

GEARING UP FOR THE NEW SCHOOL YEAR!

It's been a long few months here at the School of Nursing and Health Studies. We've had several heat advisories, torrential rain, P L E N T Y road construction, and hallways that are ghost towns. We've had several graduate landmarks such as dissertation defenses and our Research Institute, but in-person here in the Health Sciences Building has been slow. We ARE, of course, constantly prepping for the upcoming school year. The beginning of classes and the fight for a good parking spot in the morning brings a refreshing fervor to the HSB that you just don't get in the summer. We've enjoyed our vacations and the sun rising with us in the morning, but we can't wait to see our students in the corridors and have our graduate students get to experience intensives. See you soon!!

Contact Us

(816) 235-1700

nurses@umkc.edu

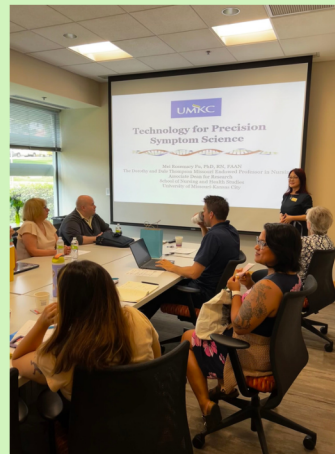
2464 Charlotte St, KCMO 64108

Suite 2319

UPCOMING IMPORTANT DATES

- August 12-13 - **Success 4 Nursing**
- August 17th - **Convocation** - 2pm
- August 19th - **Fall Classes Begin**
- August 23rd - **Last day to register w/o paying a late registration fee & to add courses w/o and instructor signature**
- September 2nd - **Labor Day (University Closed)**

DRIVING RESEARCH



From July 16th - 18th, we hosted our Nursing PhD students for our annual Research Institute! During the Institute, our students get the opportunity to

meet with our PhD faculty, learning about the responsible conduct of research, getting exposed to tools and technology to bolster their research, and skills needed to succeed. Our faculty presented on their past and current research endeavors to show our students what they have to offer them in terms of mentorship. Pictured is our new Assoc. Dean of Research, Dr. Mei R. Fu, presenting.



★ RECENT ★ COMMUNITY ★ HIGHLIGHTS ★

Some more highlights among our SoNHS Community! Here are a few of the students, faculty, and alumni that we've put a spotlight on recently (Listed L to R):

- **Sunny Ruggeri** - Sunny recently graduated with a PhD with us back in December 2023, and has been making a name for herself. She has recently been hired as tenure-track assistant professor at University of Massachusetts at Lowell! We couldn't be prouder!
- **Sally Ellis Fletcher** - Dr. Fletcher, SoNHS Assoc. Dean for Students, was recently selcted for the inaugural class of the Academy of Diversity in Nursing (ADLN) as a Luminary Fellow! The ADLN was established by the National Black Nurses Association (NBNA) which was founded in 1971, and Luminary Fellows have led in the areas of nursing education, research, practice, policy or administration relating to issues of justice, equity, diversity, and inclusion. Congratulations, Dr. Fletcher!
- **Shelly Wells** - Alumna Dr. Wells was selected to be a fellow of the American Academy of Nursing! Induction honors nurse leaders for their substantial and sustained impact on health and healthcare. Congratulations, Dr. Wells!



STAHR SUMMER SCHOLARS RESEARCH PROGRAM

Dr. Mei R Fu (Assoc. Dean for Research) and Dr. Eduardo Abreu served as mentors for STAHR Summer Scholars Research Program funded by HRSA. This year STAHR had 25 high school students, of which Drs. Fu and Abreu had 4. At the end of the 10 weeks program, each student presented their research!

- **Riya Ahir** from Sumner Academy of Arts & Science presented "**Vitamin Supplements of Breast Cancer Survivors**"
- **Guadalupe Alvarado-Romero** from Shawnee Mission South High School presented "**Anti-Inflammatory Supplements of Breast Cancer Survivors**"
- **Ruth Chow** from Liberty North High School presented "**Stretching and DHPR Activation Impact on Tenocyte Viability**"
- **Aryanna DiGirolamo** presented "**The Effect of Cell Stretching and Nifedipine on Tenocytes**"

Congratulations to Dr. Abreu and Dr. Fu and their STAHR Scholars!

RESEARCH ADVANCEMENTS

In this new segment, we'll be giving updates on research that has been published or grants that have been received by our research faculty and students!

Publications

Publications (January 2024 – July 2024) After this issue it will be monthly updates, this is to catch us all up on this year so far!

Steven Chesnut

Chrisman, M., **Chesnut, S. R.**, Thompson, M., Hopper, A., & Lasiter, S. (2024). Physical activity and sedentary behavior in middle-aged ICU survivors discharged home: A systematic review. *Intensive and Critical Care Nursing*, 81

Chrisman, M., White-Lewis, S., Lasiter, S., **Chesnut, S. R.**, & Russell, C. L. (2024). Using equine-assisted therapy to improve cartilage and skeletal biomarkers for adults and older adults with arthritis: Secondary Data Analysis. *Complementary Therapies in Medicine*, 82.

DeCino, D. A., **Chesnut, S. R.**, Waalkes, P. L., & Keen, R. N. (2024). Development and validation of the counselor self-reflection inventory. *Measurement and Evaluation in Counseling and Development*.

Hajovsky, D. B., **Chesnut, S. R.**, Sekula, M. K., Schenkel, D., & Kwok, O. (2024). A parallel process growth curve analysis of teacher-student relationships and academic achievement. *The Journal of Genetic Psychology*, 185.

Patel, S. E. & **Chesnut, S. R.** (2024). Relationships among pelvic congestion syndrome pain, daily activities, and quality of life. *Journal of Obstetric, Gynecologic, and Neonatal Nursing*, 53(4).

Valluri, J., Gorton, K., **Chesnut, S. R.** (2024). Effectiveness of micro-practices on chronic pain and stress outcomes among nurses: An online, double-blind, randomized-control pilot study. *International Journal of Caring Sciences*, 17 (1)

Matthew Chrisman

Chrisman, M., White-Lewis, S., Lasiter, S., Chesnut, S., Russell, C.L. (2024). Equine-Assisted Service's Effect on Cartilage and Skeletal Biomarkers for Adults and Older Adults with Arthritis: A Pilot Study. *Complementary Therapies in Medicine*. (82).
doi.org/10.1016/j.ctim.2024.103047

Chrisman, M., Chesnut, S.R., Thompson, M., Hopper, A., Lasiter, S. (2024-ePub ahead of print). Physical activity and sedentary behavior in middle-aged ICU survivors discharged home: A systematic review. *Intensive & Critical Care Nursing*.
doi.org/10.1016/j.iccn.2023.10360

Skarbek, A., Endsley, P., **Chrisman, M.**, Hastert, M., Stellwagen, C. (2024). Exploring Wellness Through Concept Analysis. *Journal of School Nursing*, 40 (1).
doi.org/10.1177/10598405231165510

Mei Rosemary Fu

Miaskowski, C., Conley, Y.P., Levine, J.D., Cooper, B.A., Paul, S.M., Hammer, M.J., Oppegaard, K., Harris, C., Shin, J., Abrams, G., Asakitogum, D., **Fu, M.R.**, Alismal, S. (2024, Online Ahead). Chronic Decrements in Energy in Women with Breast Cancer are Associated with Cytokine Gene Polymorphisms. *Seminars in Oncology Nursing*, 2024. DOI:
<https://doi.org/10.1016/j.soncn.2024.151652>.

Sun, Y., **Fu, M. R.**, Jiang, Y., & Little, A. S. (2024). Initiating and Maintaining Complete Decongestive Therapy Self-Management of Lymphedema Among Breast Cancer Survivors: Descriptive Qualitative Study. *Integrative cancer therapies*, 23, 15347354241226625.
<https://doi.org/10.1177/15347354241226625> PMID: 38281117; PMCID: PMC10823848.

Qiu, J.M., **Fu, M.R.**, Finlayson, C.S., Tilley, C.P., Payo, R.M., Korth, S., Kremer, H.L., Russell Lippincott, C., (2024). Lymphatic pain in breast cancer survivors: An overview of the current evidence and recommendations. *Women and Children Nursing*. DOI:
<https://doi.org/10.1016/j.wcn.2024.04.001>

Cypress, B., Gharzeddine, R., **Fu, M.R.**, Ransom, M., Villarente, F., & Pitman, C. (2024). Healthcare professionals perspective of the facilitators and barriers to family engagement during patient-and-family-centered-care interdisciplinary rounds in intensive care unit: A qualitative exploratory study. *Intensive & critical care nursing*, 82, 103636. Advance online publication. <https://doi.org/10.1016/j.iccn.2024.103636> PMID: 38301418;

Delaney, A.E., **Fu, M.R.**, Conway, C., Marshall, A.C., Lindberg, J., Thiagarajan, R.R., Glazer, S. (2024 e Pub Ahead) Financial Stressors for parents of children and emerging adults with congenital heart disease: A qualitative study. *Journal of Pediatric Health Care*.
<https://doi.org/10.1016/j.pedhc.2024.04.001>

Miaskowski, C., Conley, Y.P., Cooper, B.A., Paul, S.M., Smoot, B.J., Hammer, M.J., **Fu, M.**, Levine, J.D. (2024). Identification of a higher risk lymphedema phenotype and associations with cytokine gene polymorphisms. *Journal of Pain and Symptom Management*. doi:
<https://doi.org/10.1016/j.jpainsymman.2024.01.033>

Amanda Grimes

Lightner, J.S., Schneider, J., **Grimes, A.**, Wigginton, M., Curran, L., Gleason, T., Prochnow, T. (2024). Physical activity among transgender individuals: A systematic review of quantitative and qualitative studies. *PLoS ONE* 19(2): e0297571.
<https://doi.org/10.1271/journal.pone.0297571>

Sue Lasiter

Chrisman, M., White-Lewis, S., **Lasiter, S.**, Chesnut, S., Russell, C.L. (2024). Equine-Assisted Service's Effect on Cartilage and Skeletal Biomarkers for Adults and Older Adults with Arthritis: A Pilot Study. *Complementary Therapies in Medicine* (82). doi.org/10.1016/j.ctim.2024.103047

Zarzaaur, B. L., Holler, E., Ortiz, D., Perkins, A., **Lasiter, S.**, Gao, S., ... & Boustani, M. (2024). Collaborative Care for Injured Older Adults: The Trauma Medical Home Randomized Clinical Trial. *JAMA surgery*.

Khan, B. A., Perkins, A. J., Khan, S. H., Unverzagt, F. W., **Lasiter, S.**, Gao, S., ... & Boustani, M. A. (2024). Mobile Critical Care Recovery Program for Survivors of Acute Respiratory Failure: A Randomized Clinical Trial. *JAMA Network Open*, 7(1), e2353158–e2353158.

Chrisman, M., Chesnut, S. R., Thompson, M., Hopper, A., **Lasiter, S.** (2024). Physical activity and sedentary behavior in middle-aged ICU survivors discharged home: A systematic review. *Intensive & Critical Care Nursing*. (ePub ahead of print). doi.org/10.1016/j.iccn.2023.10360

Joseph Lightner

Lightner, J.S., Moore, E., Barnhart, T., Rajabiun, S. (2024). Cost and activity analysis of patient navigation for person with HIV: Comparing health department and health clinic delivered interventions. *Health Promotion Practice*. Doi:10.1177/154282999241245059.

Lightner, J.S., Schneider, J., Grimes, A., Wigginton, M., Curran, L., Gleason, T., Prochnow, T. (2024). Physical activity among transgender individuals: A systematic review of quantitative and qualitative studies. *PLoS ONE* 19(2): e0297571. Skarbek, A., Endsley, P., Chrisman, M., Hastert, M., Stellwagen, C. (2024). Exploring Wellness Through Concept Analysis. *Journal of School Nursing*, 40 (1). doi.org/10.1177/10598405231165510

Sarah Patel

Patel, S. E., & Chesnut, S. R. (2024). Relationships among pelvic congestion syndrome pain, daily activities, and quality of life. *Journal of Obstetric, Gynecologic & Neonatal Nursing*, 53(4), 416–426. Skarbek, A., Endsley, P., Chrisman, M., Hastert, M., Stellwagen, C. (2024). Exploring Wellness Through Concept Analysis. *Journal of School Nursing*, 40 (1). doi.org/10.1177/10598405231165510

Anita Skarbek

Skarbek, A., Endsley, P., Chrisman, M., Hastert, M., Stellwagen, C. (2024). Exploring Wellness Through Concept Analysis. *Journal of School Nursing*, 40 (1). doi.org/10.1177/10598405231165510

Kelsey Gardiner

Gardiner, K., & Harvey, S. (2024). Are we meeting student needs? Developing a measure for college food pantry satisfaction. *Journal of Agriculture, Food Systems, and Community Development*, 13(3), 1–12. <https://doi.org/10.5304/jafscd.2024.133.027>

Cynthia L. Russell Lippincott

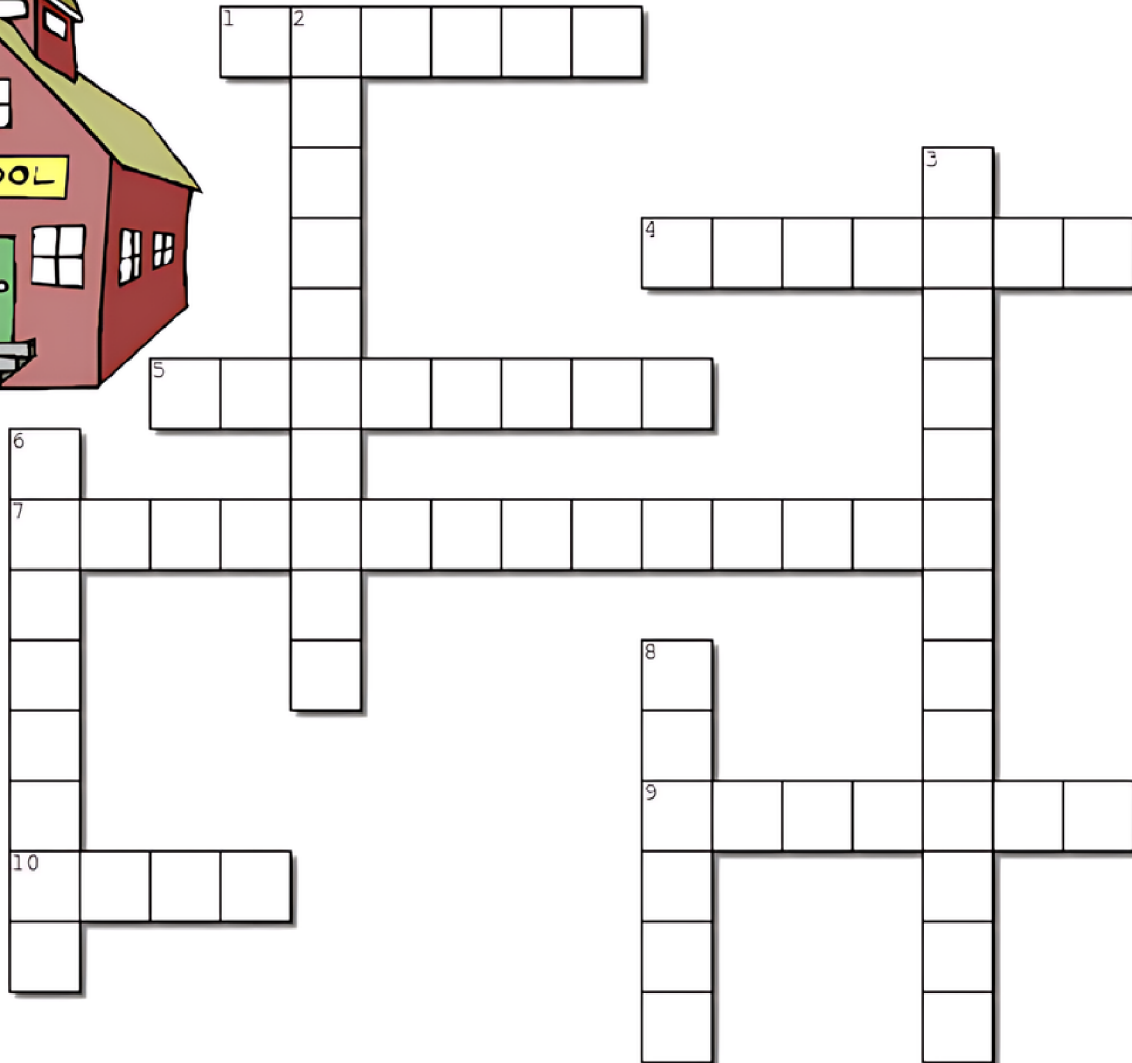
Chrisman, M., White-Lewis, S., Lasiter, S., Chesnut, S., **Russell, C.L. (2024).** Equine-Assisted Service's Effect on Cartilage and Skeletal Biomarkers for Adults and Older Adults with Arthritis: A Pilot Study. *Complementary Therapies in Medicine*. (82). doi.org/10.1016/j.ctim.2024.103047

Qiu, J.M., Fu, M.R., Finlayson, C.S., Tilley, C.P., Payo, R.M., Korth, S., Kremer, H.L., **Russell Lippincott, C., (2024).** Lymphatic pain in breast cancer survivors: An overview of the current evidence and recommendations. *Women and Children Nursing*. DOI: <https://doi.org/10.1016/j.wcn.2024.04.001>

Wickham, A., Emerson, A., **Russell, C.L. (2024).** A clarification of the concept of clean intermittent catheterization adherence using the evolutionary method. *Research and Theory for Nursing Practice*. [doi: 10.1891/RTNP-2023-0118](https://doi.org/10.1891/RTNP-2023-0118)

Back-to-school Crossword

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

1. You cannot take a course without taking this last crucial step
4. You need this to enter any building on the Health Sciences Campus
5. Even though there are 4 staircases, most people take the _____
7. Student Services is located on HSB 2319 in the SoNHS Office of _____
9. The head of SoNHS, Dean _____
10. The destination in HSB for coffee and food for hungry students

Down

2. The first day of fall classes: August _____
3. Since the old lots are closed, you can park east of Campbell St. or in the _____
6. A useful carrier to carry your books hands-free
8. The uniform for clinical students

Across

1. You cannot take a course without taking _____

2. The first day of fall classes: August _____

3. Since the old lots are closed, you can _____

4. You need this to enter any building on the Health Sciences Campus (rooccard)

5. Even though there are 4 staircases, most people take the _____ (elevator)

7. Student Services is located on HSB 2319 _____

8. The uniform for clinical students (scrubs) _____

9. The head of SONHS, Dean _____ (administration)

10. The destination in HSB for coffee and food for hungry students (cafe) _____ (roberts)

Down

1. _____ (minutes)

2. _____ (parking garage)

3. A useful carrier to carry your books hands-free (backpack)

4. _____ (park east of Campbell St. or in the _____)