

SCHOOL IN FULL SWING

We're back! The first full month of the school year has finally passed. We've already seen lots of studying, exams, labs, and lectures, and Fall just started on the 22nd! Somehow, it remained hot up until maybe a week ago, but in this area we can never take weather for granted because inevitably it will flip again after a week or two. Soon we'll have a cozy 3 weeks of Fall weather before Winter settles in for 2 weeks, followed by a second false Fall, before diving into deep winter. 😊

Anywho, we've also played host to many dental students who make their way downtown through HSB while the staircase leading up to Holmes street is under construction, which has led to a serendipitous revelation to many that we have a cafe right here in the building! Many miss it as they walk past it outside in the courtyard and never learn of its existence, so we're glad many more are coming to enjoy our cafe and interact with the amazing staff who run it!

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UPCOMING IMPORTANT DATES

- October 31st - Halloween! 🧛 🎃

NEW HEALTHCARE & DELIVERY BUILDING



The new Healthcare Delivery and Innovation Building held its groundbreaking ceremony on September 11th. It will be a \$145 million project, the biggest in UMKC's history! Plans are to open in 2026, on the site of the parking lot across the street from the Health Sciences Building. It will be 5-stories and offer state-of-the-art facilities for our dental and medicine programs on the Health Sciences Campus. It will be a massively impressive feat, but we'll miss seeing the sunrise from HSB!

RECENT COMMUNITY

HIGHLIGHTS

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

- Katy Allen, Amanda Foster, & Brandie Smith – Katy and Amanda are some of our Women's Health NP MSN students, and Brandie is a WHNP alum. All attended the annual NPWH conference in Chicago this month! NPWH stands for Nurse Practitioners in Women's Health. We're proud to have some excellent representation at national conferences such as these, we're glad they could attend!



TEAMSMILE & SONHS

TeamSmile is a non-profit organization that teams up with regional sports teams to provide dental care for local kids! This month, TeamSmile & volunteers teamed up with the Kansas City Chiefs to provide dental care to 297 kiddos, from cleanings to extractions. And some of our School of Nursing and Health Studies administrators, staff, and faculty were there to help: (L to R) Jana Rudigier, Christine Zimmerman, Jim Spence, Onekia De Leon, and Casey Bauer! Way to go!



SCIENTIST OF THE MONTH

Each month, a member of our research faculty is highlighted as a “Scientist 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. Cindy Russell-Lippincott (pictured left)

“What’s new and exciting in your program of research?”

“In our R01 funded Medication Adherence Given Individual Change (MAGIC) RCT study my team and I found that the Change

Habits by Applying New Goals and Experience (SystemCHANGETM) intervention was very effective in improving medication adherence and outcomes in adult kidney transplant recipients! This personalized strategy harnesses patients’ reoccurring personal systems of established routines of daily living, environments, and important others as reliable ‘personalized system solutions’ to support habitual medication-taking and improve medication adherence. We wondered about the role of habit as a mechanism of the SystemCHANGETM intervention since this had not been studied. Using a recently developed habit index, we quantified week-by-week consistency in the pattern of medication intake from electronic monitoring bottles and caps used to gather daily objective medication taking and timing data. We found that habit and medication adherence were indeed correlated which indicates that those with stronger habits do much better taking their medications on time every day! Below is a “picture” of the medication taking data from the electronic monitoring bottle and cap from a participant in our study. Each blue dot represents a time when the cap was opened and a medication was taken. Can you point to the spot when we delivered the SystemCHANGETM intervention?”



BAKE SALE!

This month, the SoNHS FUN Committee held a bake sale! The FUN Committee consists of several members of the SoNHS staff who meet and plan little events for our students. This is its second year in operation, so we hatched the idea of holding a bake sale to raise funds for our student events for the rest of the academic year! We recruited faculty, staff, and administration members to make some tasty goods we could sell to other members and students of the SoNHS community. It was hard to resist eating everything while manning the bake sale tables, but thankfully we pushed through and were able to deliver delicious treats to everyone who wanted them!



STUDENTS DIVE IN

School may have just started, but our students are getting involved and gaining exposure to new and exciting concepts! Our BSN seniors got some lab experience with critical care up in the simulation lab, and we've had several of our graduate Nurse Practitioner tracks hold intensives on campus. The intensives hold several valuable experiences for our graduate students, from skills labs to presentations and quality time with their faculty and program peers! We only get to see our graduate students in person during these once-a-semester intensives, and then maybe at graduation, so we're always thrilled to see them in action!



RESEARCH ADVANCEMENTS

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

FACULTY HIGHLIGHTS

Congratulations to Dr. Kelsey Gardiner and her team!

Dr. Kelsey Gardiner and her team received funding from Missouri Department of Agriculture for their project, entitled "Move More Get More + Nutrition." This project is a partnership between The University of Missouri Kansas City (UMKC), Lincoln Prep Middle School, Kansas City Community Gardens (KCCG), and The University of Missouri Extension (MU Extension). The goal of the program is to expand Lincoln Prep Middle School's current garden (two 10X10 raised beds) through a coordinated effort to expose middle schoolers to gardening, nutrition, and ultimately increase the consumption of fresh fruits and vegetables among participating students, particularly students with food insecurities. This will be done in partnership with an existing after school program called Move More Get More (MMGM), which is a current grant funded partnership between UMKC and Lincoln Prep to engage students in physical activity to promote behavior change.

SCHOLARLY ACHIEVEMENT: SEPTEMBER 2024

PEER-REVIEWED PUBLICATIONS

ReaAnn Anderson

Anderson, R.E., Piggott, D.M., Feinstein, B.A., Dyar, C. (2024) Comparison of Sexual Violence Perpetration Rates by Among Gay, Lesbian and Heterosexual Cisgender Adults. Sexuality Research and Social Policy. <https://doi.org/10.1007/s13178-024-01030-2>

Matthew Chrisman

Chrisman, M., Cullers, A., Gremaud, A., Rodman, C., Gardiner, K. (2024). SNAP for U: Food insecurity and SNAP use among higher education students, including differences by institution type. Journal of Agriculture, Food Systems, and Community Development, 13 (4).
<https://doi.org/10.5304/jafscd.2024.134.003>

Mei Rosemary Fu

Fu, M.R., Liu, B., Qiu, J.M. Y., Axelrod, D., Guth, A., Korth, S., Kremer, H.L., Wang, Y. (2024). ASO Author Reflections: Infection and Skin Trauma Incrementally Increase the Risk of Breast Cancer-Related Lymphedema. Ann Surg Oncol (2024). <https://doi.org/10.1245/s10434-024-16078-y>

Fu, M.R., Liu, B., Qiu, J.M. Sun, Y., Axelrod, D., Guth, A., Korth, S., Kremer, H.L., Wang, Y. (2024). ASO Visual Abstract: The Effects of Daily-Living Risks on Breast Cancer-Related Lymphedema. Ann Surg Oncol (2024). <https://doi.org/10.1245/s10434-024-16231-7>

Kelsey Gardiner

Chrisman, M., Cullers, A., Rodman, C., Gremaud, A., Salgado, G., & Gardiner, K. (2024). SNAP for U: Food insecurity and SNAP use among college students, including institution type differences. *Journal of Agriculture, Food Systems, and Community Development*, 13(4), 1-20.
<https://doi.org/10.5304/jafscd.2024.134.003>

Cynthia L. Russell Lippincott

Denhaerynck, K., Berger Wermuth, G., Dobbels, F., Berben, L., Russell Lippincott, C.L., & De Geest S. (2024). International variability of barriers to adherence to immunosuppressive medication in adult heart transplant recipients. A secondary data analysis of the BRIGHT Study. *Transplant International*. DOI: 10.3389/ti.2024.12874.

BOOK CHAPTER

Sarah Patel

Patel, S. E., Reinkemeyer, E. A., Chrisman, M., & Zimmerman, C. (2024). "Escaping" from Traditional Classroom Instruction: Use of Escape Rooms in Nursing Education. In J. O'Rourke & A. Bobal (Eds.), Teaching with Technology: A Guidebook for Nurse Educators. Wolters Kluwer/National League of Nursing.

EDITORIAL

Jade E Burgess

Burgess, J. (2024). Where has touch gone and why aren't we preparing nurses for It? An editorial. Holistic Nursing Practice. DOI: 10.1097/HNP.0000000000000686. https://journals.lww.com/hnpjournal/citation/9900/where_has_touch_gone_and_why_aren_t_we_preparing.48.aspx

