive Director of Student Services
- Zuny Fernandez, B.S.**  
Executive Director, Finance

Mission Statement

At the School of Nursing and Health Studies, we transform lives and health care through education, research, innovation, and service across the hemisphere.

Novel  
Optimistic  
World-changing

ADVANCEMENT

- Paul A. Metcalf, Ph.D.**  
Director of Development

FACULTY

- Debbie Anglade, Ph.D.**  
Assistant Professor of Clinical
- Rosina Cianelli, Ph.D.**  
Professor
- John M. Clochesy, Ph.D.**  
Professor and Director, Evaluation and Strategic Initiatives
- Giovanna C. De Oliveira, Ph.D.**  
Assistant Professor of Clinical
- Joseph P. De Santis, Ph.D.**  
Associate Professor
- Diego A. Deleon, M.D.**  
Senior Lecturer
- Charles A. Downs, Ph.D.**  
Associate Professor
- Yannine Estrada, Ph.D.**  
Research Assistant Professor
- Ruth Everett-Thomas, Ph.D.**  
Assistant Professor of Clinical and Assistant Dean for Simulation Programs
- Ashley L. Falcon, Ph.D.**  
Assistant Professor of Clinical
- Cynthia L. Foronda, Ph.D.**  
Professor of Clinical and Assistant Dean for Innovation, Clinical Research and Scholarship
- Karina Gattamorta, Ph.D.**  
Research Associate Professor
- Nicole A. Gonzaga Gomez, D.N.P.**  
Assistant Professor of Clinical and Associate Director, Nurse Anesthesia Program
- Juan M. Gonzalez, D.N.P.**  
Associate Professor of Clinical
- Shayne D. Hauglum, Ph.D.**  
Associate Professor of Clinical
- Patricia Larriau-Jimenez, D.N.P.**  
Assistant Professor of Clinical
- Cynthia N. Lebron, Ph.D.**  
Assistant Professor
- LaToya J. Lewis, Ed.D.**  
Assistant Professor of Clinical
- Zhan Liang, Ph.D.**  
Assistant Professor
- Yui Matsuda, Ph.D.**  
Assistant Professor
- Mary E. McKay, D.N.P.**  
Associate Professor of Clinical
- Nicholas Metheny, Ph.D.**  
Assistant Professor
- Greta V. Mitzova-Vladinov, D.N.P.**  
Associate Professor of Clinical and Interim Director, Nurse Anesthesia Program
- Brenda Owusu, D.N.P.**  
Assistant Professor of Clinical and Director, Adult Gerontology Primary Care Program
- Andrew Porter, Ph.D.**  
Assistant Professor of Clinical
- Guillermo (Willy) Prado, Ph.D.**  
Professor
- Susan L. Prather, Ed.D.**  
Assistant Professor of Clinical
- Carmen Rosa Presti, D.N.P.**  
Assistant Professor of Clinical
- Saribel G. Quinones, D.N.P.**  
Associate Professor of Clinical
- Régine Placide Reaves, Ph.D.**  
Assistant Professor of Clinical
- Deborah A. Salani, D.N.P.**  
Associate Professor of Clinical and Director, Post-Master's Psychiatric Mental Health Nursing Program
- Jill Sanko, Ph.D.**  
Assistant Professor
- Hudson P. Santos, Jr.**  
Professor and Endowed Chair
- Kenya F. Snowden, D.N.P.**  
Associate Professor of Clinical; Director, Family Nurse Practitioner Program; and Interim Director, Adult Gerontology Acute Care Program
- Beatriz Valdes, Ph.D.**  
Associate Professor of Clinical
- Denise C. Vidot, Ph.D.**  
Assistant Professor
- Christopher P. Weidlich, Ph.D.**  
Assistant Professor of Clinical
- Linda L. Wunder, Ph.D.**  
Associate Professor of Clinical
- Erick Zarabozo, D.N.P.**  
Lecturer

INVESTING IN THE FUTURE OF HEALTH

From health equity to pandemics and so many other areas, health care professionals hold the front-line promise for making our world healthier for all. Yet COVID-19 has exacerbated workforce shortages, and a recent global survey of practicing physicians and nurses predicts that within a few years we could have a mass exit of health care workers from their professions.

For decades, the School of Nursing and Health Studies has been ahead of this curve, diligently building capacity for a robust, highly qualified, sustainable health workforce in the U.S. and abroad. Now, in order to advance and expand our mission in perpetuity, SONHS has embarked on an ambitious capital campaign to raise \$25 million as part of Ever Brighter: The University of Miami’s Campaign for Our Next Century.

Our theme for this issue of *Heartbeat* is Ever Brighter @ SONHS, and as you will see throughout, the spark that makes us “ever brighter” is collaboration. Our cover story, for instance, highlights many of the visionary donors who recognize our school’s potential impact and, as a result, have stepped up to partner with us in support of our stellar faculty, students, and evidence-based initiatives. You can read about their critical contributions from pages 18 to 27.

This has been a year for exciting collaborations in thought leadership as well. In “Illuminating Ideas,” page 12, we showcase the rich array of learning opportunities presented during our annual Lecture Series.

Mentoring relationships are truly special academic collaborations that represent the lifeblood of our doctoral programs. On page 14, the feature story “Ph.Duos” focuses on a couple of the many inspiring faculty-student pairs here at SONHS who are kindling



their passion for transformative discovery through nursing science.

This May, as we celebrate National Nurses Month 2022, it is vital to go beyond simply praising our more than 4 million U.S. nurses for their heroic contributions during the pandemic. In addition to recognizing their service and sacrifice, we must take meaningful steps toward assessing and improving their work environments and satisfaction so that they can make their optimal contributions to health outcomes for patients as well as maintain their own wellness. You can read my thoughts regarding this subject on page 5.

Here at SONHS, we have over 1,400 reasons for bold optimism about the future of health care. With eyes wide open to today’s challenges, our student body has chosen to pursue careers

centered on helping humankind. Thanks to them—as well as to our exceptional faculty, alumni, and staff—our reputation as an elite center for education and research continues to rise. Simply turn to page 4 to see what I mean.

As the Dean of this outstanding school, I feel fortunate to have my finger on the pulse of health care, and in taking its measure, I have confidence that our future will continue to grow ever brighter—particularly with your enduring support, illuminating ideas, and valued collaboration.

Please enjoy our Spring 2022 issue of *Heartbeat*, and go ‘Canes!

**Cindy L. Munro**  
Ph.D., R.N., A.N.P.-B.C., F.A.A.N., F.A.A.N.P., F.A.A.A.S.  
*Dean and Professor*



# Best Grad Schools: SONHS in Top 30

Master's degree ranked Florida's No. 1 program;  
D.N.P. program jumps 11 spots



The newly released *U.S. News & World Report's* Best Graduate Schools 2023 places the School of Nursing and Health Studies (SONHS) among the Top 30 nursing schools in the United States for both its Doctor of Nursing Practice (D.N.P.) and Master of Science in Nursing (M.S.N.) degree programs. For both categories, Best Nursing Schools rankings assessed research activity, faculty resources, student excellence, and qualitative ratings from experts.

The school's M.S.N. program is now No. 1 in Florida and No. 29 nationally, according to the 2023 guide—that's up 5 spots over last year (No. 34). The D.N.P. program moved up 11 spots from 2022, placing No. 27 among the Best Nursing Schools D.N.P. Programs for 2023—the program's highest ranking to date.

SONHS launched its first DNP degree program in 2009, established Florida's first BSN-to-DNP Nurse Anesthesia track in 2014, and is now enrolling three new BSN-to-DNP tracks: adult-gerontology acute care, adult-gerontology primary care, and family nurse practitioner.

In addition, *U.S. News* ranked SONHS No. 31 out of 694 programs in its first-ever evaluation of the best B.S.N. programs nationwide. The rankings for 2022 were determined by average scores from surveys of top academics and officials at nursing schools or departments rating the overall quality of B.S.N. programs they were familiar with.



"I am extremely proud of our school's strong record of evaluation in *U.S. News & World Report*," says Dean and Professor Cindy L. Munro. "Our increasingly positive rankings are testament to growing recognition from peer institutions and health care professionals for the rigorous work our faculty and students do to transform

lives and health care through education, research, innovation, and service across the hemisphere."

Another point of pride comes from the latest ranking of National Institutes of Health (NIH) research funding to nursing schools, compiled by the Blue Ridge Institute for Medical Research.



With an NIH funding total of \$3.3 million—the school's highest single-year total to date—the school rose from No. 23 in fiscal year 2020 to No. 22 for fiscal year 2021. SONHS has been in the ranking's top 25 for 11 of the past 12 years. NIH research funding represents a portion of the school's \$15 million active research portfolio.

# Toward a Healthier Nursing Workforce

## Taking stock during National Nurses Month

By Dean Cindy L. Munro

The first National Recognition Day for Nurses in the U.S. took place May 6, 1982. In 1991, May 6-12 became known as National Nurses Week. It took nearly 30 more years for the whole month to be designated for our novel, optimistic, world-changing profession. As we approach the midpoint of 2022, National Nurses Month marks a good a time to address how to establish and maintain health care environments that are as healthy for nurses as they are for their patients. We have the knowledge and tools necessary to accomplish this resolution.

Linked to pioneers like Florence Nightingale, nursing has long been considered the most trusted profession. We know that without high-quality, appropriately staffed nursing care health care systems are unsustainable. Without nurses, hospitals can't save lives. Consequently, the well-being of nurses is central to provision of health care and to the viability of health care systems. Throughout the COVID-19 pandemic, frontline health care workers have faced well-documented struggles that have taken a deep, ongoing toll—mental, emotional, and physical. Nurses, such as those caring for patients with COVID-19, often provide near-constant presence at the patient's bedside for extended periods. Thankfully, evidence-based blueprint for improving nurse well-being exists.

This blueprint's central elements are encompassed in the standards of a healthy work environment. Healthy work environments will attract and retain nurses. Compensation is just one



of many factors to be considered. The American Association of Critical-Care Nurses (AACN) has articulated as essential the following six standards for establishing and sustaining healthy work environments: skilled communication, true collaboration, effective decision-making, appropriate staffing, meaningful recognition, and authentic leadership.

Together these standards will enable nurses to control nursing practice, deliver excellent care, and be full partners in health care delivery. Healthy work environments maximize the contributions of nursing, improve nurse well-being, and have the potential to mitigate the stresses accompanying pandemic care. What is required is the will and the resources to create and maintain healthy work environments, and this commitment is even more urgent in our current crisis.

We have learned a great deal in the two years since the first-ever International Year of the Nurse and Florence Nightingale's 200th birthday took place in 2020. Despite health system staffing crises and other challenges exacerbated by the ongoing pandemic, there is much to be optimistic about when it comes to

the nursing profession. Among my causes for optimism are the more than 1,400 promising nursing and health studies students currently enrolled in our school as well as hundreds more who earned degrees from us in 2021.

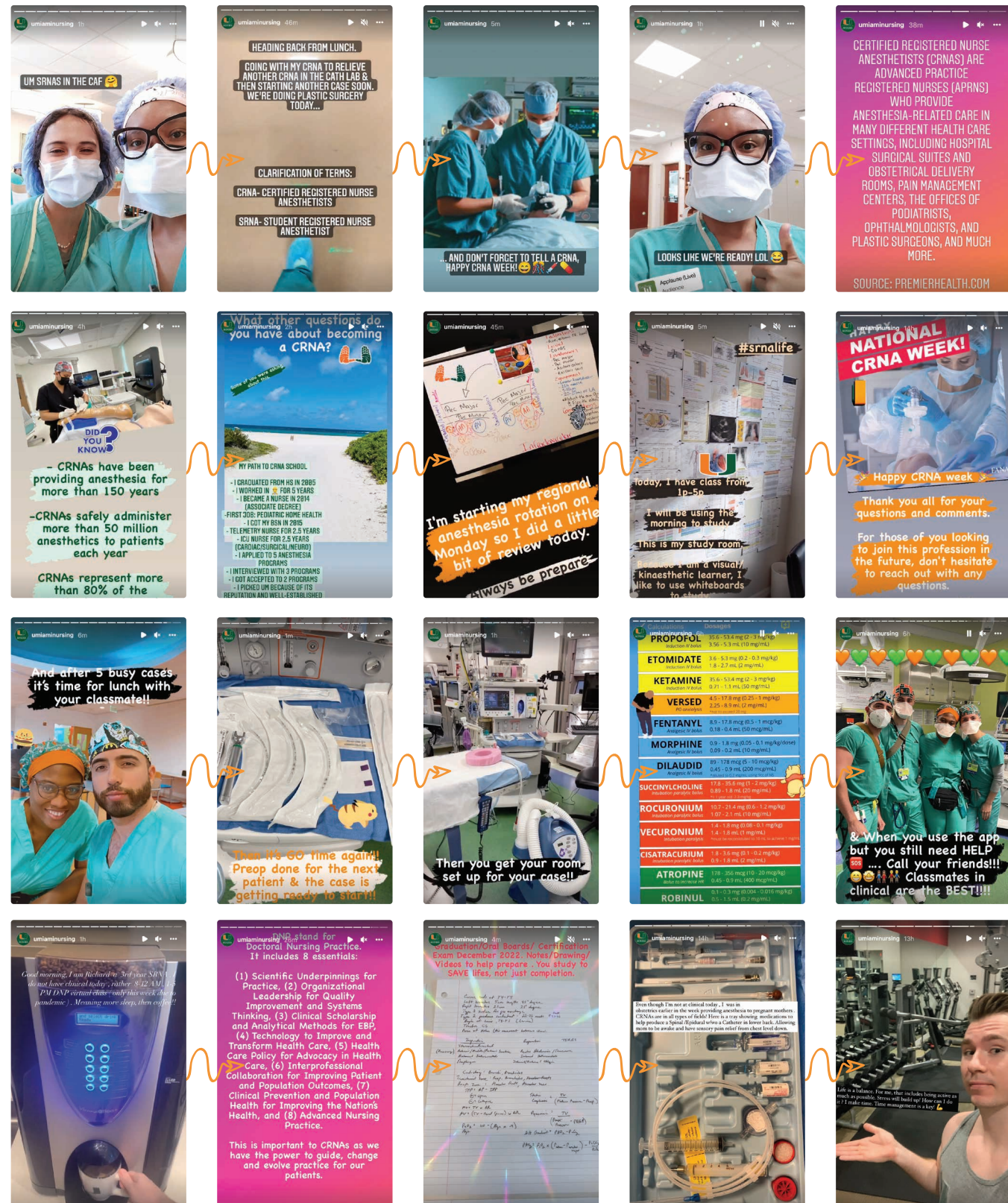
New students are committing to the health professions in droves, with their eyes wide open. Veteran nurses are finding new ways to make a difference through advanced degrees, advocacy, research, leadership, and teaching. To help them realize their vast promise and potential for propelling nursing toward new horizons, I and other nurse leaders must seize this moment to fully embrace the imperative of a healthy work environment, authentically live it, and engage others in its achievement. Restoring the well-being of nurses by improving their work environment will have broad benefits for patients, families, provider teams, health systems, and society. The need is urgent, and the time is now.

*Dean Cindy L. Munro is co-editor of the AACN's American Journal of Critical Care, in which an earlier version of this editorial appeared.*



# Insta Takeover: SRNA Edition

National CRNA Week is celebrated each January. This year, in recognition of the vital importance of CRNAs (certified registered nurse anesthetists) to our health systems, Heartbeat asked several student registered nurse anesthetists, or SRNAs, to do an “Instagram takeover” for SONHS during **CRNA Week 2022** to show a day in their lives as SRNAs. Special thanks to, from top to bottom, **Erica Jones, Jesus Chavez, Kaylene Baugh, and Richard Wiernicki**. These are their stories.



# Advancing Anesthesia Ed

## SONHS researcher is first to study a new AI-powered device designed to improve performance on ultrasound-guided interventional procedures

The use of ultrasound to guide interventional procedures has expanded significantly over the past decade, becoming an important tool in clinical specialties such as anesthesia, emergency medicine, and sports medicine. However, despite evidence that ultrasound guidance has been transformational for procedural performance, there is little empirical information identifying the best methods for educating novice providers, states Shayne Hauglum, associate professor of clinical in the nurse anesthesia program at SONHS.



To address this fast-advancing technology frontier from a didactic perspective, Hauglum teamed with Baltimore-based Clear Guide Medical (CGM), an innovator of medical imaging fusion and navigation technology spun out from The Johns Hopkins Medical Institutions and The Johns Hopkins University. Together they are testing the value of Clear Guide EDU, a novel computer-assisted educational device, as a teaching tool for ultrasound-guided interventions.

“Interventional ultrasound involves the significant challenge of visualizing the target and the needle simultaneously, while keeping a steady nondominant hand and finding the correct needle trajectory with the dominant hand,” explains Hauglum, Ph.D., C.R.N.A., A.P.R.N.

The EDU system is comprised of an Interson ultrasound, a tablet computer with artificial intelligence-based instrument guidance software, a CGM custom nerve block phantom (a tissue-mimicking mold for ultrasound practice sessions), and a CGM Optical Head with tiny video cameras. The video cameras compute trajectory differences between

an expert's and a novice's nerve block in real-time, providing useful benchmarking and instrument targeting cues to improve provider speed and accuracy.

In a recent pilot study led by Hauglum, 35 second-year SONHS nurse anesthesia students (SRNAs) administered ultrasound-guided peripheral nerve blocks to a preselected target. Each student performed the block twice—once with EDU's guidance mode on and once with the guidance mode off. All evaluations were based on the same 12 scoring criteria, which included distance to target, procedure time, number of attempts, instrument jitter, and eight other metrics. After comparing scores for the “ultrasound with guidance” versus the “ultrasound without guidance” groups, the researchers found that EDU instrument guidance improved final needle-tip position and reduced the total procedure performance time from 199 to 133 seconds.

“Real-time, dynamic needle-tip visualization is essential to safely performing procedures,” notes Hauglum.

“Assessing potential needle entry positions for safe clearance of anatomical structures, such as the lung and major vessels, is crucial to minimize potential complications of inadvertent needle placement.”

Hauglum's initial findings led to a \$77,046 subaward of CGM's primary grant from the National Institutes of Health's National Institute of General Medical Sciences. The original trial also resulted in an invite from the American Institute of Ultrasound in Medicine to present "A Novel Device for Training and Evaluating Ultrasound-Guided Procedures in Anesthesia" at the 2022 Integrative Ultrasound Meeting. "The next phase is to conduct the full study in the fall 2022 semester," says Hauglum, the study's principal investigator.

*Research reported in this publication was supported by the National Institute Of General Medical Sciences of the National Institutes of Health under Award Number R43GM144333. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health*



# A Bipartisan Focus on Substance Use Implications

## Dr. Prado went to Washington to address the House Select Committee on the Economy

Guillermo (Willy) Prado, Ph.D., University of Miami vice provost for faculty affairs, Graduate School dean, and School of Nursing and Health Studies professor, was in the U.S. Capitol to participate in a powerful roundtable discussion on substance abuse and addiction, convened March 2 by the House Select Committee on Economic Disparity and Fairness in Growth.

He was invited to share his expertise as a distinguished researcher in the field of substance abuse prevention who has earned widespread recognition for his innovative and culturally syntonico approach to working with Hispanic families and youth.

The timely discussion took place the morning after the State of the Union address, during which President Joe Biden committed to beating the opioid epidemic, to more “funding for prevention, treatment, harm reduction, and recovery,” and to “full parity between physical and mental health care.”

“We have been fighting the war on drugs for more than a generation and we have not won that war,” said Congressman Jim Hines (D-CT), the committee’s chair, who opened by pointing out the role addiction plays in “economic disparity and devastation” of our communities.

In fact, said Congressman Bryan Steil (R-WI), the committee’s ranking member, overdose deaths are skyrocketing, representing the leading cause of death for 18-to-45-year-olds. “Substance abuse thrives where traditional family and social support structures fail,” he said, setting the stage



for a dialogue on how to address the root causes of the crisis.

Other roundtable participants included Congressman Byron Donalds (R-FL), research economist Jevay Grooms, Ph.D. of Howard University, West Virginia Office of Drug Control policy director Matthew Christiansen, M.D., M.P.H., psychiatrist Katherine Pannel, D.O., of Mississippi, and Michael Gray, who lost his daughter to an accidental fentanyl overdose. Several of the speakers expressed concern that overdose deaths are increasingly linked to widespread, deliberate lacing of illicit drugs with small but deadly amounts of fentanyl, a synthetic opioid known to be 50 times stronger than heroin and 100 times stronger than morphine.

“Substance use is not an individual public health problem, it’s a public health crisis that’s part of families, part of communities,” said Prado, noting that that 40 percent of twelfth graders and 1 in 6 eighth graders have tried illicit drugs.

He emphasized the urgency of taking prevention programs to scale by embedding them within school systems, primary care settings, and communities, as he has done with the signature family-based prevention program, Familias Unidas, which has shown 20 to 40 percent reductions in drug use. While “culture and context are really important,” he said, culture-specific programs are also often very adaptable, with proven core ingredients that cut across populations.

Rather than invest millions if not billions of taxpayer dollars in programs “that have no rigorous evidence, we should be investing in programs that do have the evidence base,” he cautioned. Prevention is “much more cost-effective, and the effects of prevention are both short-term and long-term.” What works, concluded Prado, “are programs that give parents tools, programs that develop skills among young people, programs that have been evaluated.”

*View the full discussion online at <https://lnkd.in/d3GnJQmQ>.*

# Seeing into the Future of Psychedelics

## Researcher aims to explain pandemic-era spike in cannabis and hallucinogen use

Denise Vidot, Ph.D., who began researching the impact of cannabis on health and well-being long before the stigma against its medicinal use had diminished, has earned a new designation for her lab that incorporates the study of psychedelics, which she defines as psilocybin, ketamine (a legalized synthetic version of psychedelics), and ayahuasca (a plant-based psychedelic).

The overarching focus of the psychedelic branch of her International Cannabis and Psychedelic Research Lab is to assess how psilocybin independently affects mental health amid the pandemic and how psilocybin in conjunction with cannabis affects mental health symptoms and cardiovascular disease risk.

“We’re trying to study mental health and cardiovascular health through the use of plants and fungi psychedelics,” says Vidot, an assistant professor in the School of Nursing and Health Studies. Most studies on these substances focus solely on psychological health, including depression, anxiety, and trauma. But, notes Vidot, brain, heart, and gut are interconnected. “When the brain is stressed, the heart rate increases and hormones are secreted into the microbiome, which prompts negative implications for health.”

The idea for Vidot’s new research focus sparked on March 11, 2020—the day the World Health Organization declared a pandemic. Working nonstop, she designed the COVID-19 Cannabis Health Study. For the first time, she added study questions about co-use of cannabis with other substances, one of which was psilocybin. “I didn’t realize that I’d be stumbling on such important findings,” she says. Collaborator support



in circulating the survey ultimately garnered 3,000 respondents worldwide. “It was such a shock, but it shows the importance of the question to the general public: What can cannabis and psilocybin actually do?” she says.



Vidot notes that responses were self-reported and participants received no compensation. The findings showed that a significant number of patients eligible for medicinal cannabis started or increased psilocybin use during the pandemic and that a portion who were

co-using with cannabis increased their use without physician oversight.

The results are preliminary, but Vidot thinks those using the substances are seeking to manage pain and cope with mental health symptoms. Early data indicates that those consuming psilocybin exhibited lower evidence of severe depression and anxiety compared with the other groups. Vidot’s lab has five ongoing studies of psychedelics—two related to the pandemic scenario and co-use of cannabis and psilocybin; a third exploring the health effects of psilocybin used with poly-substances, such as alcohol, tobacco, and cocaine; and two more examining the use of ketamine, which, unlike psilocybin, is currently legal for medicinal use in the U.S.

Despite current limitations, Vidot sees this research field gaining traction. “A lot of media outlets have started highlighting psilocybin as a mental health treatment option, and the stigma of cannabis and psychedelics has lessened, thus prompting more people to respond to a survey like ours,” she says. “Replacing the stigma with knowledge is extremely important.”



# Baby Steps Named ‘Changemaker’

Assistant Professor Yui Matsuda, Ph.D., P.H.N.A.-B.C., M.P.H., along with nursing graduate students Roberto Roman Laporte, M.S.N. '14, Shanelle Hodge, B.S.N. '20, and Fernanda Bacolas, B.S.N. '20, presented “Taking Baby Steps into the Future: Training Students to Provide Telehealth Nursing Care for Vulnerable Infants and Families” to the UM Citizens Board during its Changemakers Student Fund Finale this past November. Matsuda’s team was among three recognized with a 2021 “Cane Crusader” Award. Matsuda and Danielle Sarik, Ph.D., A.P.R.N., C.P.N.P.-P.C., of Nicklaus Children’s Hospital, established Baby Steps to support the critical transition home for neonatal intensive care unit graduates, particularly those challenged by complex medical issues and unfavorable social determinants of health. Telehealth nursing initiatives like this one have been used effectively to mitigate barriers



to health care, yet clinical nursing education often does not include this growing modality of care. The \$10,000 Changemaker award supports the simulated version of Baby Steps, in which students practice therapeutic communication and assessments of the

patient’s home environment through telehealth visits. A preliminary study showed that the Baby Steps simulation offered SONHS students a meaningful learning experience, with 100 percent of respondents expressing improved telehealth knowledge.

# Beta Tau Awards Announced



In collaboration with the Karen S. Muth Memorial Nursing Leaders Endowed Program Fund, the Beta Tau Chapter of Sigma named Ph.D. students Sameena Sheikh-Wu, B.S.N. '15, and Evelyn Iriarte-Parra as winners of its Emerging Leaders Award. The award supported both students’ attendance at Sigma’s

100th Anniversary Biennial Convention in Indianapolis this past November. Faculty members Kenya Snowden and Brenda Owusu, president and president-elect of Beta Tau, respectively, represented SONHS at the convention, as well, where Beta Tau received its third consecutive Chapter Key Award for extraordinary

chapter excellence. Sheikh-Wu served as chapter delegate. Two more Beta Tau awards were bestowed in Fall 2021: the Ph.D. Scholarly Award went to Iriarte-Parra for “Impact of HIV Self-Management on Multidimensional Frailty and Quality of Life among Hispanic/Latinx People Living with HIV Infection Aged 50 and Above” and the D.N.P. Scholarly Award went to Maritz Forero, D.N.P. '21, for “Skills Lab Workshops for CRNAs in Acute Care Settings: Pilot.” “The Beta Tau chapter is pleased to support the scholarly journeys of these exceptional students and looks forward to supporting inspiring work from many more doctoral students,” says Snowden. Founded in 1922, Sigma Theta Tau International, Sigma is a nonprofit nursing honor society with hundreds of chapters around the world. UM founded its Beta Tau Chapter in 1974.

# Getting ER Ready

## Interprofessional collaboration at S.H.A.R.E.™ sharpens lifesaving skills



In 2018, the University of Miami/Jackson Health System Emergency Medicine Residency Program teamed up with the Simulation Hospital Advancing Research and Education (S.H.A.R.E.™) to launch a specialized simulation curriculum. About 80 residents have cycled through the hands-on program since then. Kelly Medwid, M.D., core faculty and simulation director for the competitive three-year residency, has coordinated the initiative with Jeffrey Groom, Ph.D., C.R.N.A., F.S.S.H., executive director for special projects at S.H.A.R.E.™ from the start.

“Our monthly simulation days allow our faculty to translate the most difficult

and unusual cases and turn them into a simulation,” says Medwid. “It allows our residents to work through complex medical conditions and procedures using state-of-the-art simulation equipment. It is one of our favorite ways to learn and optimize our teamwork skills.”

Another benefit: SONHS nursing students are embedded with the emergency medicine group during the simulations. “I can’t express how amazing it is to have the school’s nursing students be part of the team for ideas and for helping with the realism,” says Medwid.

In addition to practicing teamwork, diagnostics, and a range of procedures, the residents also drill down on rapid cycle situations, like advanced cardiac life support (ACLS) and pediatric advanced life support (PALS), until they know each cardiac algorithm “to a T,” says Medwid.

“The collaboration has been great for our nursing students and for the emergency medicine residents,” agrees Groom. “We should all be training together from the start of the educational process because after graduation it’s one big health care team.”

SONHS has a history of pioneering interdisciplinary collaboration. Its Interprofessional Patient Safety Course, established in 2013 with the Miller School of Medicine, was designed to nurture the mutual respect, situational awareness, and communication and team-building skills that all future health professionals need to prevent errors and improve patient outcomes in the real world.

*Organizations and individuals interested in continuing education opportunities at S.H.A.R.E.™ should call 305-284-2709.*

## Tapped by Iron Arrow

When Sydney Stropes moved from Virginia to Miami for nursing school, she traded her championship ice hockey skates for scuba gear. Being in Miami also gave her a chance to connect with the Cuban community in which her mother was raised. Stropes soon joined UM’s Federación de Estudiantes Cubanos (FEC) and

was elected president. In addition, she serves as a senate officer for UM Student Government and is a member of Omicron Delta Kappa, the national leadership honor society. Now, for exemplifying the qualities of love of alma mater, character, leadership, scholarship, and humility, Stropes heads into her senior year at SONHS with yet another noteworthy distinction: Iron Arrow Honor Society, into which she was tapped for the Fall 2021 class. “I cannot wait to see where my final semesters at UM will take me and



continue to give back to the community that has already given me so much,” says Stropes.



# Illuminating Ideas

## Highlights from the SONHS Lecture Series

This year's stellar lineup elucidated Dean Cindy Munro's commitment to education for life and to the school's University of Miami Ever Brighter Campaign priorities: promoting health equity in diverse communities, combatting human trafficking through education, and strengthening the science of holistic health care.

### HISPANIC HERITAGE MONTH (SEPTEMBER-OCTOBER)



**Carmen Alvarez, Ph.D., C.R.N.P., C.N.M., F.A.A.N.**

*Associate professor, Johns Hopkins University School of Nursing; family nurse practitioner and scientist working to advance health care for minoritized and underserved communities.*

**Date:** Oct. 5, 2021

**Topic:** "Latino Health Disparities and the Future of Nursing Now"

**Quote:** "I don't study to know more but to ignore less."  
—Juana Ines de la Cruz

**Takeaways:** Overwhelming mental health needs and lack of mental health care remain critical issues for the Hispanic population, particularly Latina immigrants. Telehealth options and unlicensed personnel can be part of the solution.

**Sponsor:** The Vicencio Wealth Management Group of Wells Fargo Advisors

### NOVEMBER



**Victoria Frye, Dr.P.H.**

*Tenured medical professor, Community Health and Social Medicine, City University of New York School of Medicine; head of the Laboratory of Urban Community Health, with research focused on populations made vulnerable to HIV and interpersonal violence.*

**Date:** Nov. 4, 2021

**Topic:** "From Society to Cells: Designing Multilevel HIV and Violence Prevention Interventions"

**Quote:** "There is a constant quest to use more and more sophisticated methods to understand complex relationships."

**Takeaways:** Infrequent HIV testing delays diagnosis, with poorer health outcomes and increased mortality. Using a matrix of causal loop diagrams, formative research is designed to disentangle the different factors affecting HIV prevention and intervention uptake. Interrupting HIV stigma and homophobia is critical to intervention.

**Watch:** [vimeo.com/644066401](https://vimeo.com/644066401)

### DECEMBER



**Heidi E. Schaeffer, M.D. '98**

*Visiting Scholar, University of Miami School of Nursing and Health Studies*

**Date:** Dec. 8, 2021

**Topic:** "Human Trafficking in the Healthcare Setting"

**Quote:** "Working with Dean Munro has been phenomenal. I'm looking forward to what we're going to do in 2022 and beyond. Nurses are really the first instrument these patients talk to when they walk in the door. They have a chance to build a rapport. The fact that your nurses are going to get trained through this clinical lab... not to say lectures aren't helpful... but that live simulation lab, having that full-on experience at the bedside, nothing can replace that."

**Takeaways:** See full story on page 22

**Sponsor:** First Horizon Bank

### JANUARY



**Jeanne Alhusen, Ph.D., C.R.N.P., R.N., F.A.A.N.**

*Associate professor of nursing and associate dean for research, University of Virginia School of Nursing; University of Virginia Medical Center Associate Professor of Nursing (endowed professorship)*

**Date:** Jan. 22, 2022

**Topic:** "Violence During the Perinatal Period: Implications on Maternal, Infant & Early Childhood Outcomes"

**Theme:** Promoting health equity in diverse communities

**Takeaways:** Intimate partner violence (IPV) puts pregnant persons and their offspring at significant risk for adverse outcomes, such as preterm birth, low birth weight, and infant mortality. Marginalized communities face greatest risk and significant barriers in accessing and receiving support. Screening is an important first step. There is a need for enhanced understanding of reproductive coercion and intersection with disability and enhanced understanding of barriers at the health care provider and system level around screening and intervening for disability.

**Watch:** [vimeo.com/672067506](https://vimeo.com/672067506)

### MARCH



**Virginia LeBaron, Ph.D., A.P.R.N., F.A.A.N.P., F.A.A.N.**

*Associate professor, University of Virginia School of Nursing; director, Technology Enhanced Cancer Care (TECC) Lab*

**Date:** March 11, 2022

**Topic:** "Leveraging Technology to Promote Equitable Access to Cancer Pain Management"

**Quote:** "You can take 30 pills a day and still not get the relief you need."

**Takeaways:** Behavioral and Environmental Sensing and Intervention for Cancer (BESI-C) is a Smart Health sensing system created

by engineers and clinicians to monitor, predict and manage cancer pain in the home setting. By giving researchers a real-time picture of what's happening around the cancer pain experience, BESI-C may enable pain management interventions that tailored, personalized, and proactive. Patients and caregivers seemed in sync about what impacts pain, and preliminary evidence shows BESI-C may increase communication and awareness between patient-caregiver dyads.

**Watch:** <https://bit.ly/3DQYUJj>

### BLACK HISTORY MONTH (FEBRUARY)



**Deborah Jones, Ph.D., R.N.**

*Senior vice president and dean, School of Nursing; Rebecca Sealy Distinguished Centennial Chair, the University of Texas Medical Branch; first woman of color to hold deanship at UTMB in 150 years; improves outcomes for critically ill patients through evidence-based oral health practices and education.*

**Date:** Feb. 9, 2022

**Topic:** "The Power of the Journey: Uncovering What Matters"

**Quote:** "Success is loving life and daring to live it." —Maya Angelou

**Takeaways:** Systemic racism is nothing new but 2020 brought many historical events that were catalysts for awareness. Racial reckoning has continued to impact people. How do we move forward in a strong, meaningful way? Any adversity like a global pandemic will cause fear, anxiety, and disbelief. It changes the way we see and know things, "like my cancer diagnosis did for me," said Dr. Jones, a longtime survivor. "It was a turning point. It forced me to slow down. I went from tunnel vision to stopping and smelling the roses."

**Watch:** [vimeo.com/675628458/bb201172b9](https://vimeo.com/675628458/bb201172b9)

### FEBRUARY



**Ukamaka M. Oruche, Ph.D., R.N., P.M.H.C.N.S.-B.C., F.A.A.N.**

*Associate professor, Psychiatric Mental Health Nursing; director, Global Programs, Indiana University School of Nursing*

**Date:** Feb. 11, 2022

**Topic:** "A Program of Research to Promote Health Equity in Local and Global Communities"

**Quote:** "It was time for me to figure out a way to be at the table if we were going to change policy that could ensure equitable health outcomes."

**Takeaways:** Disruptive impulse control and conduct disorders affect 1 in 5 adolescents, cost over a quarter of a trillion dollars, and impose significant tolls on families; low-income minority parents are especially at risk. Moving mental health services into communities increases access and reduces stigma that deters people from care. Interventions targeting parents and providers in tandem improve parent participation in their child's care, which providers should welcome.

**Watch:** [vimeo.com/676394379/13dcae8261](https://vimeo.com/676394379/13dcae8261)

### FEBRUARY



**Paule V. Joseph, C.R.N.P., Ph.D., F.A.A.N.**

*Lasker Clinical Research Investigator, NIH Distinguished Scholar, and chief of the Sensory Science and Metabolism Section (SenSMet) in the Division of Intramural Clinical and Biological Research, National Institute on Alcohol Abuse and Alcoholism; dual appointment, National Institute of Nursing Research @Dr\_paulevj*

**Date:** Feb. 16, 2022

**Topic:** "The Chemical Senses (Taste & Smell): Past, Present, and Beyond"

**Quote:** "Everyone eats and drinks, yet only few appreciate the taste of food." —Confucius

**Takeaways:** Some 10 million Americans have smell or taste disorders. Complex neurological and molecular mechanisms underlie taste, smell, and the sensitivity of mucosal surfaces to environmental chemicals. Taste receptors exist in the oral cavity but also in other tissues and organs like the stomach. COVID's effect on taste and smell was a major mystery, highlighting the need for a rapid chemosensory test and continuing research.



# Ph.Duos

## Making dynamic research connections in nursing science

By Jennifer Chavez and Robin Shear



Ph.D. candidate Maria Jose Baeza Robba joined forces with her research mentor Dr. Nicholas Metheny to tackle grad school, research firsts, and COVID-19 concerns in the sexual and gender minority community.

*Research mentors serve an essential range of functions, from role modeling and career advice to advocating for professional advancement. Finding a good mentor can happen in an instant or can take a lifetime. Here we highlight two great mentoring matches made during the pandemic at SONHS.*

## A Match Made during the Pandemic: Nicholas Metheny and Maria Jose Baeza Robba

Arriving in Miami as a first-year Ph.D. student, Maria Jose Baeza Robba felt somewhat lost. “I was coming from another country (Chile) in the middle of a pandemic, and I was a B.S.N.-to-Ph.D. student, which is an overwhelming experience altogether,” recalls Baeza.

However, much of that trepidation changed for Baeza, now in her second year of the program, when she met her research mentor, Nicholas Metheny, Ph.D., M.P.H., R.N., an assistant professor who was also new to Miami and the School of Nursing and Health Studies (SONHS).

“Not only was there a research connection, because we both shared a passion for sexual and gender minority health, but we were speaking the same language and had a unique camaraderie because of our experiences,” says Metheny. “We have the same drive for this work, and we knew what it felt like to be new to a role and a place like Miami in the middle of a pandemic. We didn’t have all of the answers to everything right away . . . but what was important was the grace that we gave each other as we figured things out together.”

Like Baeza, Metheny had earned his Ph.D. through a B.S.N.-Ph.D. track, another connection she credits with helping her successfully complete her first year of graduate school. “When you start a Ph.D., you feel like you don’t know very much. But Dr. Metheny found a way to relate to me, and he encouraged me to keep going,” she explains.

That encouragement led to Baeza’s involvement with the Community Engagement Alliance Against COVID-19 (CEAL), a National Institutes of Health (NIH)-funded grant that seeks to conduct community outreach by raising awareness and addressing misinformation about COVID-19 in minority communities. One of CEAL’s Florida research teams is comprised of investigators from the Center for Latino Health Research Opportunities (CLaRO), which is studying

vaccine hesitancy and prevention practices in different Latinx populations.

As members of the CLaRO CEAL team, Metheny and Baeza have led the charge for research priorities of sexual and gender minority (SGM) communities. “We’ve found that there is not much vaccine hesitancy in the SGM population when compared to the other Latinx groups being researched,” says Baeza.

Another discovery is that the SGM population wants to be informed, and is in search of good, reliable information sources. To meet this need, Baeza, Metheny, with student volunteer Caitlin Rempson, have developed weekly, themed resource blasts informed by their focus group findings, such as where to get the vaccine, SGM-safe community resources, how to talk to friends vaccine-hesitant friends, and other related topics.



Of particular relevance to this group was the comparison of HIV to COVID-19. “During the focus group, several individuals brought up the resiliency experienced in the SGM community because of HIV and talked about how this experience could be applied to COVID-19, given the stigma of the disease,” Baeza notes

She and Metheny also learned that the SGM population they surveyed stressed the importance of social responsibility and getting vaccinated. “Our participants wanted strategies on how to share their experiences because they feel getting the vaccine is a social responsibility that helps keep everyone safe, which they

compared to using [the HIV-prevention medicine] PrEP,” explains Metheny. “Our sample skews younger and more liberal, so other than the fact that hesitancy was less prevalent, we found that they value bidirectional communication and instant answers to questions.”

In response, the team came up with the idea of creating a COVID-19 text message line that allows people to submit questions and receive answers grounded in science. “We also see it as a way to garner feedback from the community on how useful our resource blasts have been and how we can improve them,” says Baeza.

This dynamic duo also has two publications in the works, one describing qualitative findings from the focus group and another specifically on vaccine hesitancy among men who have sex with men.

Thanks to her research experiences at SONHS, Baeza feels ready to tackle new and equally exciting research endeavors. “Dr. Metheny has really helped set a lot of research challenges that have increased my skill set, and I am lucky to have him as a mentor,” she says.

“CEAL is only the beginning for Maria Jose,” responds Metheny. “It has been rewarding to be able to co-mentor Maria Jose with Dr. Joseph DeSantis, a well-established researcher here at the SONHS, and see her growth in the short time we’ve been able to share together. I know Maria Jose will go on to accomplish great things, and I am thrilled I get to play a role in her academic journey.”



## Promoting Maternal and Child Health: Yui Matsuda and Jiye Lee



Ph.D. student Jiye Lee applied to the SONHS program because of her mentor, Dr. Yui Matsuda.

A common interest in family health and a kind face first connected Jiye Lee to her research mentor, Yui Matsuda, Ph.D., P.H.N.A.-B.C., M.P.H., an assistant professor at SONHS. Lee had recently moved to Miami with her family, the pandemic had just begun, and she worried she might not be able to handle a Ph.D. program. Instead of giving up, though, Lee did a little cyber-sleuthing.

“I knew that in the Ph.D. program, having a good mentor is important, so I started looking up the professors on the University of Miami School

of Nursing and Health Studies web page, and Dr. Matsuda stood out to me because her research interest was very family-oriented, primarily mothers and children. That was a topic I was really interested in,” says Lee, a board-certified pediatric acute care nurse practitioner. “Also, she just looked really nice.”

Lee emailed the kind-looking stranger on the website “a bunch of questions.” “I wasn’t expecting anything, but she got back to me promptly and offered to talk, so that really encouraged me to apply to the program,” recalls Lee. “She

was so kind and answered everything, and that’s when I started seeing myself spending time here and learning.”

In her first year of the M.S.N.-to-Ph.D. program, Lee has worked with Matsuda and her colleagues on a number of funded studies, including Baby Steps—an educational initiative that uses both telehealth and simulation technologies to improve the transition from hospital to home for infants and (their) caregivers—and a communication intervention aimed at equipping Hispanic parents of preteens to talk with their children about drugs,

sex, alcohol, puberty, and other issues, notes Matsuda.

“Dr. Matsuda has been exposing me to a lot of research opportunities and different aspects of those projects, which I really appreciate,” says Lee. “Whether it is hands-on with simulation or data analysis, she is challenging me to learn about things I wasn’t really exposed to before. She challenges me, but also gives me projects that are interesting.”

In addition to assisting with data analysis, focus groups, and literature reviews, Lee has contributed writing for grants and manuscripts. “Jiye is a good writer,” says Matsuda. “In spring, I’m hoping we can submit one or more presentations and a manuscript in relation to Baby Steps.”

Soon after their first virtual meeting, Lee and Matsuda discovered similarities beyond their interest in pediatric public health. “We share some core values, like our Christian faith, and we both immigrated from the other side of the world, so that also interconnects us,” notes Matsuda, who grew up in Japan. “We can relate to each other in various



making myself at home here,” she says. “Dr. Matsuda encourages me when I question whether I can do it, and that’s really important, to find a mentor who sees the potential in you and wants you

“I hope to study mental and behavioral health outcomes in children with chronic or medically complex illnesses, not just in a clinical sense but also what the families are experiencing, their

**“It’s an honor and privilege to be part of Jiye’s growth. I’m glad she didn’t let the thought that she might not be able to do it keep her from proceeding.”**

ways, which helps,” says Lee, who is from South Korea. And, now that Lee is expecting her first baby, Matsuda, the mother of a toddler, is helping her mentee navigate a whole new pediatric experience.

“It’s an honor and privilege to be part of Jiye’s growth,” says Matsuda. “I’m glad she took a step to talk to me and explore the school—and didn’t let the thought that she might not be able to do it keep her from proceeding.”

Lee is also glad she overcame her self-doubt. “This program has been really good for me, not only in terms of learning, but also in terms of growth and

to grow. She also challenges me to learn new things.

She knows how much she can push me. I think that’s what it takes to have a really good mentor relationship. A good mentor is able to be there and make time for you, and Dr. Matsuda has been that person for me.”

Lee is a recipient of the Dean’s Fellowship, the most prestigious award offered by the UM Graduate School. With the support of good mentoring, Lee looks forward to building on her past experience as a registered nurse with the Children’s Hospital of Philadelphia to help even more families.

quality of life and access to care,” she explains. “I hope to alleviate some of the burden these vulnerable families go through by addressing the family unit more holistically and studying their mental health needs further.”

*Call 305-284-6136 or email [c.molina6@miami.edu](mailto:c.molina6@miami.edu) to learn more about the Ph.D. in Nursing Science at SONHS.*



# EVER BRIGHTER @ SONHS

By Robin Shear

## Lighting the way in health care

For more than seven decades, the University of Miami School of Nursing and Health Studies has been a leading light in health care education and research, setting the pace for innovation and service across the hemisphere. Now, with Ever Brighter: The University of Miami's Campaign for Our Next Century, SONHS is poised to realize even bolder, brighter outcomes for health and well-being in the community.

## Our Vision

### Investments that illuminate the possibilities

Key investments in health care education and research offer the clearest hope for empowering people and innovating tomorrow's solutions today. Our campaign will accelerate and magnify the School of Nursing and Health Studies' ability to improve quality of life across a diverse range of communities. Our top three campaign priorities will lead to big impacts in Health Equity, Human Trafficking Education and Prevention, and Person-Centered Precision Health.



# LINKING BOLD IDEAS

## PROGRAMS

Nursing  
Nurse Practitioner  
Nursing Science  
Nurse Anesthesia  
Health Science  
(Pre-med, Pre-PT, Pre-Pharmacy)  
Public Health

## FUTURE

Center for Health Equity Research  
Center for Women and  
Children Health Equity  
Academic Center for Human  
Trafficking Education & Prevention

## CENTERS

## DESIGNATED

Center for Latino Health Research  
Opportunities (CLaRO)  
El Centro: Center of Excellence  
for Health Disparities Research  
PAHO/WHO Collaborating Centre  
for Nursing Human Resources  
Development and Patient Safety

## ENDOWED CHAIRS

Hemispheric Initiatives Chair  
(\$3 million)  
Women and Children Health Equity  
Chair (\$3.5 million)  
Human Trafficking Education and  
Prevention Chair (\$10 million)

## STUDENTS

Florence Bayuk Educational Trust  
Florman Family Foundation  
Helene Fuld Health Trust  
Dr. Claudia Hauri Advanced Health Assessment  
Lab Endowment Fund  
Hugoton Foundation  
Judith Kletter Medication-Assisted Treatment Nursing Fund  
Dr. John T. Macdonald Foundation  
Lettie Pate Whitehead Foundation  
Welaf Fund for International Students

## RESEARCH & INNOVATION

Biobehavioral Technology Core  
Innovative Interactive Learning Core  
Family Caregiver Academy

# FOR BRIGHTER HEALTH OUTCOMES



# Combatting Trafficking

## Campaign Priority: Establish an Academic Center for Human Trafficking Education & Prevention

Heidi Schaeffer's eyes were opened to the devastating, widespread impact of human trafficking a dozen years ago, when she happened to attend a meeting of the Broward Human Trafficking Coalition. "I was so moved to learn that this was such a huge issue, especially in our home state," says Schaeffer, M.D. '98, a native Floridian and University of Miami Miller School of Medicine alumna. "That meeting really inspired me to become an educator and a voice for victims and survivors of human trafficking. I'm on a mission to educate as many other clinicians as I can."

Today, Dr. Schaeffer is a powerful advocate at the state and national level, targeting the epidemic of trafficking on several fronts. She spoke recently at the School of Nursing and Health Studies, where she is a Visiting Scholar, in support of the school's collaborative and creative initiative to educate area nurses and allied health professionals about human trafficking. Such efforts are needed because Florida ranks with California and Texas among the top three U.S. states impacted by this public health crisis, with South Florida considered an epicenter of this violent crime.

Dr. Schaeffer's lecture, "Human Trafficking in the Health Care Setting," was preceded by a ribbon-cutting ceremony at S.H.A.R.E.™ for **The Dr. Heidi Schaeffer Academic Lab for Education & Training Against Human Trafficking**. During the event, which First Horizon Bank sponsored, Dr. Schaeffer discussed several victim-centered bills she helped pass in Florida, such as laws requiring public service signs that include the human trafficking hotline at airports,

rest stops, emergency departments, massage parlors, motels, and other places trafficking victims regularly pass through unnoticed and unaided. She also talked of her work with legislators like fellow UM alumna Lauren Book to require nurses and other health practitioners in Florida to complete continuing education about human trafficking in order to maintain their professional licensure.

Making sure doctors and nurses learn about human trafficking—very broadly defined as forced labor through exploitation of a vulnerability—is crucial, because it introduces the issue to their "diagnostic index of suspicion," notes Dr. Schaeffer. "If you're not trained on it, it's never going to come into your mind."

In fact, she says, only 3 percent of providers on average are properly trained. Her years of expertise as an emergency physician, health department employee, and legislative policy advocate have led

### "Every nurse should know how to identify a human trafficking victim."

Dr. Schaeffer to conclude that, while everyone should be aware of and speak up about human trafficking, it is nurses who can be the "best advocates" for victims in clinical settings. "Nurses are the first responders. They have the best rapport with patients and spend the most time with them," she explains. "Educating nurses is our best tool in the arsenal to really fight this at the core level because nurses are just irreplaceable."

To that end, Dr. Schaeffer is working with SONHS Dean Cindy L. Munro

during the Ever Brighter campaign to establish an academic *Center for Human Trafficking Education & Prevention at SONHS*. "We see nurses as an essential frontline force in identifying potential victims of human trafficking in times of acute need," says Dean Munro. "SONHS can strengthen this crucial role nurses play in mitigating the destructive impact of human trafficking on our community by conducting research and teaching evidence-based curricula for completing state-mandated CEUs. Just as every nurse can perform CPR if someone's heart stops, every nurse should know how to safely identify and assist a human trafficking victim."

Hundreds of SONHS nursing students have already completed an evidence-based, simulation-centered curriculum, titled "Do You See What I See? Recognizing Human Trafficking," developed by faculty members Deborah Salani, D.N.P., P.M.H.N.P.-B.C., A.P.R.N., N.E.-B.C., and Beatriz

Valdes, Ph.D., R.N., C.H.S.E. As part of the module, students engage with a trauma-informed standardized patient portraying a potential trafficking victim in an emergency setting, an encounter designed to help prepare them for the complex array of indicators, challenges, and symptomatology this vulnerable population may present with in a real-life acute care setting.

SONHS is partnering with other expert agencies, as well, from the Miami-Dade State Attorney's Office Human



Trafficking Unit to the Miller School's THRIVE Clinic (Trafficking Healthcare Resources and Interdisciplinary Victim Services and Education), led by SONHS alumna JoNell Efantis Potter, M.S.N. '87, Ph.D. '03, A.P.R.N., F.A.A.N., recipient of the 2021 U.S. Department of Justice Award for Professional Innovation in Victim Services. This is not a new endeavor for SONHS. Since 2017, the school has been a sub-awardee of an Office for Victims of Crime federal grant to evaluate all Miami-Dade County support services for human trafficking survivors. "In Miami-Dade County, we have been ahead of the curve in terms of factoring in all the needs of the individual

and making it as easy as possible to connect them to those resources," says Ashley Falcon, Ph.D., M.P.H., assistant professor of clinical and the sub-award's principal investigator. In addition to enlisting public health students to help with the exhaustive data collection and analysis required, Dr. Falcon has the students visit the Coordinated Victims Assistance Center, the essential hub from which Miami's multitude of comprehensive services are arranged. There, they see how data translates into real-world implications for the health and well-being of trafficking survivors. "The experience allows them to recognize that these are people, not just numbers," says Dr.

Falcon. "It makes an impression. They realize this is something that happens where they live."

And, as Dr. Schaeffer discovered in the meeting that first set her on this monumental journey to save lives, recognition is a crucial first step in the global fight against human trafficking. "I want to change the world, and I know UM believes in that same mission," says Dr. Schaeffer. "We can create such a positive impact if we work together."

*To report trafficking or get help, call the 24/7 national hotline at 888-3737-888 or text 233733 (Befree).*



everbrighter.miami.edu/school-units/school-of-nursing-and-health-studies

*A gift of \$50 covers the cost of a stethoscope.*

*A gift of \$100 funds nursing scrubs.*

*A gift of \$500 assists with student travel for mission trips to the Caribbean and Latin America.*



# Innovating Interactive Learning

For this 'Canes family, advancing health care is a philanthropic priority

On a sunny December day in 2021, the Yankanas gathered at the Watsco Center to celebrate the graduation of their older son, David, one of four 'Canes in the family. "The impact that this community has had on each of us has been a life-changing experience," explained David's parents, Christopher, B.B.A. '85, and Annette, M.B.A. '13. "We feel a true sense of belonging to the University of Miami community."

That sense of belonging goes back 40 years. After earning his business degree at the U in the '80s, Christopher Yankana went on to found the Miami-based health care business Amatheon Pharmaceuticals and Amatheon Animal Health, where triple 'Cane David, B.G.S.C. '17, M.H.A. '20, M.B.A. '21, is the director of operations. Annette, a senior portfolio analyst, has worked at the University since 2014. This May 2022, their younger son, Christopher Joseph ("CJ"), completed his health-related bachelor's degree, with a minor in public health from SONHS.

Because UM has inspired some of their "happiest and most cherished memories," and lifelong friendships, the Yankanas recently made a generous contribution to the fund for S.H.A.R.E.™ (Simulation Hospital Advancing Research and Education), where the **Yankana Family Office** has been named. "The developments S.H.A.R.E.™ showcases from a clinical standpoint are essential to continuing innovative therapies and life-giving measures. These developments have been the impetus for our desire to pursue philanthropy related to nursing studies," said the family. "We wanted to



find a project we would all be passionate about, not just for today but for years to come. We cannot think of a better way to help move the School of Nursing and Health Studies forward."

The pandemic only reinforced their desire to support the school, which has a "tremendous responsibility for developing future health care delivery leaders," they said.

"The past two years have been some of the most challenging of our entire lives. It's at times difficult to find a silver lining to every negative situation that comes up in this day and age," continued the Yankanas. "It takes a certain type of resiliency to be a part of the Miami Hurricanes family, and whether it's as a student, philanthropist, faculty member, or fan, we all have to show resolve and

find ways to be problem solvers." As a UM student, CJ Yankana has been passionate about researching possible solutions for the current health care landscape, such as targeted pandemic protection efforts in low-income communities, his family noted. "Both of our sons understand and appreciate that living through unprecedented times, we have faced numerous shortages and constraints that even the best health care managers can't solve," said the Yankanas. "We feel a personal connection to these initiatives. The entire family has been beyond impressed with the simulation hospital's updated connectivity, from its NICU unit to the dispensing units. This will have a great impact on teaching future caregivers during an extremely sensitive time, when more people dedicated to health care delivery are needed on the front lines."

## Judith Kletter Medication-Assisted Treatment Nursing Fund

UM parents Jason Kletter, Ph.D., an organizational psychologist, and Kim Kletter, M.A., a geriatric social worker, have established the **Judith Kletter Medication-Assisted Treatment Nursing Fund** to support behavioral health awareness and education for aspiring nurses and clinicians at SONHS.



The fund is informed by the Kletters' lengthy careers in health care, as well as more personal connections. The Kletters' two sons, one of whom is a public health minor at SONHS, are currently attending UM. The fund is also a tribute to their grandmother, a distinguished intensive care unit and emergency department nurse in San Francisco for over 40 years, who passed away at age 66 after a courageous battle with lung cancer. The ICU at S.H.A.R.E.™ has been named the **Judith R. Kletter Intensive Care Unit** in her memory. The Judith Kletter

Medication-Assisted Treatment Nursing Fund will support the work SONHS faculty do to help students better understand substance use disorders, with a focus on medication-assisted treatment for opioid-use disorder. Since the start of the pandemic, a sharp rise in opioid-related ED visits and overdose deaths in the U.S. has been documented. "Upon visiting the School of Nursing and Health Studies and its Simulation Hospital Advancing Research and Education (S.H.A.R.E.™)," said Dr. Kletter, the president of BayMark Health Services, "we were impressed by its versatility and felt compelled to name an Intensive Care Unit that will serve as a powerful visible reminder of the school's commitment to strengthening related educational activities."

## Advanced Health Assessment

Though retired and living on Florida's Gulf Coast with rescue dogs Kayla and Cinnamon, Claudia Hauri, C.N.P. '76, Ed.D., F.N.P., F.A.A.N.P., remains passionate about patient care—and the value of a quality health assessment. That is why the long-time educator who helped pioneer nurse practitioner programs at SONHS and Barry University has established a \$50,000 endowment for the **Dr. Claudia Hauri Advanced Health Assessment Lab Endowment Fund** at SONHS.

Patricia Larrieu-Jimenez, B.S.N. '98, D.N.P., A.P.R.N., F.N.P.-B.C., C.H.S.E., assistant professor of clinical, says Dr. Hauri's generous contribution to the Ever Brighter campaign will impact the nearly 150 graduate students annually who



take Advanced Health Assessment and Diagnostic Reasoning, one of the courses she teaches. "Dr. Hauri's endowment will help ensure that our graduate students' educational needs in the health assessment lab continue to be met," she says.

The gift's focus doesn't surprise Dr. Larrieu-Jimenez, who met Dr. Hauri over 20 years ago, when she applied for Barry's M.S.N. program, which Dr. Hauri directed for two decades. To this day, she recalls that Dr. Hauri required her to conduct an on-the-spot, head-to-toe health assessment as part of her entrance interview. "You've got to have the critical thinking you learn in health assessment to know where to go with the patient interview, to know what questions to ask," explains Dr. Hauri. "You get critical information by listening to the patient. They'll often tell you what's wrong with them and you can follow through."

Dr. Hauri held nursing positions in South Florida, Germany, and Spain before going into academia. She directed diploma, undergraduate, and graduate nursing programs for three decades, until 2005, when she started her own consulting company, Educated Health Care Choices. When it comes to the health of SONHS, where served on the faculty from 1975 to 1983 and completed her Certified Nurse Practitioner education, her assessment is a positive one, especially if gifts like hers can spur others to action. "The building, program, and faculty have grown since I was here, but it has kept its quality, and the research is outstanding," she says. "Hopefully other graduates of the NP program out there will contribute \$100 or more to the foundation, so we can really build it up to last in perpetuity as an endowment."

Call 305-284-9713 for more information.





# Student Scholarships Shine a Light on the Future of Health

## Welaf Fund for International Students at SONHS

The newly created Welaf Fund for International Students at the School of Nursing and Health Studies (SONHS) is supporting undergraduate students facing unexpected economic hardships in their home countries. This fund, established by the Welaf Foundation Incorporated, aids the University's efforts to retain international students who are in need financially yet possess the talent, skills, and drive to contribute to the quality and character of the campus community. This past fall, the inaugural three Welaf Fund recipients were selected at SONHS.

One of these students, Soffia Caliva, "is working to one day become a successful surgeon," she explained. Caliva is a health science major (premed track) and a dance minor from Costa Rica. She had to take a break from her studies last semester, she noted, due to her family's difficult financial situation related to the pandemic's disproportionate impact on developing nations.



Soffia Caliva

"I want to assure you that your generosity will go a long way," she wrote in her thank-you letter to the Welaf Foundation, citing her many volunteer activities at



Chanella Boateng

Fund awardee, was born and raised in London, but her roots are in Ghana. Set to graduate from the Accelerated B.S.N. program this May, Boateng currently has an internship in a pediatric emergency department. Support from the Welaf Fund, she said, will "lighten my financial burden" and "go a long way in helping me realize my dreams ... of pursuing a fulfilling career in nursing where I can make a lasting difference in the lives of the people in my community."

In addition to the Welaf Foundation, SONHS gratefully recognizes generous scholarship support from the Florence Bayuk Educational Trust, Florman Family Foundation, Helene Fuld Health Trust, Dr. John T. Macdonald Foundation, Lettie Pate Whitehead Foundation, and others.

home and at the U. "Serving others has become a part of my identity, and whether it is by giving my time, energy, or financial resources, I will continue to do this for the rest of my life. I will invest in the lives of other young women who wish to pursue a career in STEM and help them achieve their goals, just as you are helping me accomplish mine."

Chanella Boateng, another Welaf

**"Working in health care is what I want to do for the rest of my life."**

—Soffia Caliva

However, Caliva made the most of her time while home in Costa Rica, interning at a private medical clinic. "Medicine has always been one of my biggest interests," she said. "This experience has given me the certainty that working in health care is exactly what I want to do for the rest of my life."

Caliva was able to return to SONHS this spring and is on track to graduate in 2023.

# Emerging Applications of Next-Gen Instructional Technology

## Hugoton Foundation

S.H.A.R.E.™ is a renowned educational facility that is positively impacting the future of health care. Organizations like the Hugoton Foundation make it possible for faculty at S.H.A.R.E.™ to continue advancing instructional technology. Hugoton Foundation's most recent sizable grant, in honor of Joan M. Stout, R.N., J.D., supports the acquisition of cutting-edge intubation tools, such as the Glidescope video laryngoscope, and upgraded maternal and newborn simulator mannequins. These next-generation systems will enhance the clinical learning experience



required for success in today's complex health care field. Patients, for example, with challenging anatomy, pathology of the head and neck, previous lung

surgeries, and asthma will all benefit from practitioners who had access to the Glidescope as students to improve their first-attempt success rate for intubation.

## Ever Brighter by the Numbers



4 million R.N.s in the U.S.



1.1 million R.N.s needed in the U.S.



\$25 million – SONHS Campaign Goal

# Special Thanks

## Dean's Advisory Committee

**Oscar Morales, B.S. '75, M.D. '79 (Campaign Lead)**  
Partner, Morales & Esserman, M.D. P.A.

**Lisette Exposito, RN, B.S.N. '86, M.H.S.A.**  
President & CEO, Orange Care Group

**Pamela J. Garrison, R.N.**

**Maria Lamas, A.B. '85, M.B.A. '13**

**Jayne Sylvester Malfitano**  
President, Harcourt M. and Virginia W. Sylvester Foundation

**Arthur R. "Art" Miller, B.S. '78, M.B.A. '80**  
Captain (Ret.), Military Sealift Command, U.S. Navy

**Elizabeth L. Smith, M.S.N. '09, D.N.P. '13**  
Chief Nursing Officer, University of Miami Hospitals and Clinics (Bascom Palmer Eye Institute/Sylvester Comprehensive Cancer Center/UHealth Tower)

**Alejandro F. (Alex) Vicencio®, C.F.A., C.F.P., C.I.M.A.**  
Managing Director-Investments, Wells Fargo Advisors, LLC

**David Zambrana, D.N.P. '09, Ph.D. '17, M.B.A., R.N.**  
Executive Vice President and COO, Jackson Health System



# Honors & Awards



**Cynthia Foronda**, Ph.D., R.N., C.N.E., C.H.S.E., A.N.E.F., F.A.A.N., assistant dean for innovation, clinical research, and scholarship and professor of clinical, received a \$9,966 Provost's XR Award for 2022 to develop "Asthma Academy: Virtual Reality Simulation-Based Education for Family Caregivers." As part of UM's interdisciplinary XR Initiative, she will

work with a pediatric pulmonologist, a software engineer, and Interactive Media program students to develop a headset-based virtual simulation designed to empower low-income parents to better manage acute exacerbations of their child's asthma.



**Juan M. Gonzalez**, D.N.P. '12, A.P.R.N., A.G.A.C.N.P.-B.C., E.N.P.-C., F.N.P.-B.C., C.E.N., associate professor of clinical, was selected for induction into the 2022 Class of the Fellows of the American Academy of Nurse Practitioners. In 2021, he was voted SONHS Teacher of the Year.



**Joseph De Santis**, Ph.D., A.R.N.P., A.C.R.N., F.A.A.N., associate professor, received the HIV/AIDS Nursing Certification Board's Exemplary Service Award for 2021.



**Nicholas Metheny**, Ph.D., M.P.H., R.N., assistant professor, was elected to the board of the Nursing Network on Violence Against Women International (NNVAWI). In addition, he received a \$19,908 Provost Award to pursue "A Feasibility Study of Sweat-Derived Biomarker Collection in Latino Men who Have Sex with Men" and was recently selected

for the prestigious NIH-funded Adelante program, which promotes mentored development of early-career investigators focusing on HIV/AIDS prevention, treatment, and care in Latinx communities.



**Brenda Owusu**, Ph.D., A.N.P.-B.C., assistant professor of clinical and director of the Adult-Gerontology Primary Care Program, is on the Sigma Theta Tau Leadership Succession Committee and is president-elect of Beta Tau, the SONHS chapter of Sigma. In 2021, she received the SONHS Faculty Clinical Excellence Award.



**Cynthia Lebron**, Ph.D., M.P.H., assistant professor, was elected president of the American Public Health Association's Latino Caucus for Public Health.

## SONHS in the News

"As an acute care nurse practitioner managing COVID-19 and postoperative cardiovascular surgery patients in a high-acuity intensive care unit, I have witnessed the disproportionate disease burden experienced by Black patients.... "[W]ith cardiovascular disease projected to burden the U.S. with more than \$1 trillion in medical costs and lost productivity by 2035, there is insufficient funding available for cardiovascular disease prevention education among Black Americans."

*From "It's Time to Aggressively Target Another Top Killer of Black Americans," a commentary by Carmen Rosa Presti, D.N.P. '12, A.R.N.P., A.C.N.P.-B.C., assistant professor of clinical, in U.S. News & World Report. Read the op-ed: <https://bit.ly/3puXvYJ>.*



# Alumna Joins SONHS Faculty



**Saribel G. Quinones**, D.N.P., R.N., P.P.C.N.P.-B.C., returned to her alma mater this past January, hired as an associate professor of clinical. She comes from a clinical associate professor post at New York University's Rory Meyers College of Nursing, where she had joined the faculty in 2010. Quinones has been a pediatric primary care nurse practitioner for over 25 years. Passionate about health promotion and disease prevention, she is an advocate of immunizations, healthy eating, and physical activity. She has worked successfully with Latino families on obesity prevention and healthy eating strategies in clinic settings and via telehealth. A specialist in child maltreatment, she has shared her expertise with child advocacy centers in New York and Florida. Her mission is to help provide every child a safe, nurturing environment so they may reach maximum growth and development. Her scholarship includes publications, research projects, and local, national, and international presentations. From 2018 to 2020, Quinones chaired the National Association of Pediatric Nurse Practitioners (NAPNAP) Child Maltreatment Special Interest Group. She previously taught at Columbia University School of Nursing, where she earned her D.N.P. She completed B.S.N. and M.S.N. degrees at SONHS, later serving as a clinical preceptor for University of Miami, Barry University, and Florida International University students at the UM Miller School of Medicine Pediatric Practice.

# Promotions



**Yannine Estrada**, a Florida-licensed psychologist and longtime assistant scientist with the University of Miami's Familias Unidas intervention, became a research assistant professor at SONHS this past November. She first came to UM in 2001 as a project coordinator in the Department of Psychiatry. After a five-year hiatus to pursue doctoral studies, she

returned in 2010, attaining increasingly responsible research positions. Estrada has been lead author in top journals such as Journal of Adolescent Health and the American Journal of Public Health. She was principal investigator on a CDC grant, "Preventing HIV in Hispanic Adolescents via an Internet-Based Family Intervention," and an National Institute on Mental Health and Health Disparities pilot grant funded through the Center for Latino Health Research Opportunities (CLaRO), "Development of eHealth Prototypes to Prevent Drug Use and Sexual Risk Behaviors among Hispanic Youth." In 2020, she was a Society for Prevention Research Early Career Mentoring Program Fellow and last year was a consultant on the National Academies of Sciences, Engineering, and Medicine's Committee on Prevention and Control of Sexually Transmitted Infections in the United States. She holds a Ph.D. in counseling psychology from the University of Wisconsin-Madison, an M.S.Ed. from UM, and a B.A. from the University of Florida.



**Régine Placide Reaves**, R.N., who has taught public health nursing at SONHS since 2016, was promoted from lecturer to assistant professor of clinical this past January. Based on her more than a decade of public health nursing and care coordination experience with the Florida Department of Health and Humana, her program of research

is focused on families of children and young adults with special health care needs with maternal and child health issues. In addition to public health nursing clinical, Reaves has taught adult health clinical rotations, health assessment lab, adult mental health first aid, population-focused nursing, and other undergraduate courses. She is registered by the National Council for Behavioral Health as a mental health first aid instructor and is a member of Sigma Theta Tau, the international nursing honor society, serving as secretary of the local chapter, Beta Tau. In addition, Reaves is a mentor in the Helene Fuld Scholars program for accelerated B.S.N. students, as well as a fellow candidate for the inaugural Golisano Institute for Developmental Disability Nursing at St. John Fisher College. She earned her Ph.D. in nursing and M.S.N.Ed. from Florida Atlantic University, M.P.H. from Florida A&M University, and B.S.N. from Florida State University.



# Selected Publications

## Fall 2021/Spring 2022

Toledo, C., **Cianelli, R.**, Villegas Rodriguez, N., **De Oliveira, G.**, **Gattamorta, K.**, Wojnar, D., & Ojukwu, E. (2022). The significance of breastfeeding practices on postpartum depression risk. *Public Health Nursing, 39*(1), 15-23. doi:10.1111/phn.12969

Solorzano Martinez, A. J., & **De Oliveira, G. C.** (2021). Workplace violence training programs for nursing students: A literature review. *Journal of the American Psychiatric Nurses Association, 27*(5), 361-372. doi:10.1177/1078390321994665

Padilla Fortunatti C., **De Santis, J. P.**, **Munro, C. L.** (2021). Family satisfaction in the adult intensive care unit: A concept analysis. *Advances in Nursing Science, 44*(4), 291-305. doi: 10.1097/ANS.0000000000000360

**Downs, C. A.** (2021). Analysis of the RAGE-proteome in lung adenocarcinoma using PANTHER and STRING databases. *Biological Research for Nursing, 23*(4), 698-707. doi:10.1177/10998004211021496

Pinto, M. D., **Downs, C. A.**, Lambert, N., & Burton, C. W. (2021). How an effective response to Post-Acute Sequelae of SARS-CoV2 Infection (PASC) relies on nursing research. *Research in Nursing and Health, 44*(5), 743. doi:10.1002/nur.22176

Mehrabadi, M. A. \*, Aqajari, S. A. H., Azimi, I., **Downs, C. A.**, Dutt, N., & Rahmani, A. M. (2021). Detection of COVID-19 using heart rate and blood pressure: Lessons learned from patients with ARDS. *IEEE Engineering in Medicine & Biology*, pp. 2140-2143. doi:10.1109/EMBC46164.2021.9629794

Brincks, A., Perrino, T., Howe, G., **Estrada, Y.**, Robles, N., & **Prado, G.** (2021). Familias Unidas prevents youth internalizing symptoms: A Baseline Target Moderated Mediation (BTMM) study. *Prevention Science, 1*-10. doi:10.1007/s11121-021-01247-2

**Foronda, C.L.**, **Prather, S.**, **Snowden, K.**, **Gonzalez, J.M.**, **Gattamorta, K.A.**, Bahng, J., Gonzalez, J.E., Cardenas, M. (2022). Asthma Academy: A student nurse-led telehealth education program for low-income family caregivers of children with asthma. *Nursing Open, 9*(2), 1486-1496. doi:10.1002/nop2.1123

**Larrieu-Jimenez, P.** **Crenshaw, N.**, **Gonzalez, J.**, & **Ortega, J.** (2022). Progressive lower back pain with new onset symptoms. *The Journal for Nurse Practitioners, 18*(1), 107-111. doi:10.1016/j.nurpra.2021.10.002

Von Ash, T., Alikhani, A., **Lebron, C.**, Risica, P. M. (2022). Racial/ethnic differences in maternal feeding practices and beliefs at 6 months postpartum. *Public Health Nutrition, 1*-10. doi:10.1017/S1368980021005073

Okamoto, M., **Matsuda, Y.**, & **Foronda, C. L.** (2022). Healthcare needs and experiences of foreign residents in Japan by language fluency. *Public Health Nursing, 39*(1), 103-115. doi:10.1111/phn.13026

Watts, P. I., **McDermott, D. S.**, Alinier, G., Charnetski, M., & Nawathe, P. A. (2021). Healthcare Simulation Standards of Best Practice™ Simulation Design. *Clinical Simulation in Nursing, 58*, 14-21. doi:10.1016/j.ecns.2021.08.009

Salinero, A., **Mitzova-Vladinov, G.** (2021). Battle of the crystalloids in the operating room: A literature review. *Journal of Peri Anesthesia Nursing, 36*(6), 629-637. doi:10.1016/j.jopan.2021.03.012

**Munro, C. L.**, Hope, A. A. (2021) Bedside to worldwide. *American Journal of Critical Care, 30*(1), 4-6. doi:10.4037/ajcc2021734

**Munro, C. L.**, Hope A. A. (2021). Shelf life of critical care knowledge. *American Journal of Critical Care, 30*(3), 169-171. doi:10.4037/ajcc2021169

**Munro, C. L.**, **Liang, Z.**, Elías, M. N., Ji, M., Chen, X., Calero, K. (2021). Sleep and activity patterns are altered during early critical illness in mechanically ventilated adults. *Dimensions of Critical Care Nursing, 40*(1), 29-35. doi:10.1097/DCC.0000000000000455

Elías, M. N., **Munro, C. L.**, **Liang, Z.** (2021) Daytime activity Is associated with discharge to home in older adults recovering from critical illness. *Journal of Gerontological Nursing, 47*(2), 13-19. doi:10.3928/00989134-20210107-03

Elias, M. N., **Munro, C. L.**, **Liang, Z.** (2021). Daytime activity and sleep are associated with motor function in older intensive care unit survivors. *Heart & Lung, 50*(4), 542-545. doi:10.1016/j.hrtlng.2021.02.008

Elias, M. N., **Munro, C. L.**, **Liang, Z.**, (2021). Daytime-to-nighttime sleep ratios and cognitive impairment in older intensive care unit survivors. *American Journal of Critical Care, 30*(2), e40-e47. doi:10.4037/ajcc2021221

Hope, A. A., **Munro, C. L.** (2021). Testimonies from the pandemic shore. *American Journal of Critical Care, 30*(2), 88-90. doi:10.4037/ajcc2021989

Mulkey, M. A., **Munro, C. L.** (2021). Calming the agitated patient: Providing strategies to support clinicians. *MEDSURG Nursing, 30*(1). ISSN: 1092-0811

**Porter, A. W.**, Cooper, S., Palmedo, P. C., Wojtowicz, N., & Chong, J. (2022). Podcasts and their potential use in improving sexual health literacy. *American Journal of Sexuality Education, 1*-12. doi:10.1080/15546128.2021.1987365

Amaro, H. & **Prado, G.** (2021). Then and now: Historical landscape of HIV prevention and treatment disparities among Latinas. *American Journal of Public Health, 111*(7), 1246-1248. doi:10.2105/AJPH.2021.306336

Guilamo-Ramos, V., Thimm-Kaiser, M., **Prado, G.** (2021). Parent-based sexual health promotion and STI prevention for youth: Recommendations from a National Academies of Science, Engineering, and Medicine report. *JAMA Pediatrics, 175*(11), 1100-1102. doi:10.1001/jamapediatrics.2021.2429

Fernandez, A., Lozano, A., Lee, T. K., Messiah, S. E., & **Prado, G.** (2022). A healthy lifestyle intervention for Hispanic families: The moderating effects of education, income, and nativity. *Journal of Nutrition Education and Behavior, 54*(2), 125-134. 10.1016/j.jneb.2021.05.001

Montero-Zamora, P., Brown, E. C., Ringwalt, C. L., Schwartz, S. J., **Prado, G.**, Ortiz-Garcia, J. (2022). Predictors of engagement and attendance of a family-based prevention program for underage drinking in Mexico. *Prevention Science, 23*(2), 237-247. doi:10.1007/s11121-021-01301-z

Ocasio, M.A., Lozano, A., Lee, T. K., Feaster, D. J., Carrico, A., **Prado, G.** (2022). Efficacy of a family-based intervention for HIV prevention with Hispanic adolescents with same gender sexual behaviors. *Prevention Science, 23*(1), 119-129. doi:10.1007/s11121-021-01272-1

Wei, L., Islam, J. Y., Mascareno, E. A., Rivera, A., **Vidot, D. C.**, Camacho-Rivera, M. (2021). Physical and mental health impacts of the COVID-19 pandemic among U.S. adults with chronic respiratory conditions. *Journal of Clinical Medicine, 10*(17), 3981. doi:10.3390/jcm10173981

# Her Novel Journey in Nursing

By Robin Shear

Despite more than 30 years at the University of Miami, Ruth Everett-Thomas keeps it fresh.

“To be fresh, you have to change. Don’t let yourself be stagnant,” says the assistant professor of clinical. “It doesn’t mean you have to leave anything, but you have to move within your profession or organization.”

Everett-Thomas’s latest move at the School of Nursing and Health Studies is into the role of assistant dean for simulation programs at S.H.A.R.E.™ (Simulation Hospital Advancing Research and Education).

In her first year, she’s done everything from leading tours for high-profile visitors like Alex Azar to making sure hundreds of nursing students have been scientifically fit-tested with masks in time for their clinicals—a critical effort as COVID-19 wreaked havoc through most of 2021. In between, she’s been involved with developing policies, procedures, schedules, and best practices within the five-story, 41,000-square foot facility.

Everett-Thomas’s self-described wonderful journey through the world of health care started with her love of chemistry. That led to pharmacy school, for a little while, then several years as a respiratory therapist, and finally, nursing.

Along the way Everett-Thomas discovered an affinity not only for her patients, but also for the inner workings of the technology, science, and mechanical equipment aiding them. If a respiratory machine went haywire, for example, she could get it working again, stat!

As a lab manager in the Miller School of Medicine’s neonatology division, Everett-Thomas found herself on the cusp of exciting new discoveries for ventilating



premature lungs. In her job as a site coordinator for the National Institute of Child Health and Human Development Neonatal Network, she became part of a group nurses invited to join the Neonatal Network Steering Committee.

After earning her Ph.D. with a dissertation on improving code blue and rapid response team performance in clinical and acute care settings, Everett-Thomas went to work as a research and training specialist for the UM/JMH Center for Patient Safety shortly after it opened, developing simulation interventions to promote patient safety and improve patient outcomes.

To this day, Everett-Thomas, a Certified Health Care Simulation Educator (C.H.S.E.) who joined the SONHS faculty in 2016, remains committed to helping her colleagues design effective simulation curricula for their nursing classes that include evidence-based scenario design,

assessment, and evaluation. “I’ve been in patient safety, I’ve been in the hospital, I’ve been at the bedside, and I’ve been in research, so I see the totality of it,” says Everett-Thomas. “My goal is to push S.H.A.R.E.™ forward—see it run as a hospital, see the whole patient flow.”

When you connect all those dots, she notes, you can spot any potential problem, and, just like with a wonky medical device, dig in and figure out how to fix it.

“It’s all about making the team communication better, verbal or nonverbal,” says Everett-Thomas. “That’s the most rewarding—to know we put out another good group of nurses, to see how much they have gained in knowledge and skills. When they graduate, they’re ready to conquer the world!”

For a veteran educator, what could feel fresher than that.



## New President Named

### The SONHS Alumni Association

welcomes double 'Cane **Renee Longini, B.S.N. '09, D.N.P. '16**, as its new president. Longini has been active in the UM Alumni Association since 2017. She works as a C.R.N.A. with Jackson Health System and is a part-time lecturer at SONHS.



*Heartbeat* recently asked Dr. Longini to share her thoughts on fellow 'Cane **Valerie Bell, D.N.P. '11**, whose "In Memoriam" can be found on page 34: "Dr. Valerie Bell encouraged young nurses, like myself, to pursue a higher degree of nursing. I met Dr. Bell in 2011 while working at the UHealth Tower cardiac catheterization and hybrid lab. Val explained what nurse anesthetists do in the community, and offered her support if I ever wanted to pursue that career. Ten years later, I still remember the impact she had on my life, and on the lives of her family, friends, colleagues, students and C.R.N.A. community. Her 'Canes legacy lives on, and she will be missed dearly."

## 1960s, 1970s, & 1980s

**Nancy Wade, B.S.N. '63**, and **Claudia Hauri, C.N.P. '76**, had a chance to reconnect in Bradenton, Florida, last year for a week of reminiscing and fun.

**Shelley Savage, B.S.N. '77**, is a retired U.S. Navy Captain and longtime supporter of her alma mater. She lives in Alexandria, Virginia, and since 2004 has worked part-time as a staff R.N. in the surgery center at Virginia Hospital Center. She is also an amateur golf champion who enjoys volunteering in her free time.

**R. Kevin Mallinson, B.S.N. '89**, the 2015 Alumnus of Distinction, has published *Alarm in the Firehouse: A Memoir of America's First Openly Gay*

*Professional Firefighter* (2021), about his years serving in the Key West Fire Department right before he entered nursing school. Mallinson is a public speaker, researcher, and retired university professor. He and his husband split their time between Washington, D.C., and Delaware.

## Alumnus of Distinction Presented

The SONHS Alumni Association is happy to announce that the 2022 Alumnus of Distinction is none other than double 'Cane **David Zambrana, D.N.P. '09, Ph.D. '17**, the executive vice president and chief operating officer for Miami-Dade's Jackson Health System, one of



the nation's largest safety net health systems. A leading light for public health throughout this pandemic, Dr. Zambrana was officially honored at an event held in person at SONHS on March 31. Longtime SONHS supporter and end-of-life care provider Vitas Healthcare sponsored the event.

## 1990s

**John R. Lowe, Ph.D. '96**, the 2007 Alumnus of Distinction, was named the Joseph Blades Centennial Memorial Professor at the University of Texas



at Austin School of Nursing in 2020 and is a faculty affiliate for Native American & Indigenous Studies in the UTA College of Liberal Arts. An appointee to the National

Advisory Council of Nursing Research, he is a 2021 Hillman Innovations in Care Program grantee. This past November, on the 25th anniversary

of his graduation from SONHS, Dr. Lowe spoke with SONHS Dean Cindy L. Munro about his journey as a nurse scientist, his Native American heritage, and his latest research to support the mental health and well-being of Native youth through a system-wide application of his Talking Circle intervention. View their conversation at <https://bit.ly/3tAjlvv>.

## 2000s

**Anna Lozoya, B.S.N. '06**, has joined CommUnity Care Health Centers in Austin, Texas, as its chief legal and risk officer.

**Aubrey Florom-Smith, B.S.N. '09, Ph.D. '13**, joined Stanford Health Care in Palo Alto, California, as a nurse scientist in the Office of Research.

**Conchita Freitag, M.S.N. '09**, a nurse educator with Jackson Health System, recently earned her Ph.D. in nursing from the University of Phoenix. Her dissertation is titled "Phenomenological Study of Nurses' Perceptions and Lived Experiences of Quality and Safety."

**Doreen Ashley, D.N.P. '11**, has been a nurse at University of Miami Hospital for over 30 years and is currently executive director of nursing at UHealth. She was recently featured in a video series honoring the University of Miami's "unsung heroes" of the pandemic. The video, in which she discusses the innovative preparations taken to create a second hospital within UHealth Tower for patients with COVID-19, was shared during the 2021 State of the University of Miami Town Hall.

## Reunion: D.N.P. '11

The SONHS Doctor of Nursing Practice Class of 2011 celebrated its 10th Anniversary by coming home! Dean Munro welcomed attendees to the school in December with a luncheon, followed by a tour of S.H.A.R.E.™ (Simulation Hospital Advancing Research and Education), which opened six years



after their graduation. The reunion was organized by D.N.P. '11 classmates and current SONHS faculty **Brenda Owusu** and **Kenya Snowden**, as well as **Caroline Elistin** and **Jenn Kuretski**. D.N.P. '11 grads **Myrland Dubuisson**, **Tara Moran**, **Michael Sanchez**, **J. Grace Eves**, and **Diane Harness-DiGloria** came to enjoy the milestone weekend. The organizers also paid tribute to the memories of 2011 classmates **Rebecca Wells** and **Maria Lina "Bing" Wood**, as well as former associate dean, JoAnn Trybulski, who launched the groundbreaking executive-style M.S.N. to D.N.P. degree program at SONHS in 2009.

## 2010s

**Tom Hartley, D.N.P. '11**, is the principal consultant of Hartley Consulting. A retired U.S. Army Lieutenant Colonel, he was recalled to active duty from January 2021 to January 2022 in support of COVID-19 operations, serving as Deputy Chief of Hospital Education and Staff Development at D.D. Eisenhower Army Medical Center on Fort Gordon, Georgia.

**Donna Bean, B.S.N. '15**, was selected as a PHI/CDC Global Health Epidemiology Fellow. For her fellowship, she is in Dominican Republic, working with the Centers for Disease Control Dominican Republic in the Division of Global HIV/TB, as well as in emergency preparedness and COVID efforts. She earned her M.P.H. in Epidemiology from the University of Arizona.

**Candice Johnson Pollowitz, B.S.P.H. '16**, was named to the UM Alumni Association Young Alumni Leadership Council in 2021.

**Mona Azaiza, B.S.N. '17**, moved to Atlanta to be a pediatric nurse at Children's Healthcare of Atlanta. She subsequently earned her certified pediatric nurse (C.P.N.) certification and gained a year of charge nurse experience. She served her community during the pandemic by providing COVID testing in multiple sites. Recently, Azaiza worked as a pediatric travel nurse in Indianapolis, she writes, "expanding my skill set and nursing knowledge."

**Kristin Levoy, Ph.D. '19**, is an assistant professor of nursing at the University of Indiana and research assistant scientist with IU's Center for Aging Research at Regenstrief Institute. She is also an associate member of IU's Cancer Prevention and Control research program.

**Rafael Rodriguez, A.B.S.N. '19**, has started a new position as a perioperative nurse at University of Miami Health System. He is also an intelligence analyst with the U.S. Air Force Reserve. "I was ecstatic finding out that I was making my way back to the U," says Rodriguez, who was previously a critical care nurse at Baptist Hospital.



## Visit SONHS: AWH '22

Mark **November 4 and 5** on your calendar for Alumni Weekend & Homecoming 2022!

Connect with your SONHS family during Friday evening's kickoff celebration, then continue the fun with the 2022 Homecoming game on Saturday, when the Hurricanes will take on Florida State at Hard Rock Stadium.

## 2020s

**Jessica Roman, Ph.D. '20**, is a coordinator of clinical services and assistant professor at Nova Southeastern University, Assaf College of Nursing. Her dissertation at SONHS was "Factors Associated with Cervical Cancer Screening in Refugee and Non-Refugee Hispanic Women in Miami Dade County, FL."

**Jasmine Sandoval, D.N.P. '20**, nursing operations manager at Nicklaus Children's Health System and creator/host of the "Comfort Kills" podcast, is excited to be back at her alma mater lecturing part-time.

**Elena Extrand, B.S.P.H. '21**, is a graduate student in public health sciences and epidemiology at the Karolinska Institutet in Stockholm, Sweden.

**Diego Guerrero, A.B.S.N. '21**, received the SONHS Accelerated B.S.N. Excellence in Leadership Award for Fall 2021.

**Magdala Louis, A.B.S.N. '21**, received the SONHS Accelerated B.S.N. Excellence in Academic and Clinical Performance Award for Fall 2021.

**Kristin Perrucci, B.S.H.S. '21**, received the SONHS Bachelor of Science in Health Science Excellence in Academic Performance Award for Fall 2021.

**Laura Garcia Ramirez, D.N.P. '21**, received the SONHS B.S.N. to D.N.P. Nurse Anesthesia Program Excellence in Academic and Clinical Performance Agatha Hodgins Award for Fall 2021.

**Mackenzie Rodriguez, A.B.S.N. '21**, received the SONHS Accelerated B.S.N. Spirit of Nursing Award for Fall 2021.

**Nicholas Torres, D.N.P. '21**, received the SONHS Doctor of Nursing Practice Excellence in Academic and Clinical Performance Award for Fall 2021.



# In Memoriam

Beloved colleague and alumna **Valerie Mechelle Bell, D.N.P. '11**, C.R.N.A.—a driving force behind the launch of a nurse anesthesia program at the School of Nursing and Health Studies (SONHS) in the 2000s—passed away February 11, 2022, after an illness of several months. She was 58. For seven years, Dr. Bell served as the associate program director and director of simulation for the SONHS Nurse Anesthesia Program. “We are all deeply saddened and will miss Valerie dearly,” says Greta-Mitzova-Vladinov, D.N.P. '13, the program’s current interim director. “She was instrumental in establishing the master’s anesthesia program and later in transitioning the M.S.N. degree to the first B.S.N.-to-D.N.P. nurse anesthesia provider program in Florida.” A passionate educator, she set the bar high to prepare her students for the real challenges of their careers. “Valerie touched hundreds if not thousands of lives as a great teacher and mentor,” says Carmen Presti, D.N.P. '12, assistant professor of clinical at SONHS. “Her light will shine on in those she touched.” A Pennsylvania native, Bell obtained B.S.N. and M.S.N. (anesthesia) degrees from the University of Pittsburgh and an M.A. in counseling psychology from Trinity International University, a background that informed her work as a prayer counselor. Her D.N.P. capstone project at SONHS addressed the use of simulation to evaluate critical thinking during the nurse anesthesia program applicant interview process. “She was dedicated to advancing nurse anesthesia, the care of patients, and



saving lives,” recalls former coworker Diego Deleon, M.D., senior lecturer at SONHS. “She was an angel, an all-around amazing person.” Dr. Bell began her stellar 32-year clinical nursing career on the island of St. Thomas, followed by positions with Homestead Hospital, Jackson Memorial Hospital, and finally

UHealth, where she brought joy to all around her, according to another colleague. A “going home ceremony” for Dr. Bell took place at First Baptist Church in Key Largo. She is survived by her husband, two stepsons, mother, siblings, and many other family members.

## Send Us Your News

We want to know what you are up to! Please email “Class Notes” submissions to [sonhs@miami.edu](mailto:sonhs@miami.edu), or tag us about your career moves on LinkedIn.

# Trailblazing in Brooklyn: Julius Johnson, D.N.P. '16

By Robin Shear

Growing up in a Brooklyn housing project, Julius Johnson, D.N.P. '16, R.N., F.N.P.-B.C., witnessed a lack of adequate health care services from a young age. Originally, he saw nursing as a way out of his neighborhood but soon realized nursing would actually be his way back in, to help the community that raised him.

Because of the positive impact he is making, Johnson, now an associate professor and department chair for the Long Island University Brooklyn Heilbrunn School of Nursing, was recently featured in “Starting the Conversation,” Johnson & Johnson’s web series about physicians and nurses on the frontlines of health care in Black communities.

In the episode about New York, “If Not Us, Who?”, the 38-year-old nurse practitioner explains what motivates him. “It really started out with the same concept of family I had growing up—making sure we are responsible for each other,” he says. “When I went to get my doctorate at the University of Miami,” he continues, “I had a great mentor, Dr. Mary Hooshmand, who is the director of the D.N.P. program, and she used to always tell us, ‘If not you, then who?’” She brought home the message that people who understand and have a vested interest in a community because they are from there should be the ones translating research into practice there to make things better, he explains.

Today, Dr. Johnson is doing just that. He is founder and president of the Greater NYC Black Nurses Association Chapter of the National Black Nurses Association. His chapter’s many initiatives in the city include an opioid overdose prevention program, an annual Black maternal health conference, and Barbershop Talk, a community-based health outreach project for Black men, who consistently have “the worst health outcomes of U.S.



demographic groups,” he says. “For a lot of Black men, the barbershop is a sanctuary. Even in high-crime neighborhoods, it’s a safe space. We talk about the problems we have. We laugh, joke, cry. We work out issues.” With Barbershop Talk, evidence-based conversations about health become a natural part of those earnest exchanges.

In addition, at the height of the pandemic, when Black residents were dying at more than double the rate of their white neighbors, Dr. Johnson and his chapter pushed to get more COVID-19 tests into minority communities. They then ran vaccination clinics at churches in those same communities, administering over 30,000 shots and developing a playbook that has been emulated nationally.

If anything, the pandemic redoubled Dr. Johnson’s commitment to the profession he loves. He is revamping “Dr. Nurses,” the educational company he created with former classmate Brittany Price, D.N.P.

'16, for a new era and will celebrate his induction into the American Academy of Nurse Practitioners this June. Dr. Johnson’s dizzying schedule also includes raising his young daughter and coaching his championship-winning Brooklyn Skyhawks youth team in football, a sport he played throughout high school and the avenue through which he first became a Hurricanes fan.

Since then, his admiration for his alma mater has only grown. Coming full circle, Dr. Johnson is now helping to create and lead a nursing doctorate program in Brooklyn. “Miami has been a blessing ten times over for me,” he says. “The professors were not only invested in our success but they were also culturally aware, accomplished in research, and had implemented their own programs and projects. It was amazing for me to learn in that environment. It’s the reason I started teaching full-time. I wanted to make a difference.”



# Creating a Hub for Public Health

By Robin Shear

Abigail Adera is brainy. She’s a chemistry tutor, managing editor of the student-run publication *Scientifica*, and a Stamps Scholar. She’s also creative, with a yen for big ideas.

This past summer, the junior public health major at the School of Nursing and Health Studies gathered 12 e-board members interested in starting a new student organization. Founded in Fall 2021, Project Public Health is built around four simple but profound aims: “Get woke. Get mentored. Get published. Get going.”

The “get woke” component includes a variety of planned educational sessions about career opportunities in the “booming field of public health,” college-focused issues like sexual health and relationships, and more. For the “get mentored” initiative, the club teamed up with the graduate-level Public Health Student Association at the Miller School of Medicine. “We have 15 mentor/mentee matches this year,” says Adera. “We’re doing social activities, but also we plan to go to conferences together and work on community field projects.”

For the group’s third aim, get published, Adera has harnessed her core role at *Scientifica* and is trying to launch a student-run public health journal at UM. “Get going” stands for boots-on-the-ground community outreach, both locally, with organizations like Health in the Hood, which plants community gardens in food desert neighborhoods, and internationally, such as on a water sanitation service project in the Dominican Republic.

With the pandemic fueling interest in health-related degrees, Adera’s push to establish an organization for anyone interested in the discipline of public health is timely, but her passion for the subject of health predates COVID-19.



“My parents are both family medicine physicians, so I got to see the way they practiced their profession, and it was very alluring to me,” she says.

Adera’s father is from Ethiopia and her mother is from New Jersey. Today they run a practice in the small town of Inverness, Florida, where Adera and her two sisters were raised.

Although medicine is Adera’s end game, too, she came to the University of Miami to study public health, drawn to its community-based approach.

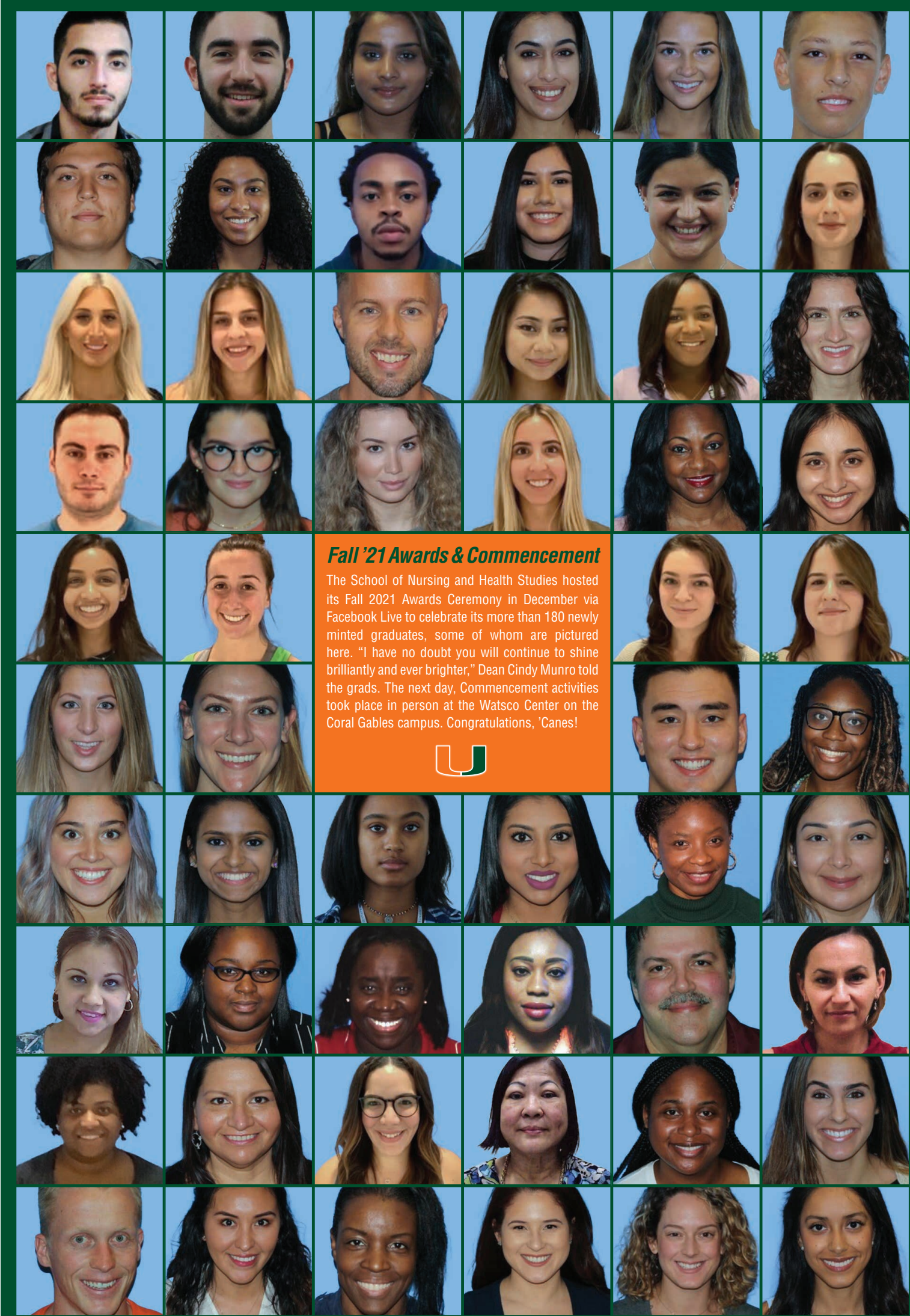
“You’re learning about impacts on individual people’s health on a societal scale by combining the micro and the macro levels of experience,” she says. “You gain the skills and

knowledge to address health challenges on multiple levels.”

For good measure, Adera added a dual degree in global health to her path. “I saw my undergrad years as a very exciting time to frame my perspective going into graduate school and an opportunity to look at a lot of disciplines and have my mind grow,” says Adera. “I really was asking myself, ‘what type of person do I want to be?’”

Through Project Public Health, she hopes to help others answer that same important question.

For more on Project Health, email [miamiprojectpublichealth@gmail.com](mailto:miamiprojectpublichealth@gmail.com) or go to <https://miami.campuslabs.com/engage/organization/projectpublichealth>.



## Fall '21 Awards & Commencement

The School of Nursing and Health Studies hosted its Fall 2021 Awards Ceremony in December via Facebook Live to celebrate its more than 180 newly minted graduates, some of whom are pictured here. “I have no doubt you will continue to shine brilliantly and ever brighter,” Dean Cindy Munro told the grads. The next day, Commencement activities took place in person at the Watsco Center on the Coral Gables campus. Congratulations, ‘Canes!







# Deepen Your Knowledge, Expand Your Practice

The **Doctor of Nursing Practice** is becoming the standard for certification and licensure in advanced nursing practice.

Three New BSN-DNP Specializations at the University of Miami:

- DNP **Family** Nurse Practitioner
- DNP Adult-Gerontology **Acute Care** Nurse Practitioner
- DNP Adult-Gerontology **Primary Care** Nurse Practitioner

## ENROLL TODAY FOR FALL 2022!

- Highly desirable clinical placements arranged for you
- Superior learning—clinical, simulation, and didactic
- World-class campus facilities
- Small class sizes & low instructor-to-student ratio
- Competitive program-based tuition. Scholarships available.
- Only two years of full-time study (six semesters) and part-time available

**U.S. News  
& World Report**  
*2023 Best Graduate Schools*

#**27**  
**DNP**

## VISIT US ON THE WEB, OR CONTACT US:

[www.SONHS.miami.edu/academics](http://www.SONHS.miami.edu/academics) | [nursinggrad@miami.edu](mailto:nursinggrad@miami.edu) | 305-284-4325

The University of Miami is fully accredited by the Southern Association of Colleges and Schools (SACS). All School of Nursing and Health Studies nursing programs are fully accredited by the Commission on Collegiate Nursing Education (CCNE).