

## APRIL SHOWERS

It's the last full month of the academic year, and classes are winding down in preparation for May, as well as plenty of rain. With how wet it's been, the campus better look like one big bouquet come May. Construction is ramping up on the Healthcare Delivery and Innovation building (both in progress and noise), and you can often find people staring out the big windows at the end of the hall in the Health Sciences Building, just watching as the construction workers do whatever it is that makes it sound like there's a giant stapler being pushed every 3 seconds or so. The staircase between HSB and the School of Medicine has also finally been completed, so Dentistry students can take a clear path from the garage to their building again! Now if only the rain could let up so walking outside was more enjoyable!

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### UPCOMING IMPORTANT DATES

- May 5<sup>th</sup>-9<sup>th</sup> - Stress Less Fest
- May 12<sup>th</sup>-16<sup>th</sup> - Finals Week
- May 16<sup>th</sup> - Academic Professional Recognition Ceremony : 1-2pm in Swinney Recreation Center
- May 17<sup>th</sup> - Commencement!!! : 10am at T-Mobile Center

## DR. FU INSPIRES WITH RESEARCH

Recently, the greater UMKC community has caught on to the work that SoNHS Associate Dean of Research, Dr. Mei Fu, is doing right here on the UMKC campus! Over the past months to about a year, Dr. Fu has been conducting research on treating pain associated with lymphedema and has involved faculty and students from the School of Science and Engineering in her experimental research! She has been using SSE's Human Motion Lab to conduct research on specific exercises and movements to see the potential effects they could have for those who suffer from lymphedema. Dr. Fu has been researching lymphedema for over 20 years and continues to push forward to learn more about the condition and how to help!





## SCHOLAR OF THE MONTH

Each month, a member of our research faculty is highlighted as a “Scientist/Scholar of the Month”. We ask them to share a little about what’s going on in their current research. This month’s scientist is Dr. Kristin Metcalf-Wilson (pictured left).

This is what she has to say when asked about her research:

1. **What is the focus of your program of scholarship/research?** Implementation theory, a core component of implementation science, explores how to effectively integrate evidence-based practices into routine use. This field focuses on understanding and facilitating the uptake of research findings into clinical and community settings, aiming to bridge the gap between knowledge and practice.

A critical element of implementation theory is the development and application of frameworks, models, and theories that guide the implementation process. These tools help researchers and practitioners identify and address barriers to implementation, adapt interventions to specific contexts, and assess outcomes effectively.

One prominent example of a model in the implementation process is Lewin’s Change Model, developed by Kurt Lewin in 1947. As one of the first psychologists to explore change theory, Lewin proposed a three-stage process: unfreezing, changing, and refreezing. Widely embraced in nursing, this model emphasizes the constant need for change in practice to enhance patient care, healthcare policies, and organizational practices. Using this framework in my work with the Clinical Training Center for Sexual and Reproductive Health enables my team to develop training and technical assistance for the national Title X Family Planning network and ensure access to high quality, evidence-based sexual and reproductive (SRH) services for the clients they serve.

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**2. What has been your most interesting finding?** As a Women's Health Nurse Practitioner for over 30 years, I have had the opportunity to practice in (SRH) at many levels. I have provided direct patient services, overseen and managed other clinicians, and worked as an assistant VP of health services. All of these roles have confirmed that keeping up with the latest evidence-based practice is critical for delivering the highest quality SRH services and improving outcomes. Being able to change your practice and apply new knowledge has built a lifetime of learning for me.

**3. What has been your biggest challenge?** Navigating the political landscape within the SRH field is the biggest challenge. Having been in practice since the early 90's it is hard to believe that there are more restrictions on the services I provide now than ever before. It is frustrating to see many communities around the country without basic SRH services. This challenge has kept me involved with health policy efforts at the state and national level.

**4. What has been your greatest satisfaction?** For those that know me it would not be surprising to find out that my greatest satisfaction in my career has been the opportunity to collaborate and build relationships with others in the SRH network. Spending time communicating, sharing stories and solving problems gives me much joy.

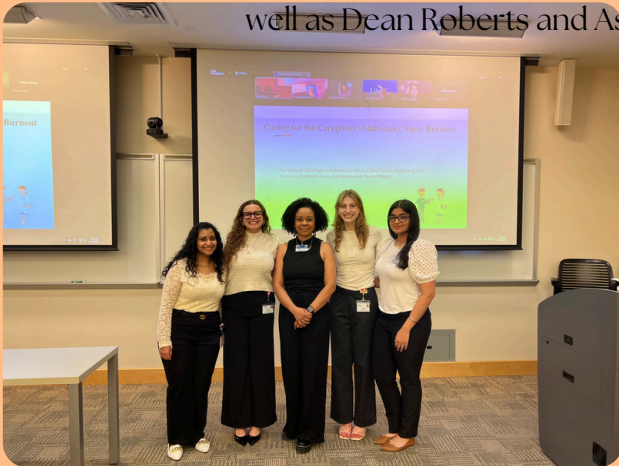


# KCVA and UMKC Celebrating Nursing Scholarship Day

On April 25<sup>th</sup>, we held the first Celebrating Nursing Scholarship Day in partnership with the KCVA! This event was organized by Dean Roberts, Dr. Mei Fu, Dr. Cheri Barber, Dr. Nancy Willis-Smith, and Dr. Michelle Birdashaw, in collaboration with Dr. Almee McDonald from KCVA. This was the description provided for the event:

“In our inaugural event, KCVA and UMKC Celebrating Nursing Scholarship Day, we had the objective to bring together the work of nurses, both current and future, sharing it with the broader profession. The committee chose the name, KCVA and UMKC Celebrating Nursing Scholarship, for our event to represent the wonderful current and future nurses and all the hard work they do, including the term “scholarship” to represent the academic study and achievement within and beyond the classroom. For our inaugural event we provided CE's for free, as well as opening attendance to all. Over 100 nurses and nursing students signed the attendance log to indicate their presence at the event.”

The event involved poster presentations, multiple professional panels, keynote speakers, as well as formal powerpoint presentations. It took place at both the KCVA and within the Health Sciences Building. The event saw incredible participation on both the KCVA and SoNHS sides, including help in planning from all of our Nursing Program Directors - Dr. Sue Lasiter, Dr. Cheri Barber, Dr. Nancy Willis-Smith, and Dr. Michelle Birdashaw - as well as Dean Roberts and Associate Dean for Research, Dr. Mei Fu!



Here's a compilation of all SoNHS Students and Faculty who presented or participated on a panel!

**UMKC Faculty and Student Presenters:** Mia Clasby, Kenna Hackler, Taylor Heidbreder, Madison Hetzel, Kelly Nguyen, Jonn Jackson, Piper Wilkins; Abigail Island, Alivia Calvert, Rami LeRoy, Jesus Lopez, Ryun Ladd, Audrey Westenbroek, Lillian Johnson, Isabelle Proudfit; Thomas Mitchem, Kinzie Guy, Makayla Mead, Jona Roberts, Maya Groenjes, Isabelle Anderson, Kennedy McNish, Emina Sarajlic; Erin Peterson, Zainab Iqbal, Kyra Taylor, Brooke Tanner, Dylan Carter, Jasmine Cage; Elizabeth Burgener, Ana Huerta, Alison Hanks, Anna Hoffman, Julia Rivera-Botkin, Sarah Melvin, Kelsey Davis; Alex Carreon, Callie Grove, Ashley Miller, Natalie Sidorov, Bailee Weston, Peter Wheeler, Megan Gatewood; Martha Wleh, Nour Alterjalli, Arsh Dhillon, Zowie Hayes, Danielle Makara, Jorden Phillips, Deion Wilson and Aisha Yacub; Gabrielle LaMora, Chloe Creech, Hannah Dennington, Eva Kresovic, Hajra Asif, Gavan Shinger, Rashawn Aiono, Zeb Sarvis; Amelia Hopper, MSN RN

**Program Directors Panel:** Interim BSN Program Director; Michelle Birdashaw, DNP, APRN, FNP-C, ENP-C, CCRN; MSN Program Director; Nancy Willis-Smith, DNP, RN, FNP-C, WHNP-BC; DNP Program Director; Cheri Barber, DNP, RN, PPCNP-BC, FAANP; PhD Program Director; Sue Lasiter, PhD, RN



# COMMUNITY HIGHLIGHTS

Here are some highlights of some accomplishments made this month by members of the SoNHS Community:



We had several of our students present at UMKC's Student Research Summit and some came away with awards! (Listed below from left to right)

- Jacob Schneider and Landon Cairer: Jacob and Landon won 1<sup>st</sup> place overall!! With their presentation titled: "Recommendations for DNP Coursework Objectives: Curriculum Mapping to Align with the AACN Essentials" (Mentor: Tamara Hill, DNP, CRNA)
- Fardowsa Ahmed and Claire Covert: Fardowsa and Claire won 2<sup>nd</sup> place in the undergraduate category for their presentation titled: "Early Insights: Preliminary Findings of a 12-Month Food Is Medicine Intervention for Food Insecure Adults" (Kelsey Gardiner, PhD)



Congratulations to those who won awards as well as anyone who presented at the Summit! Research drives innovation and discovery and anyone who presents brings great value to the field of research.

# RESEARCH ADVANCEMENTS

Here's this month's announcements and updates on research that has been published or grants that have been received by our research faculty and students!

## SONHS SCHOLARLY PUBLICATIONS : MARCH 2025

Theresa C. Brown

Jo, S., Fry, M. D., Brown, T. C., & Skorupski, W. P. (2025). Impact of a caring and task-involving climates in older adults' group fitness class experiences. *Kansas Alliance of Health, Physical Education, Recreation, and Dance*, 97. <https://secure.smores.com/n/zhxrc>

Erin Ellington

Ellington, E. (2025). Transcranial magnetic stimulation for adolescent depression. *Journal of Psychosocial Nursing and Mental Health Services*, 63(4), 9-11. doi:10.3928/02793695-20250313-01

Mei Rosemary Fu

Pudasainee-Kapri, S., Li, Y., Kapri, K. P., Fu, M. R., Wiest, D., Kandel, P., & Hussain, M. J. (2025). Emergency department visits among children with asthma: Racial/ethnic disparities before and during the COVID-19 pandemic. *Nursing outlook*, 73(3), 102394. Advance online publication. <https://doi.org/10.1016/j.outlook.2025.102394> PMID: 40252520.

Fu M. R. (2025). Person-Centered Approach to Transcultural Health Care. *Journal of transcultural nursing : official journal of the Transcultural Nursing Society*, 36(3), 221-222. <https://doi.org/10.1177/10436596251329642> PMID: 40125838.

Amanda Grimes

Grimes, A., Todd, R., Sours, O., Valleroy, E., Akagi-Bustin, Z., Hillard, N., & Lightner, J. S. (2025). Comparison of wear compliance across three accelerometer protocols in adolescents. *Health Promotion Practice*: doi:10.1177/15248399251316517

Gary Hicks-Clayton

Hicks-Clayton G. E. (2025). Reflecting on a Career in Home Health Nursing and Management in the USA. *Home healthcare now*, 43(2), 120-121. <https://doi.org/10.1097/NHH.0000000000001324>

Joseph S. Lightner

Ramirez-Valles, J., Kuhns, L., Juarez, L., Thompson, H.M., Jeremiah, R., Canavese de Oliveira, D., & **Lightner, J.S.** (2025). Conservative Control, Scientific Suppression: Hope and the Fight for Public Health, Health Education and Behavior. Doi: 10.1177/10901981251332237.

Grimes, A., Todd, R., Sours, O., Valleroy, E., Akagi-Bustin, Z., Hillard, N., & **Lightner, J.S.** (2025). Comparison of wear compliance across three accelerometer protocols in adolescents. Health Promotion Practice: doi: 10.1177/15248399251316517

## SoNHS SCHOLARLY PRESENTATIONS

\*Indicates PhD student; Bolded names indicate faculty and researcher.

\*Hopper, A., Patel, S., Chrisman, M. Rocking and glider interventions in adults to improve health: A scoping review. Podium presentation at the KCVA and UMKC Nursing Scholarship, Kansas City, MO, April 2024

Fu, M.R., Arbesfeld-Qiu, J.M., Korth, S., Kremer, H., **Russell, C.L., Lasiter, S.** (April 9-13, 2025). Advancing Health Equity in Lymphatic Pain and Lymphedema in Black Women with Breast Cancer: A Qualitative Study. The Oncology Nursing Society 50th Annual Congress, April 9-13, in Denver CO. [Poster]

Ruggeri, S. Y., Fu, M. R., Williams, W. M., Qiu, J. M., \*Stocker, D. L., & **Russell, C. L.** (2025). Advancing place-based health equity in Black breast cancer screening: A qualitative and social-ecological approach. 2025 Eastern Nursing Research Society Conference. April 3-4, 2025. Philadelphia, PA. [Poster].

**Gardiner, K.** Rhone, J., Garcia, R. **Grimes, A.** Allsworth, J., Towne, K. Mohammed, R., Vang, N. Transforming Health Through Food: Identifying Barriers and Practices in a Community-Focused Food is Medicine Intervention. Society of Public Health Education. Long Beach, CA. (2025)

**Gardiner, K., Towne, K., Grimes, A., Allsworth, J., Rhone, J., Garcia, R., Towne, K., Ahmed, F., Covert, C.,** Early Insights: Evaluating preliminary findings of a 12-Month Food is Medicine Intervention for Food Insecure Adults with a Chronic Disease. Society of Public Health Education. Long Beach, CA. (2025)

**Gardiner, K. Towne, K. Grimes, A., Allsworth, J., Rhone, J., Garcia, R., Towne, K., Ahmed, F., Covert, C.** Early Insights: Evaluating preliminary findings of a 12-Month Food is Medicine Intervention for Food Insecure Adults with a Chronic Disease. UMKC Health Sciences Student Research Summit (HSSRS), Kansas City, MO, (2025)



Gardiner, K. Rhone, J., Garcia, R., Grimes, A., Allsworth, J., Towne, K. Mohammed, R., Vang, N. Transforming Health Through Food: Identifying Barriers and Practices in a Community-Focused Food is Medicine Intervention. UMKC Health Sciences Student Research Summit (HSSRS), Kansas City, MO, (2025)

Gardiner, K., Grimes, A., Hampl, S., Lightner, J., Covert, C., Bellman, B. Kansas City Racial and Ethnic Approach to Community Health: Exploring the Food is Medicine Landscape within Kansas City. Undergraduate Graduate Research Symposium. University of Missouri Kansas City. Kansas City Missouri. (2025)

Gardiner, K., Ahmed, F., Veng, N. Measuring Nutrition Insecurity and Diet Quality in College Students. Undergraduate Graduate Research Symposium. University of Missouri Kansas City. Kansas City Missouri. (2025)

